

# Contents

|   |             |
|---|-------------|
| <i>Acknowledgements</i>   | <i>viii</i> |
| Introduction  | 1           |
| 1 'Know Thyself': Self-Tracking Technologies and Practices                    | 9           |
| 2 'New Hybrid Beings': Theoretical Perspectives                               | 38          |
| 3 'An Optimal Human Being': The Body and the Self in Self-Tracking Cultures   | 64          |
| 4 'You Are Your Data': Personal Data Meanings, Practices and Materialisations | 88          |
| 5 'Data's Capacity for Betrayal': Personal Data Politics                      | 115         |
| Final Reflections   | 139         |
| <i>References</i>   | <i>149</i>  |
| <i>Index</i>  | <i>170</i>  |