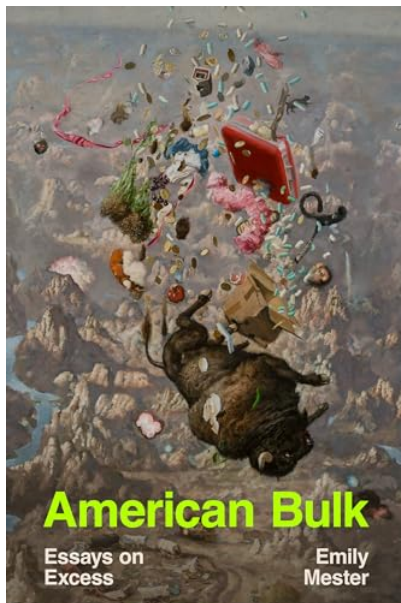


American Bulk: Essays on Excess by Emily Mester

Written by Idraoyhac



Introduction

Raised with hoarding and compulsive shopping, Emily Mester is caught in between. What happens when consumption begins to consume you back? In a series of deeply personal essays, Mester explores how the things we buy, eat, amass, and discard become an intimate part of our lives. We guiltily watch Amazon boxes pile up on the porch, wade through endless reviews to find the perfect product, and crave the comforting indulgence of a chain restaurant. With humor and sharp intellect, Mester reflects on the joys and anxieties of Costco trips, how a seasonal stint at Ulta Beauty taught her the insidious art of the sale, and what it means to get “mall sad.” In a nuanced examination of diet culture and fatness, Mester recounts her teenage summer at fat camp and the unexpected liberation she finds there. Finally, she ventures to Storm Lake, Iowa, to reckon with her grandmother’s abandoned hoard, excavating the dysfunction that lies at the heart of her family’s obsession with stuff. *American Bulk* introduces readers to a striking new literary talent from the American heartland, one who dares to ask us to regard consumption not with guilt but with grace and empathy.

Purpose of This Publication

This document is presented as an informational publication intended to provide general insight and educational context related to the subject matter. The content is designed for reading and reference purposes only.

Publication Information

Format: Digital Publication
Language: English
Rating: 4.4
Author: Emily Mester

Additional information is available at:
www.inclledger.org

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