

Stephanie Sierra

The American, critic, essayist and story author, Carmen Maria Machado, in her short story, “Eight Bites”, published on October 3, 2017. Addresses the topic of stereotypes and self-hatred that women grow with about their body image, and argues that surgery was able to change the protagonist’ body, but what she was really needing to change was her mind.

She supports this claim by illustrating the life of an insecure woman who undergoes bariatric surgery since her three sisters had also gone through this procedure to obtain societal approval. Then, the narrator is shown disappointed since the surgery separates her even more from her daughter, who disapproves of getting such a complex procedure without a medical purpose. Finally, the narrator, still alone and sees that the problem was not her body, was her mentality but it is now too late to correct her mistakes.

Machado’s purpose is to recreate how being a woman in today’s world is) in order to create conscience of the danger of the toxic messages that society creates in order to create a model of the “perfect woman”)

She adopts a critical tone for her audience, the readers of ‘Eight Bites’ and others interested in the topic of self-esteem and psychological disorders that leads to wrong decisions.

