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Acknowledgements; 1 Introduction: women and mixed messages; Analytical framework: mapping storylines across genre and cultural hierarchy; Female characters: becoming a being; Narrative and visual culture as produced works; Analysis proposal: inviting characters to speak for themselves; PART I Normativity; 2 Defining normativity: femininity with a long leash; Categorising sex, attaching gender: performance, dis-integration and positioning; Consciousness and display of the game

Sweaty ambassadors for the nation: the national football team, Nadeshiko-Japan; Conclusions: managing hybrid selves; PART II Self-directed violence; 6 Repairing fragmented selves: self-harm and eating disorders; The Japanese context; Appetite control and slimness; Self-reproach and pain tolerance; Historical roots and contemporary incarnations: Onna daigaku and 'Meshi kuwanu onna'; Between the normal and the sick: behavioural grey zones; Theorising practice: being both victimiser and victim; Conclusions: performance strategy and contemporary lifestyle

7 Consuming the war in the body: developing analytical markers; Thematising eating disorders and self-harm: from documentary and literature to manga and art; Onset; Feeling dirty; Over-performance; Escape; The alien invader; Conclusions: private struggles as public discourse and entertainment; 8 Exposing embedded storylines: battling appetite, desire and a harmless monster; Purifying a starving self in a self-constructed world: Miyazaki Hayao's *Sen to Chihiro no kamikakushi*; Carving a feminist self into conformity: Murakami Haruki's *'Midori-iro no kemono'*; Disguised by the fantastic: re-considering Miyazaki's and Murakami's construction of female
