

The Quantified Self

A Sociology of Self-Tracking

Deborah Lupton

polity

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>