



# Media Sensation Bookstagram Favorite

**Kate Williams**



### **Media Sensation Bookstagram Favorite:**

**Digital Expressions of the Self(ie)** Avishek Ray, Ethiraj Gabriel Dattatreyan, Usha Raman, Martin Web, Neha Gupta, Sai Amulya Komarraju, Anuja Premika, Riad Azam, Farhat Salim, Pranavesh Subramanian, 2024-02-06 The book examines the social and cultural role of selfies in India It looks at how the selfie unlike the photograph which was a gesture towards an external reality remains intimately self referential yet reconfigures social ordering identity formation agency and spaces in curious ways This volume approaches questions about the construction and performance of the self through the digital selfie and uses this situated contextualized and culturally specific phenomenon as a site to explore the themes of self making place making gender subjectivity and power Highlighting the specific contexts of production the authors examine the array of self expressive capabilities realized in a multitude of uses of the selfie that simultaneously reconfigure the self the space and the world An important study of visual social media culture the volume will be useful for interpreting everyday media experiences and will be of interest to students and researchers of image studies visual studies photography studies visual culture media studies culture studies cultural anthropology digital humanities popular culture sociology of technology and South Asian studies

*How to Stop Trying* Kate Williams, 2025-03-11 An unflinchingly honest and sometimes hilarious look at hustle culture exploring the forces that have shaped a generation of overachieving women who now find themselves in search of a better way forward Have you ever heard someone say I m trying to make it work and thought That sounds like a great idea Probably not Because the thing about trying is that it s tiring it s labor Anyone who has tried to have fun or to relax or to fall asleep knows this to be true And yet we exist within a culture that encourages us often with a frantic urgency to try and try harder We are told to try a different approach try to do or be better try to squeeze in a little bit more This is especially true of women who not only have to try harder than men to receive access to the same opportunities and resources but who are also conditioned to try in the name of meeting others needs and expectations often at the expense of their own well being In this galvanizing and illuminating read Kate tackles hustle culture head on exploring the ways in which women are primed to become relentless strivers From the workplace to motherhood from relationships to self care no arena of a woman s life is safe from the pressure to exceed expectations This conflation of self worth with achievement she argues is both toxic and counterproductive as the qualities we most seek happiness meaning purpose are not earned but rather owned Known for her astute cultural analysis and pitch perfect observations of generational trends Williams takes readers on a journey rooted in her own struggle to divest from an overachieving identity including the realizations that came in the wake of a painful fertility challenge Deeply felt passionately argued and often laugh out loud funny this is a book for every woman who has ever wondered what would happen if she stopped trying so hard and just let go

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