

Unlocking the Secrets of High Heels: Summer Brennan's Object Lessons

High heels have long been a symbol of power, femininity, and style. They have the ability to transform an outfit, elongate the legs, and make a statement with every step. However, there is much more to these iconic shoes than meets the eye. In her thought-provoking book, "High Heel," Summer Brennan explores the cultural, historical, and sociological significance of this footwear phenomenon.

Brennan's "High Heel" is part of the Object Lessons book series, curated by Ian Bogost. Each book in the series focuses on a specific object and delves deep into its hidden meanings and implications. With her background in fashion, feminism, and travel writing, Brennan brings a unique perspective to the study of high heels.

A Journey Through History

Brennan takes readers on a journey through time, tracing the origins of high heels back to the 16th century. She explores how these shoes were initially worn by men in various cultures, highlighting their association with power, social status, and sexuality. Over the centuries, high heels made their way into women's fashion, becoming a symbol of femininity and the expectations placed upon women.



High Heel (Object Lessons)

by Summer Brennan (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 372 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled
Print length : 148 pages



Through detailed research and vivid storytelling, Brennan examines key moments in history where high heels played a significant role. From Marie Antoinette's extravagant footwear during the French Revolution to the rise of stiletto heels in the 1950s, each era brings with it a new set of cultural complexities and societal expectations.

The Politics of High Heels

While high heels may seem purely fashionable, Brennan dives deep into the politics surrounding these iconic shoes. She explores how high heels have been used to restrict and oppress women throughout history. From foot-binding practices in ancient China to workplace dress codes today, the expectations placed on women to wear high heels can have far-reaching consequences.

Brennan also sheds light on the feminist movement's relationship with high heels. She discusses how some feminists view them as a symbol of empowerment and self-expression, while others see them as yet another tool of patriarchal oppression. The debates around the choices women make in regards to footwear are thoughtfully examined, challenging readers to consider their own perspectives.

The High Heel Industry

Not only does Brennan explore the cultural and historical significance of high heels, but she also examines the industry behind these shoes. She investigates the production process, the labor conditions, and the environmental impact of

manufacturing high heels, revealing the hidden costs behind their glamorous exteriors.

Furthermore, Brennan delves into the psychology of high heel consumerism. She scrutinizes the marketing tactics used by footwear brands to create desire and perpetuate certain beauty standards. The connection between high heels, self-esteem, and the pressures to conform to societal norms are laid bare, urging readers to question their relationship with these shoes.

Object Lessons: A Platform for Reflection

Summer Brennan's "High Heel" is an eye-opening exploration of these iconic shoes, going beyond their superficial appeal to uncover their complex meanings and implications. By examining their history, politics, and industry, Brennan forces readers to rethink their relationship with high heels and consider the broader social context in which they exist.

So the next time you slip on a pair of high heels, take a moment to reflect on their significance. Are they a symbol of empowerment, a form of self-expression, or a product of patriarchal expectations? Summer Brennan's "High Heel" will undoubtedly spark a newfound appreciation for this footwear staple and encourage readers to critically analyze the objects that shape our lives.

Alt Attribute for Image: A Pair of High Heels Displayed on a Pedestal



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A Refinery29 Best Book of March 2019
A Paste Magazine Best Book of March 2019

Fetishized, demonized, celebrated, and outlawed, the high heel is central to the iconography of modern womanhood. But are high heels good? Are they feminist? What does it mean for a woman (or, for that matter, a man) to choose to wear them?

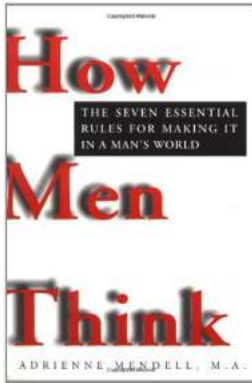
Meditating on the labyrinthine nature of sexual identity and the performance of gender, *High Heel* moves from film to fairy tale, from foot binding to feminism, and from the golden ratio to glam rock. Summer Brennan considers this most provocative of fashion accessories as a nexus of desire and struggle, sex and society, violence and self expression, setting out to understand what it means to be a woman by walking a few hundred years in her shoes.

Object Lessons is a series of short, beautifully designed books about the hidden lives of ordinary things, published in partnership with an essay series in *The Atlantic*.

The International Library Of Essays On Capital Punishment Volume: Unveiling the Complexities of a Controversial Issue

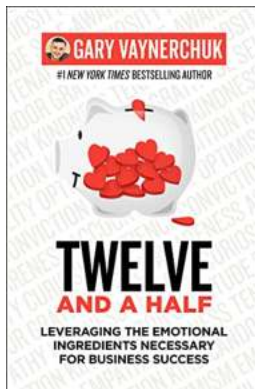
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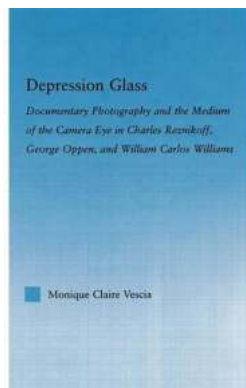
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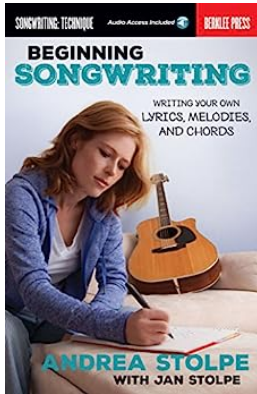
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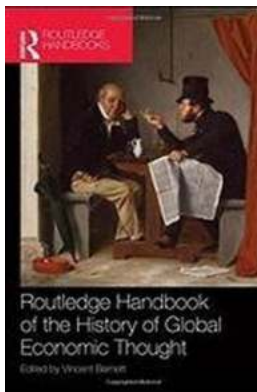
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