

# BARTON

## LIBRARY

*Dare to know*

### Body Horror Fiction

*Horror fiction in which the horror is principally derived from the graphic destruction or degeneration of the human body.*

This sub-genre focuses on abnormal, disturbing violations to the human body, with unsettling depictions of abuse. Body horror stories depict physical and psychological violations of the human form. There are often themes of biological horror, organic horror, or visceral horror in which there is unnatural graphic transformation, degeneration, or destruction of the physical body.

### Common Elements

Grisly descriptions
Graphic violence
Disfigurement
Deformity
Disease and afflictions
Self-harm

Mutilation
Abnormal forms of sex and abuse
Mutation
Annihilation
Physical transformations, willing and unwilling

### Benefits of Reading

Allows readers to address physical fears, and psychological and social anxieties
Permits readers to explore themes of identity, personal change, and the fear of

the unknown
Provides readers with reminders of the human body's astounding nature and its vulnerability

### Modern Literary Examples

<i>Annihilation</i> (2014) by Jeff VanderMeer
<i>Body</i> (2012) by Asa Nonami
<i>Bunny</i> (2019) by Mona Awad
<i>His Pain</i> (2011) by Wrath James White
<i>The Loosening Skin</i> (2021) by Aliya Whiteley

<i>The Murders of Molly Southbourne</i> (2017) by Tade Thompson
<i>Things Have Gotten Worse Since We Last Spoke</i> (2021) by Eric Larocca
<i>The Troop</i> (2014) by Nick Cutter

