

HOW SHOULD A PERSON BE?

A NOVEL FROM LIFE



SHEILA HETI

"A BOOK THAT RISKS EVERYTHING ... COMPLEX, ARTFULLY MESSY, AND HILARIOUS." —MIRANDA JULY

# How Should A Person Be Sheila Heti

**Lauren Fournier**



## **How Should A Person Be Sheila Heti:**

*How Should a Person Be?* Sheila Heti, 2012-06-19 Chosen as one of fifteen remarkable books by women that are shaping the way we read and write in the 21st century by the book critics of The New York Times Funny odd original and nearly unclassifiable unlike any novel I can think of David Haglund The New York Times Book Review Brutally honest and stylistically inventive cerebral and sexy San Francisco Chronicle Named a Book of the Year by The New York Times Book Review The New Yorker San Francisco Chronicle Salon Flavorpill The New Republic The New York Observer The Huffington Post A raw startling genre defying novel of friendship sex and love in the new millennium a compulsive read that's like spending a day with your new best friend Bookforum Reeling from a failed marriage Sheila a twentysomething playwright finds herself unsure of how to live and create When Margaux a talented painter and free spirit and Israel a sexy and depraved artist enter her life Sheila hopes that through close sometimes too close observation of her new friend her new lover and herself she might regain her footing in art and life Using transcribed conversations real emails plus heavy doses of fiction the brilliant and always innovative Sheila Heti crafts a work that is part literary novel part self help manual and part bawdy confessional It's a totally shameless and dynamic exploration into the way we live now which breathes fresh wisdom into the eternal questions What is the sincerest way to love What kind of person should you be The Self-Help Compulsion Beth Blum, 2020-01-28 Samuel Beckett as a guru for business executives James Joyce as a guide to living a good life The notion of notoriously experimental authors sharing a shelf with self help books might seem far fetched yet a hidden history of rivalry influence and imitation links these two worlds In The Self Help Compulsion Beth Blum reveals the profound entanglement of modern literature and commercial advice from the late nineteenth century to the present day Blum explores popular reading practices in which people turn to literature in search of practical advice alongside modern writers rebukes of such instrumental purposes As literary authors positioned themselves in opposition to people like Samuel Smiles and Dale Carnegie readers turned to self help for the promises of mobility agency and practical use that serious literature was reluctant to supply Blum unearths a series of unlikely cases of the love hate relationship between serious fiction and commercial advice from Gustave Flaubert's mockery of early DIY culture to Dear Abby's cutting diagnoses of Nathanael West and from Virginia Woolf's ambivalent polemics against self improvement to the ways that contemporary global authors such as Mohsin Hamid and Tash Aw explicitly draw on the self help genre She also traces the self help industry's tendency to popularize quote and adapt literary wisdom and considers what it might have to teach today's university Offering a new history of self help's origins appeal and cultural and literary import around the world this book reveals that self help's most valuable secrets are not about getting rich or winning friends but about how and why people read **Authorship's Wake** Philip Sayers, 2020-12-10 *Authorship's Wake* examines the aftermath of the 1960s critique of the author epitomized by Roland Barthes's essay *The Death of the Author* This critique has given rise to a body of writing that confounds generic distinctions

separating the literary and the theoretical Its archive consists of texts by writers who either directly participated in this critique as Barthes did or whose intellectual formation took place in its immediate aftermath These writers include some who are known primarily as theorists Judith Butler others known primarily as novelists Zadie Smith David Foster Wallace and yet others whose texts are difficult to categorize the autofiction of Chris Kraus Sheila Heti and Ben Lerner the autotheory of Maggie Nelson These writers share not only a central motivating question how to move beyond the critique of the author subject but also a way of answering it by writing texts that merge theoretical concerns with literary discourse Authorship s Wake traces the responses their work offers in relation to four themes communication intention agency and labor

*Contemporary Feminist Life-Writing* Jennifer Cooke, 2020-04-16 Contemporary Feminist Life Writing is the first volume to identify and analyse the new audacity of recent feminist writings from life Characterised by boldness in both style and content willingness to explore difficult and disturbing experiences the refusal of victimhood and a lack of respect for traditional genre boundaries new audacity writing takes risks with its author s and others reputations and even on occasion with the law This book offers an examination and critical assessment of new audacity in works by Katherine Angel Alison Bechdel Marie Calloway Virginie Despentes Tracey Emin Sheila Heti Juliet Jacques Chris Kraus Jana Leo Maggie Nelson Vanessa Place Paul Preciado and Kate Zambreno It analyses how they write about women s self authorship trans experiences struggles with mental illness sexual violence and rape and the desire for sexual submission It engages with recent feminist and gender scholarship providing discussions of vulnerability victimhood authenticity trauma and affect **Girl vs. Girl** Sophie Gilbert, 2025-05-30 Frauen gegen Frauen Warum gehen Frauen oftmals so negativ mit sich selbst und miteinander um Dieser Frage geht Sophie Gilbert auf den Grund und identifiziert einen wichtigen Faktor Die Popkultur der 90er und fr hen 2000er Jahre Sie analysiert so entlarvend wie erhellend welche Mechanismen schleichend die Selbst und Fremdwahrnehmung von Frauen beeinflusst haben Dazu geh rt zum Beispiel die Darstellung von weiblichen Stars in den Medien die von Objektivierung gepr gt ist Stichwort Reality TV Gilbert legt die unbewussten Wirkmechanismen hinter diesen Ph nomenen offen und zeigt was sich ndern muss Das ist der Titel Wolfgang Koch, 2024-11-18 Werktitel Kaum im Bild schon verfliegen Oder eingebrannt in das Ged chtnis Eine berragende Kulturtechnik der Neuzeit die uns vor der Vulgarit t des Alltags sch tzt und das Erschaffene als Ware markiert Titelstile dienen zur Abgrenzung der Sparten und Genres Wie entwickeln wir das richtige Gef hl daf r Wie kommt das Werk zu seinem Namen Womit formulieren wir ansprechend und berzeugend Welches Wort besteht am Ende den Test der Zeit Kurz pr gnant scharfsinnig und charmant soll die berschrift sein in Kunst Wissenschaft und Medien die Arbeit konzipieren ank ndigen bewerben auffindbar machen Werktitel sind die lauteste literarische Kunstform im Wissensraum Doch sie folgen nicht einfach der Logik der Sprache sondern kommunizieren bestimmte Aspekte der menschlichen Realit t Ist die Titelskultur durch die Tags Schlagworte von Big Data bedroht Und wieso k nnen uns Titel augenblicklich entfallen Das kulturhistorische medientheoretische und sprachphilosophische Kompendium

erz hlt erstmals die Kom die der Titelkunst Der Autor blickt in der Champions League von ber 1 000 Denotationen und lehrt das Nachdenken ber den unaufh rlichen Strudel der achtungsgebietenden Formulierungen Autobiography Laura Marcus, 2018-07-19 Autobiography is one of the most popular of written forms From Casanova to Benjamin Franklin to the Kardashians individuals throughout history have recorded their own lives and experiences These personal writings are central to the work of literary critics philosophers historians and psychologists who have found in autobiographies from across the centuries not only an understanding of the ways in which lives have been lived but the most fundamental accounts of what it means to be a self in the world In this Very Short Introduction Laura Marcus defines what we mean by autobiography and considers its relationship with similar literary forms such as memoirs journals letters diaries and essays Analysing the core themes in autobiographical writing such as confession conversion and testimony romanticism and the journeying self Marcus discusses the autobiographical consciousness and the roles played by time memory and identity and considers the relationship between psychoanalysis and autobiography Exploring the themes of self portraiture and performance Marcus also discusses the ways in which fiction and autobiography have shaped each other ABOUT THE SERIES The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area These pocket sized books are the perfect way to get ahead in a new subject quickly Our expert authors combine facts analysis perspective new ideas and enthusiasm to make interesting and challenging topics highly readable *How Should a Person Be?* Sheila Heti, 2013-01-24 It made me want to write Sally Rooney A seriously strange but funny plunge into the quest for authenticity Margaret Atwood A classic in the making Stylist Sheila s twenties were going to plan She got married She hosted parties A theatre asked her to write a play Then she realised that she didn t know how to write a play That her favourite part of the party was cleaning up after the party And that her marriage made her feel like she was banging into a brick wall So Sheila abandons her marriage and her play befriends Margaux a free and untortured painter and begins sleeping with the dominating Israel who s a genius at sex but not at art She throws herself into recording them and everyone around her investigating how they live desperate to know as she wanders *How Should a Person Be* Using transcripts real emails plus heavy doses of fiction Heti crafts an exciting courageous and mordantly funny tour through one woman s heart and mind LONGLISTED FOR THE WOMEN S PRIZE FOR FICTION *Girl on Girl* Sophie Gilbert, 2025-04-29 Named a most anticipated book of Spring by Washington Post Harper s Bazaar Marie Claire Bustle LitHub Our Culture Kirkus AV Club and WNYC From Atlantic critic and Pulitzer Prize finalist Sophie Gilbert a blazing critique of early aughts pop culture What happened to feminism in the twenty first century This question feels increasingly urgent in a moment of cultural and legislative backlash when widespread uncertainty about the movement s power focus and currency threatens decades of progress Sophie Gilbert identifies an inflection point in the late 1990s and early 2000s when the energy of third wave and riot grrrl feminism collapsed into a regressive period of hyper objectification sexualization and infantilization Mining the

darker side of nostalgia Gilbert trains her keen analytic eye on the most revealing cultural objects of the era across music film television fashion tabloid journalism and more What she recounts is harrowing from the leering gaze of the paparazzi to the gleeful cruelty of early reality TV and a burgeoning internet culture vicious toward women in the spotlight and damaging for those who weren't Gilbert tracks many of the period's dominant themes back to the rise of internet porn which gained widespread influence as it began to pervade our collective consciousness The result is a devastating portrait of a time when a distinctly American blend of excess materialism and power worship collided with the culture's reactionary puritanical and chauvinistic currents Amid a collective reconsideration of the way women are treated in public *Girl on Girl* is a blistering indictment of the matrix of misogyny that undergirded the cultural production of the early twenty-first century and continues to shape our world today

*Contemporary Novelists and the Aesthetics of Twenty-First Century American Life* Alexandra Kingston-Reese, 2020-01-01 *Contemporary Novelists and the Aesthetics of Twenty-First Century American Life* gives us a new way to view contemporary art novels asking the key question How do contemporary writers imagine aesthetic experience Examining the works of some of the most popular names in contemporary fiction and art criticism including Zadie Smith Teju Cole Siri Hustvedt Ben Lerner Rachel Kushner and others Alexandra Kingston Reese finds that contemporary art novels are seeking to reconcile the negative feelings of contemporary life through a concerted critical realignment in understanding artistic sensibility literary form and the function of the aesthetic Kingston Reese reveals how contemporary writers refract and problematize aesthetic experience illuminating an uneasiness with failure firstly about the failure of aesthetic experiences to solve and save and secondly the literary inability to articulate the emotional dissonance caused by aesthetic experiences now

**The Digital Banal** Zara Dinnen, 2018-01-02 Contemporary culture is haunted by its media Yet in their ubiquity digital media have become increasingly banal making it harder for us to register their novelty or the scope of the social changes they have wrought What do we learn about our media environment when we look closely at the ways novelists and filmmakers narrate and depict banal use of everyday technologies How do we encounter our own media use in scenes of waiting for e-mail watching eBay bids programming as work and worrying about numbers of social media likes friends and followers Zara Dinnen analyzes a range of prominent contemporary novels films and artworks to contend that we live in the condition of the digital banal not noticing the affective and political novelty of our relationship to digital media Authors like Jennifer Egan Dave Eggers Sheila Heti Jonathan Lethem Gary Shteyngart Colson Whitehead Mark Amerika Ellen Ullman and Danica Novgorodoff and films such as *The Social Network* and *Catfish* critique and reveal the ways in which digital labor isolates the individual how the work of programming has become an operation of power and the continuation of the Californian ideology which has folded the radical into the rote and the imaginary into the mundane The works of these writers and artists Dinnen argues also offer ways of resisting the more troubling aspects of the effects of new technologies as well as timely methods for seeing the digital banal as a politics of suppression Bridging the gap between literary studies and

media studies The Digital Banal recovers the shrouded disturbances that can help us recognize and antagonize our media environment

**How to Write Like Tolstoy** Richard Cohen, 2016-09-01 A Spectator Best Book of the Year There are three rules for writing a novel Somerset Maugham once said Unfortunately no one knows what they are So how to bring characters to life find a voice kill your darlings avoid plagiarism or choose not to or run that most challenging of literary gauntlets writing a good sex scene Veteran editor and author Richard Cohen takes us on a fascinating excursion into the lives and minds of our greatest writers from Balzac and Eliot to Woolf and Nabokov through to Zadie Smith and Stephen King with a few mischievous detours to Tolstoy along the way In a glittering tour d horizon he lays bare their tricks motivations techniques obsessions and flaws

*Avant Canada* Gregory Betts, Christian Bök, 2019-01-10 Avant Canada presents a rich collection of original essays and creative works on a representative array of avant garde literary movements in Canada from the past fifty years From the work of Leonard Cohen and bpNichol to that of Jordan Abel and Liz Howard Avant Canada features twenty eight of the best writers and critics in the field The book proposes four dominant modes of avant garde production Concrete Poetics which accentuates the visual and material aspects of language Language Writing which challenges the interconnection between words and things Identity Writing which interrogates the self and its sociopolitical position and Copyleft Poetics which undermines our habitual assumptions about the ownership of expression A fifth section commemorates the importance of the Centennial in the 1960s at a time when avant garde cultures in Canada began to emerge Readers of this book will become familiar with some of the most challenging works of literature and their creators that this country has ever produced From Concrete Poetry in the 1960s through to Indigenous Literature in the 2010s Avant Canada offers the most sweeping study of the literary avant garde in Canada to date

*Schambereich* Christine Koschmieder, 2023-10-11 Exkursion ins Sumpfgebiet unserer Seele Nach dem Erfolg von Dry schreibt Christine Koschmieder über Sex und Intimität Persönlich mutig und lustig erkundet sie die Körpererfahrungen die sie und andere Frauen im Lauf ihres Lebens gemacht haben Gerade hat sie die Suchtklinik verlassen da steht Christine Koschmieder vor einer neuen Herausforderung Bisher hatte sie Sex meistens mit Hilfe von Alkohol Aber wie lassen sich Intimität Liebe und Sex ohne Betäubung erfahren Und woher kommt ihre Angst vor dem eigentlich Aus ihrer Biografie aus unserer Kultur oder ist sie einfach da Mit 50 Jahren begibt sich Christine Koschmieder auf eine Exkursion ins Sumpfgebiet unserer Seele Sie besucht Freundinnen Ex Lover und eine Sexualtherapeutin Sie befragt sich und andere nach Nacktheit und Erregung Grenzsetzung Pornographie OnlyFans und Selbstermächtigung Sie folgt den Spuren die ihre Beziehungen hinterlassen haben Am Ende weiß ihr Kopf fast alles aber ihr Körper noch nicht Und dann folgt das eigentliche Abenteuer der Intimität an Ich hatte Sex und ich habe drei Geburten und zwei Abtreibungen hinter mir Ich kenne also meinen Körper Was ich allerdings bis heute nicht gut kann körperliche Nähe herzustellen und eine Sprache dafür zu finden Das will ich jetzt ändern Christine Koschmieder sucht nach einer Sprache für Sex und dabei stellt sich heraus dass es eigentlich um eine Sprache für fast alles geht was wichtig ist

Eine mutige Memoir über das Verhältnis zum eigenen Körper über die Angst vor Intimität über Selbstbestimmtheit in Zeiten von OnlyFans und nicht zuletzt über die Frage was Lust mit Vertrauen zu tun hat. Man verliert dieses Buch verändert mit einem tieferen Blick auf sich selbst und zärtlicher gegen über anderen. Teresa Becker What Should We Tell Our Daughters? Melissa Benn, 2013-09-26 We have reached a tricky crossroads in modern women's lives and our collective daughters are bearing the brunt of some intolerable pressures. Although feminism has made great strides forward since our mothers and grandmothers day many of the key issues equality of pay equality in the home representation at senior level in the private public and political sectors remain to be tackled. Casual sexism in the media and in everyday life is still rife and our daughters face a host of new difficulties as they are bombarded by images of unrealistically skinny airbrushed supermodels celebrity role models who depend on their looks and partners for status and by competitive social media. The likes of Natasha Walter and Katie Roiphe deal with feminism from an adult point of view but our daughters need to be prepared for stresses that are coming into play now as early as pre school. This is a manifesto for every mother who has ever had to comfort a daughter who doesn't feel pretty for every young woman who out performs her male peers professionally and wonders why she is still not taken seriously and for anyone interested in the world we are making for the next generation. Fact and Fiction in Contemporary Narratives Jan Alber, Alice Bell, 2021-05-11 This book explores the complex interrelationship between fact and fiction in narratives of the twenty first century. Current cultural theory observes a cultural shift away from postmodernism to new forms of expression. Rather than a radical break from the postmodern however postmodernist techniques are repurposed to express a new sincerity a purposeful self reflexivity a contemporary sense of togetherness and an associated commitment to reality. In what the editors consider to be one manifestation of this general tendency this book explores the ways in which contemporary texts across different media play with the boundary between fact and fiction. This includes the examination of novels autobiography autofiction film television mockumentary digital fiction advertising campaigns and media hoaxes. The chapters engage with theories of what comes after postmodernism and analyse the narratological stylistic and or semiotic devices on which such texts rely. The chapters in this book were originally published as a special issue of the European Journal of English Studies. Autotheory as Feminist Practice in Art, Writing, and Criticism Lauren Fournier, 2021-02-23 Autotheory the commingling of theory and philosophy with autobiography as a mode of critical artistic practice indebted to feminist writing and activism. In the 2010s the term autotheory began to trend in literary spheres where it was used to describe books in which memoir and autobiography fused with theory and philosophy. In this book Lauren Fournier extends the meaning of the term applying it to other disciplines and practices. Fournier provides a long awaited account of autotheory situating it as a mode of contemporary post 1960s artistic practice that is indebted to feminist writing art and activism. Investigating a series of works by writers and artists including Chris Kraus and Adrian Piper she considers the politics aesthetics and ethics of autotheory. **Knausgård and the Autofictional Novel** Claus Elholm Andersen, 2023-12-01 A



probing generative analysis of Knausgård's *My Struggle* with implications for our understanding of the novel form more broadly in the twenty-first century Norwegian author Karl Ove Knausgård's six-volume 3600-page autobiographical novel *My Struggle* has been widely hailed for its heroic exploration of selfhood, compulsive readability and restless experimentation with form and genre. Knausgård and the Autofictional Novel explains why. Across four chapters, Claus Elholm Andersen shows how Knausgård confronts challenges and rejects the symbiotic relationship between novels and fiction, particularly via a technique of auto-fictionalization. The fifth chapter then explores the further breakdown of this relationship in autofiction by Sheila Heti, Rachel Cusk and Ben Lerner, taking readers to what Lerner called the very edge of fiction.

[The Market Logics of Contemporary Fiction](#) Paul Crosthwaite, 2019-07-18 Contemporary British and American fiction is defined by financial markets' power over the global publishing industry and the global economy.

**Author Fictions** Ingo Berensmeyer, 2023-10-04 Fictional novelists and other author characters have been a staple of novels and stories from the early nineteenth century onwards. What is it that attracts authors to representing their own kind in fiction? *Author Fictions* addresses this question from a theoretical and historical perspective. Narrative representations of literary authorship not only reflect the aesthetic convictions and social conditions of their actual authors or their time; they also take an active part in negotiating and shaping these conditions. The book unfolds the history of such author fictions in European and North American texts since the early nineteenth century as a literary history of literary authorship, ranging from the Victorian *bildungsroman* to contemporary autofiction. It combines rhetorical and sociological approaches to answer the question how literature makes authors. Identifying author fictions as narratives that address the fragile material conditions of literary creation in the actual and symbolic economies of production, Ingo Berensmeyer explores how these texts elaborate and manipulate concepts and models of authorship. This book will be relevant to English, American and comparative literary studies and to anyone interested in the topic of literary authorship.

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## **Table of Contents How Should A Person Be Sheila Heti**

1. Understanding the eBook How Should A Person Be Sheila Heti
  - The Rise of Digital Reading How Should A Person Be Sheila Heti
  - Advantages of eBooks Over Traditional Books
2. Identifying How Should A Person Be Sheila Heti
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an How Should A Person Be Sheila Heti
  - User-Friendly Interface
4. Exploring eBook Recommendations from How Should A Person Be Sheila Heti
  - Personalized Recommendations
  - How Should A Person Be Sheila Heti User Reviews and Ratings
  - How Should A Person Be Sheila Heti and Bestseller Lists
5. Accessing How Should A Person Be Sheila Heti Free and Paid eBooks
  - How Should A Person Be Sheila Heti Public Domain eBooks
  - How Should A Person Be Sheila Heti eBook Subscription Services
  - How Should A Person Be Sheila Heti Budget-Friendly Options

6. Navigating How Should A Person Be Sheila Heti eBook Formats
  - ePub, PDF, MOBI, and More
  - How Should A Person Be Sheila Heti Compatibility with Devices
  - How Should A Person Be Sheila Heti Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of How Should A Person Be Sheila Heti
  - Highlighting and Note-Taking How Should A Person Be Sheila Heti
  - Interactive Elements How Should A Person Be Sheila Heti
8. Staying Engaged with How Should A Person Be Sheila Heti
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers How Should A Person Be Sheila Heti
9. Balancing eBooks and Physical Books How Should A Person Be Sheila Heti
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection How Should A Person Be Sheila Heti
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine How Should A Person Be Sheila Heti
  - Setting Reading Goals How Should A Person Be Sheila Heti
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of How Should A Person Be Sheila Heti
  - Fact-Checking eBook Content of How Should A Person Be Sheila Heti
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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