

CONTENTS



List of Illustrations	viii
Foreword. The Modifiable Flesh: Rethinking Body and Identity Projects, Moving beyond Pain	x
Prologue	xvii
Acknowledgments	xx
Introduction. Suspension, This Project, and Me	1
1. A History of Body Suspension	33
2. Other Stories about Suspensions	61
3. The Body Suspension Community	80
4. The Summer	121
5. Suspensions and Suspendees Online	154
6. There is So Much More beyond Pain	187
7. Coming Back down to Earth	219
Conclusions	233
References	236
Index	247