

The Gilded Cage: Reading List Card

Five authors, one psychology study, and the companion essay for readers who want to follow the threads after the article.

Thread	Start here	Why it matters
The gaze	Laura Mulvey, Visual Pleasure and Narrative Cinema	The essay that made the male gaze unavoidable in film and fashion criticism.
The corset	Valerie Steele, The Corset	The cleanest history of fashion as body architecture, status symbol, and argument.
Dress as visual culture	Anne Hollander, Seeing Through Clothes	How art, clothing, and the seen body teach each other what a silhouette means.
Beauty economics	Naomi Wolf, The Beauty Myth	A polemic, but still useful for asking who profits from insecurity.
Clothing and cognition	Adam & Galinsky, Enclothed cognition	The study behind the claim that a garment can change how the wearer performs.
Companion essay	The Quiet Uniform	Menswear's opposite bargain: power through sameness, restraint, and the suit.

Use this as a bibliography card, not a worksheet. The essay is cultural criticism; the artifact is a path for deeper reading.