

RELATED READING/RESOURCES:

“Feel Better Live More” by Rangan Chatterjee with Drs. Emily and Amelia Nagoski, particularly at 11-14 min

The Madwoman in the Attic: The Woman Writer and the Nineteenth-Century Literary Imagination by Sandra M. Gilbert and Susan Gubar

“Self-care: Feminist, Political, Radical” by Hannah Coombes

“The Politics of Self-Care and Feminism” by Sharanya Sekaram

“Life Hacks of the Poor and Aimless: On Negotiating the False Idols of Neoliberal Self-Care” by Laurie Penny

