

Show Notes

Date: 2/17/23

Name of Podcast: Read. Return. Repeat. A ReadICT Podcast.

Episode Title and Number: All You Can Read Buffet (Season 3, Episode 1)

Episode Summary: Opening Season 3 of the podcast, co-hosts Sara Dixon and Daniel Pewewardy talk with Arielle Zibrak, Associate Professor of English and Gender & Women's Studies at the University of Wyoming to discuss the topic of Category 4: Guilty Pleasures. Zibrak, who is also author of the book *Avidly Reads: Guilty Pleasures*, discusses the concept of shame and media consumption and why we should never feel bad about the things we love.

Guest Bio:



Arielle Zibrak is a writer, researcher, editor, and educator living in the Rocky Mountain West. Originally from the greater-Boston area, she moved to New York in 2003 to work at Random House, where she was an Assistant Editor of popular fiction. She left publishing to pursue a Ph.D. in 19th-century American Literature at Boston University and is now an Associate Professor of English and Gender and Women's Studies at the University of Wyoming. She is the editor of Edith Wharton's *The Age of Innocence: New Centenary Essays* (Bloomsbury, 2019) and the author of *Avidly Reads: Guilty Pleasures* (New York University Press, 2021).

(source: <https://www.ariellezibrak.com/about>)

Topic Index:

Arielle's journey to writing a book about guilty pleasures (2:02)

Defining "guilty pleasure" (7:01)

Literary gatekeeping (11:60)

When the low-brow becomes high-brow (20:55)

"Chick" lit vs. "Bro" lit (30:57)

True crime and exploitation (35:04)
Reading books by “bad” people (37:45)
Gen Z and embracing joy without shame (40:01)
Book clubs and literary gatekeeping (43:51)
Letting go of guilt (47:00)
Arielle’s upcoming projects (50:43)

Books recommended in this episode:

A Time to Kill, John Grisham

All Creatures Great and Small, James Herriott

How Y’All Doing? Misadventures and Mischief from a Life Well Lived, Leslie Jordan

Less is Lost, Andrew Sean Greer

My Hero Academia Volume 31, Kohei Horikoshi

Red, White & Royal Blue, Casey McQuiston

Spare, Prince Harry

The House Across the Lake, Riley Sager

The Wedding Date, Jasmine Guillory

Special Thanks to our reading community on Facebook for sharing their recommendations!

Resources & Links:

About Arielle Zibrak

[Website](#)

[Faculty Bio](#)

Twitter: [@zarielle](#)

Instagram: [@ariellezibrak](#)

Publications

Edith Wharton's The Age of Innocence: New Centenary Essays (2019, Bloomsbury Academic)

Avidly Reads: Guilty Pleasures (2021, New York University Press)

Writing Against Reform (anticipated publication 2023, University of Massachusetts Press)

[Essays from *Avidly*](#) (2015-2021)

[Essays from *The Baffler*](#) (2016-2017)

[Essays from *The Los Angeles Review of Books*](#) (2017-2020)

[Humor Writing from *The Toast*](#) (2014-2015)

[Writing from *McSweeney's*](#) (2008-2021)

[Scholarly Journal Articles](#) (2017-2021)

Other Media/Interviews

[Interview with *Smart Podcast, Trashy Books* podcast](#) (July 2, 2021)

[Interview with *Shelf Love* podcast](#) (July 19, 2021)

[Interview with *Bonnets at Dawn* podcast](#) (December 12, 2021)

LitHub.com: [The Concept of the Guilty Pleasure Privileges Productivity Above All Else: Arielle Zibrak on the Importance of Relaxing With a Good Book \(Any Book\)](#)

Los Angeles Review of Books: [Academic Affects: A Conversation on Guilty Pleasures](#)

Popmatters.com: [Brunch, Ladies? On Arielle Zibrak's 'Guilty Pleasures.'](#)

Books and Authors Mentioned in this Episode

Are You There God? It's Me, Margaret, Judy Blume

Great Expectations, Charles Dickens

The Wedding Date, Jasmine Guillory

[Charles Dickens](#)

Twilight Series, Stephenie Meyer

The Lord of the Rings (Book Series), J.R.R. Tolkien

[Jane Austen](#)

[Nathaniel Hawthorne](#)

[Henry David Thoreau](#)

[Herman Melville](#)

Moby Dick, Herman Melville

[Mark Twain](#)

[E.D.E.N. Southworth](#)

[Charles Bukowski](#)

The 48 Laws of Power, Robert Greene

The 50th Law, Robert Greene and Curtis Jackson (aka 50 Cent)

The Count of Monte Cristo, Alexandre Dumas

[Grady Hendrix](#)

[Clive Cussler](#)

[James Patterson](#)

Little House on the Prairie, Laura Ingalls Wilder

The Adventures of Huckleberry Finn, Mark Twain

Narrative of the Life of Frederick Douglass: An American Slave, Written by Himself, Frederick Douglass

Incidents in the Life of a Slave Girl, written by herself, Harriet Jacobs

Bury My Heart at Wounded Knee: An Indian History of the American West, Dee Brown

Indigenous Continent: The Epic Contest for North America, Pekka Hämäläinen

[Henry James](#)

[Edith Wharton](#)

Other Resources

[The Toast](#)

[Los Angeles Review of Books: Avidly](#)

[The Kissing Booth](#) (Film)

[YM Magazine](#)

[The New Yorker](#) (Magazine)

[Paris Hilton](#)

[Nicole Richie](#)

[\(Western\) Literary Canon](#)

Nathaniel Hawthorne quote: "America is now given over to a damned mob of scribbling women."

letter, 1855; Caroline Ticknor *Hawthorne and his Publisher* (1913) [Source](#)

[Ziegfeld Follies](#)

[Vaudeville](#)

[Roy Rogers](#)

[2nd Wave Feminism and literary criticism](#)

[90 Day Fiancé \(TV Series\)](#)

[Dahmer – Monster: The Jeffrey Dahmer Story \(TV Series\)](#)

[PBS American Masters: What Should Be Done About Racist Depictions in the ‘Little House’ Books?](#)

[TikTok](#)

[Gen Z are not ‘coddled.’ They are highly collaborative, self-reliant and pragmatic, according to new Stanford-affiliated research](#) (article)

Full Transcript: https://wichitalibrary.org/BooksMore/podcast/Pages/rrr_s3e1.aspx

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