

# Contents

---

<b>Introduction: Laboring Bodies and the Quantified Self</b> <i>Ulfried Reichardt and Regina Schober</i> .....	7
<b>Command and Control: The Quantified Self and Biomedical Transhumanism</b> <i>Stefan Danter</i> .....	15
<b>Reconsidering Agency and Choice: The Office, the Wall, and the Tax Code (Herman Melville, “Bartleby” and David Foster Wallace, <i>The Pale King</i>)</b> <i>Ulfried Reichardt</i> .....	41
<b>“To Be Reckoned in the Gross”: Corporate Storytelling and Quantified Selves in Joshua Ferris’s <i>Then We Came to the End</i></b> <i>Stefanie Mueller</i> .....	61
<b>Racialized Self-Improvement: Advice in Black and White Self-Help of the Interwar Years</b> <i>Kristina Graaff</i> .....	81
<b>The Solipsism of the Quantified Self: Working Bodies in David Foster Wallace’s <i>Body of Work</i></b> <i>Dominik Steinhilber</i> .....	103
<b>Reading Chick Lit through Numbers: Postfeminist Self-Quantification in Helen Fielding’s <i>Bridget Jones’s Diary</i> and Karyn Bosnak’s <i>What’s Your Number?</i></b> <i>Regina Schober</i> .....	123

<b>“I Track my Cycle Religiously”: Representations of Fertility Tracking and Childlessness in Contemporary Graphic Memoirs</b>	
<i>Dorothee Marx</i> .....	141
<b>Compulsive Self-Tracking: When Quantifying the Body Becomes an Addiction</b>	
<i>Katharina Motyl</i> .....	167
<b>The Portable Peoplemeter Initiative: Wearable Sensor Technologies and Embodied Labor</b>	
<i>Jennifer Hessler</i> .....	189
<b>Instant Nerve-Ana: Biofeedback as Quantified Self Avant la Lettre</b>	
<i>Philipp Hauss</i> .....	215
<b>Contributors</b> .....	239