

# Contents



Acknowledgments	vi
Introduction	1
Chapter 1. Rationed Satiety: The Politics of Food	12
Chapter 2. Rationed Fatigue: The Politics of Work	57
Chapter 3. Rationed Manliness: The Politics of Gender	94
Chapter 4. Rationed Anger: The Politics of Protest	130
Conclusion	163
Bibliography	171
Index	187