

The sexual politics of meat

The Sexual Politics of Meat: A Critical Examination of Animal Consumption and Gender ** *The consumption of meat, a deeply ingrained practice in many cultures, is far more than a simple dietary choice. It is intertwined with complex social, economic, and political structures, often reflecting and reinforcing gender roles and power dynamics. This examines the "sexual politics of meat," exploring how meat production, consumption, and representations are shaped by and contribute to gendered narratives and power imbalances. We will analyze the historical context, examine contemporary representations in media and culture, and consider the ethical implications of our relationship with animals in a gendered world. The argument hinges on the assertion that the production and consumption of meat are deeply implicated in the construction and maintenance of patriarchal power structures, affecting both human and non-human bodies.*

Historical Context: A Gendered Landscape **Historically, the role of women in food production and consumption has been significantly different from that of men. While often relegated to domestic spheres, women have historically played**

crucial roles in food preparation and preservation, often in relation to meat.

Traditional Gender Roles and Meat Production

In many traditional societies, women were primarily responsible for domestic tasks, including processing meat and preparing meals. This division of labor reflects broader societal expectations about gender roles, often linking women to the domestic and men to the public sphere. Evidence from historical sources, including cookbooks and agricultural records, can illuminate these nuanced gendered practices. (Insert image here: A historical woodcut depicting women butchering animals or preparing meals.)

Shifting Landscapes and Changing Roles

The industrialization of meat production significantly altered the dynamics. While women remained engaged in food preparation, the physical labor of slaughtering and processing meat increasingly became the domain of men. This shift reflects the changing economic landscape and the evolving power dynamics between genders.

Contemporary Representations and Media

Meat as Masculinity: The Visual Narrative

Meat, particularly red meat, is often associated with masculinity in advertising and media representations. Images frequently portray men as the primary consumers, hunters, or chefs, associating meat consumption with strength, dominance, and virility. For example, analyze advertisements for beef and other red meats, focusing on the images, language, and the implied target audience. (Include several visual examples here: advertisements targeting men and highlighting strong imagery associated with meat).

Feminine Bodies and the Body Ideal

Conversely, women in media portrayals are often linked to a particular "ideal" of femininity that frequently excludes significant meat consumption, particularly if associated with being "too masculine". This association contributes to a restrictive gendered diet narrative, influencing societal expectations and creating pressure on women to conform to these ideals. The media's portrayal of women as healthy vegetarians or focusing on the aesthetics of women's bodies without meat often reinforces negative perceptions of meat consumption within a gendered context. Ethical Implications and Animal Welfare

The Gendered Dimension of Animal Suffering

The industrial meat production system often involves immense animal suffering. This suffering is arguably compounded by the gendered perspectives surrounding it. The devaluation of animal life, often justified by economic rationales, can be linked to broader patriarchal attitudes that devalue feminine qualities and prioritize male-identified traits like strength and dominance.

The Ethical Question: A Gendered Perspective

From an ethical perspective, our consumption choices regarding meat have consequences. Animal agriculture, with its implications for animal welfare, environmental damage, and health impacts, is a critical ethical juncture for examining how we view and value gendered roles and perspectives in our interactions with nature. How do our choices reflect our understanding of power, responsibility, and compassion for both human and non-human life?

Economic Factors and Gender Equality

The economics of meat production can also perpetuate existing gender inequalities. Women are often disproportionately affected by the environmental and

health impacts of intensive farming practices. (Insert data here about the impact of meat production on women's health and access to resources). Further analysis is needed to understand the complex economic factors driving these inequalities. Findings • Strong correlation between meat consumption and traditional gender roles. • Meat industry advertising often reinforces masculine ideals of consumption. • Animal welfare concerns are intertwined with gendered perspectives on human-animal interactions. • Economic impacts of meat production disproportionately affect women in some contexts.

Conclusion The sexual politics of meat extends far beyond the plate. It reflects and reinforces gendered power structures, shaping our relationships with animals, the environment, and each other. Examining this complex interplay reveals how deeply entrenched societal norms influence our dietary choices and attitudes towards animals, demanding a critical reassessment of our current practices and the need for more ethical and equitable approaches to food production and consumption.

Advanced FAQs 1. How can we deconstruct the link between meat consumption and masculine ideals in media? 2. What are the long-term consequences of the gendered representations of meat consumption for societal perceptions and attitudes toward gender roles and animal welfare? 3. How can alternative food systems, such as plant-based diets or sustainable farming practices, challenge and redefine the sexual politics of

meat? 4. How do cultural variations in meat consumption reflect and reinforce different gender norms? 5. What strategies can be implemented to address the existing economic disparities and environmental injustices linked to meat production? References **(Include a comprehensive list of scholarly s, books, and relevant data sources here. This is a crucial element for academic credibility. Use a consistent citation style.)** Note:** This outline provides a framework. Specific data, visual aids, and references need to be incorporated to fully flesh out the arguments and provide a rigorous academic analysis. Remember to properly cite all sources to avoid plagiarism and uphold academic integrity. The inclusion of data visualization (graphs, charts, etc.) will further strengthen the impact of this .

The Sexual Politics of Meat: More Than Just a Meal

When you think about what's on your plate, you probably focus on taste, nutrition, or maybe even your budget. But have you ever considered the deeper, often unspoken, dynamics at play? The concept of "the sexual politics of meat" delves into how our consumption of animal flesh is intertwined with societal ideas about masculinity, femininity, power, and dominance. It's a fascinating and sometimes unsettling exploration of how gender roles and

power imbalances have shaped our relationship with food, and how that relationship, in turn, reinforces those very societal structures. This isn't just about vegetarianism or veganism, although those choices often intersect with these politics. It's about understanding the cultural baggage that comes with eating meat, particularly in Western societies, and how it's been used to define and justify certain social norms for centuries. So, let's sink our teeth into this complex topic and unpack the layers of meaning behind our meat consumption.

The Masculine Association: Meat as a Symbol of Power and Virility

For a long time, meat, especially red meat like steak and burgers, has been heavily marketed and culturally coded as a masculine food. Think about the advertising: sizzling steaks, gruff-voiced men grilling, and phrases like "man-sized portions." This isn't accidental. This association stems from a historical and deeply ingrained idea that meat consumption signifies strength, dominance, and virility. In many cultures, hunting and butchering were traditionally male-dominated activities. The provider, the protector – these roles were often linked to the ability to procure and prepare meat. This evolutionary legacy, though perhaps less relevant in our modern supermarket era, has left a significant imprint on our psyche. Meat became a tangible symbol of prowess, a way to assert

one's strength and capability.

Meat as a Dominance Display

This idea extends beyond simple physical strength. Meat consumption can be seen as a way to assert dominance over the natural world, and by extension, over other beings. The act of killing and consuming an animal can be interpreted as a victory, a demonstration of power. This is particularly true when considering the "trophy" aspect of some meat consumption, where the largest, most impressive cuts are prized. This "dominance display" can also manifest in social settings. Historically, men might have been expected to eat more meat, to be the primary consumers at the table, reinforcing their position as the head of the household or the dominant figure. This is reflected in the lingering notion that a "real man" needs his protein, often implicitly meaning animal protein, to be strong and healthy.

The "Carnivore" Man Stereotype

The "carnivore" man stereotype is a potent example. This is the image of a man who needs his steak, who finds vegetarianism unmanly, and who views plant-based diets with suspicion or derision. This stereotype is reinforced through media, peer pressure, and even within families. Challenging this stereotype often means challenging deeply held beliefs about what it means to be a man. LSI keywords like "masculine eating habits," "patriarchal food

systems," "meat and masculinity," and "gendered diets" are all relevant here. We're essentially examining how food choices have been used to construct and reinforce gender roles, with meat firmly placed in the male domain.

The Feminine Association: Lighter, Healthier, and Submissive?

Conversely, while meat has been masculinized, plant-based foods, particularly fruits, vegetables, and lighter fare, have often been associated with femininity. This isn't to say women don't eat meat, but rather that the *cultural narrative* around certain foods has been gendered. This association often links femininity with qualities like nurture, delicacy, and a focus on health and appearance. In this context, plant-based diets can be seen as "cleaner," "lighter," and more aligned with an idealized feminine physique and self-care. This can create a subtle pressure for women to choose these foods, not just for health, but to conform to societal expectations of womanhood.

The Diet Culture Connection

The rise of diet culture has further amplified this connection. Women are often bombarded with messages about weight management and achieving a certain body type, and many popular diets encourage reducing or eliminating meat. While health can be a genuine

motivation, the underlying messaging often reinforces the idea that a "feminine" body is a lean, perhaps even meat-free, body.

Subtlety vs. Strength

This creates an interesting dichotomy. If meat represents brute strength and dominance, then its absence, or a preference for lighter foods, can be interpreted as a form of submissiveness or a lack of assertiveness. This can be problematic, as it implies that adhering to a more plant-based diet might be seen as a less powerful or less "complete" way of eating, particularly for women. Keywords like "feminine food preferences," "dieting and gender," "women's health and diet," and "plant-based diets for women" start to illustrate this side of the equation. We're seeing how societal expectations for women influence their food choices, sometimes pushing them away from what has been traditionally coded as "masculine."

Challenging the Norm: Vegetarianism, Veganism, and Feminist Critiques

The rise of vegetarianism and veganism has provided a powerful platform to challenge the sexual politics of meat. These dietary choices often go beyond personal preference, becoming conscious acts of rebellion against the dominant food system and its embedded ideologies.

Feminist Intersections with Animal Rights

Many feminists have drawn strong parallels between the oppression of animals and the oppression of women. Both are seen as being exploited, objectified, and denied agency within patriarchal systems. From this perspective, the industrialization of meat production, with its emphasis on efficiency, control, and profit, mirrors exploitative systems that have historically targeted women and marginalized groups. Carol J. Adams' seminal work, "The Sexual Politics of Meat: A Feminist-Vegetarian Critical Theory," is a cornerstone in this discourse. She argues that the very act of eating meat is a foundational act of patriarchal power, where animals are "dead subjects" to be consumed, mirroring how women have been historically treated as objects for male consumption and pleasure.

Beyond the Plate: Reclaiming Power

Choosing to be vegetarian or vegan can be a way to reclaim agency and reject a system that perpetuates violence and dominance. It's about opting out of a cycle of consumption that is rooted in power imbalances. This isn't just about individual health; it's a political statement about how we interact with the world and the beings within it. Furthermore, by adopting plant-based diets, individuals can actively dismantle the gendered associations with food. A woman choosing a hearty plant-

based meal and a man embracing the vibrant flavors of vegan cuisine can both subvert the traditional "carnivore" and "light eater" stereotypes. Keywords here include "feminist vegetarianism," "veganism and social justice," "animal liberation and feminism," "deconstructing gendered eating," and "ethical veganism." These terms highlight the proactive and critical approach that many adopt when engaging with the sexual politics of meat.

Beyond Gender: Broader Implications of Meat Consumption

While gender is a central aspect of the sexual politics of meat, it's important to recognize that these dynamics have broader implications for our understanding of power, control, and our relationship with the environment.

The Industrial Food System and Control

The industrial meat industry is a massive enterprise that wields significant economic and political power. The sheer scale of production, the lobbying efforts, and the marketing machinery all contribute to maintaining the status quo of meat consumption. This system prioritizes profit and efficiency, often at the expense of animal welfare, environmental sustainability, and public health. The "sexual politics" of meat can be seen as a subtle but effective tool in maintaining this system. By framing meat

as inherently masculine and desirable, the industry cultivates demand and reinforces cultural norms that make it difficult to challenge.

Environmental and Ethical Considerations

The environmental impact of meat production is undeniable, contributing to deforestation, greenhouse gas emissions, and water pollution. Ethically, the conditions in factory farms raise serious concerns about animal suffering. These broader issues are often intertwined with the power dynamics that fuel the demand for meat. When we consider the "sexual politics of meat," we're not just talking about who eats what. We're talking about a complex web of cultural conditioning, societal expectations, economic forces, and ethical considerations that shape our food choices and, in turn, our world.

Conclusion: A Plate of Power and Politics

The sexual politics of meat is a profound and multifaceted concept that encourages us to look beyond the surface of our meals. It reveals how seemingly simple food choices are deeply embedded in societal power structures, particularly those related to gender. By understanding these dynamics, we can begin to deconstruct the ingrained associations that link masculinity with meat and femininity with lighter fare. We can recognize how

the industrial meat complex benefits from these ingrained beliefs and how challenging them can be a powerful act of resistance. Whether you're a staunch carnivore, a committed vegan, or somewhere in between, engaging with the sexual politics of meat offers a valuable lens through which to examine our relationship with food, our bodies, and the world around us. It's about recognizing that every meal is more than just sustenance; it's a statement, a choice, and a reflection of the complex political landscape on our plates. It invites us to consider what it truly means to eat consciously and to challenge the power dynamics that shape our culinary choices.

The Sexual Politics of Meat: A Complex Interplay of Culture, Identity, and Power Beneath the surface of everyday dietary choices lies a deeply layered set of social and psychological dynamics, particularly evident in the consumption of meat. The sexual politics of meat reframes how we understand our relationship with animal flesh—not merely as sustenance, but as a symbol entangled with gender norms, cultural rituals, and deeply internalized power structures. This framework invites us to examine how meat consumption and abstention reflect and reinforce societal expectations, especially around masculinity, femininity, and moral identity.

Historical and Cultural Foundations

Throughout history, meat has often functioned as a marker of status and masculinity. In many traditional societies, hunting and the control of meat distribution were closely tied to male dominance and warrior identity. The act of consuming large cuts of meat became a performative display of strength, virility, and authority. Conversely, vegetarianism or meat abstinence has frequently been associated with female roles, spiritual purity, or ascetic values—sometimes even cast as a contradiction to traditional feminine ideals of nurturance and warmth, which were more often symbolically linked to plant-based diets. These gendered associations are not universal, but they

reveal how meat operates as a cultural signifier that shapes—and is shaped by—gendered expectations. The sexual politics of meat also extend into ritual and symbolism. In religious and ceremonial contexts, meat offerings or prohibitions often carry gendered undertones. For example, sacrificial rites in various traditions have designated different animals or cuts for men and women, embedding meat into the fabric of ritualized gender roles. Even in contemporary settings, social gatherings centered on barbecues, steaks, or game meat often revolve around male presence and dominance, reinforcing narrow archetypes of strength and communal bonding.

Psychological and Emotional Dimensions Beyond cultural symbolism, the consumption of meat engages deeply personal emotional and psychological currents. For many, the act of eating meat is tied to memories of family, heritage, and belonging—often filtered through gendered experiences. A boy growing up surrounded by fathers grilling steaks may internalize meat as a symbol of paternal approval, protection, and masculine identity. Similarly, a woman raised to associate meat with indulgence or temptation might associate it with guilt, restriction, or even moral conflict—especially in contexts where plant-based diets are framed as healthier or more virtuous. These

emotional associations are not static. They shift with evolving social norms, personal values, and exposure to alternative narratives. The rise of veganism and plant-based eating, particularly among younger generations, reflects a growing challenge to traditional sexualized meat symbolism. For some, rejecting meat becomes an act of resistance—a way to reclaim bodily autonomy, reject performative masculinity, or align personal ethics with gender identity. This shift highlights how dietary choices can become profound expressions of selfhood, challenging long-held cultural scripts.

**Applications and Broader Social
Implications Understanding the sexual**

politics of meat extends beyond individual choice to broader societal implications. In marketing and advertising, meat is frequently positioned as a tool for asserting masculinity—ad campaigns often depict rugged men enjoying steaks or grilling game, reinforcing stereotypes that link meat consumption with dominance and virility. These narratives not only sell products but also shape collective perceptions of identity and desirability. Conversely, movements promoting plant-based diets increasingly confront these gendered portrayals, reframing meat reduction as an act of empowerment, care, and ethical consistency. By challenging the idea that meat consumption equals strength or

masculinity, these movements open space for diverse expressions of identity, where dietary choices reflect personal values rather than prescribed roles. In healthcare and public policy, recognizing this dynamic allows for more nuanced approaches. For instance, encouraging meat reduction should avoid reinforcing gendered assumptions—such as framing vegetarianism as “feminine” or “weak”—and instead emphasize inclusivity, health, and environmental sustainability.

Benefits and Future Outlook
Embracing the complexity of the sexual politics of meat offers significant benefits. It fosters greater empathy across dietary choices,

reducing stigma and judgment. It supports mental well-being by allowing individuals to align their eating habits with authentic self-concept, rather than societal pressure. Moreover, by deconstructing gendered narratives around meat, we open pathways for more equitable and sustainable food systems—systems where identity, ethics, and ecology converge. Looking ahead, the conversation around meat and identity will continue to evolve. As gender norms become more fluid and global food cultures interact more intensely, the symbolic weight of meat will transform. Younger generations, in particular, are redefining what it means to eat, reject, or reimagine meat not as a marker of tradition, but as a canvas for personal and collective

transformation. The future of food lies not only in what we eat, but in how we choose to understand the stories we tell through our plates—and who those stories represent. Understanding these dynamics invites us to see the act of eating not as passive consumption, but as an active, deeply human expression of who we are and who we wish to become.

The Sexual Politics of Meat: Unpacking the Intertwined Histories of Gender, Power, and Consumption

For many, the act of eating meat is a simple, unthinking biological necessity or a cultural tradition. Yet, delve beneath the surface, and a complex tapestry of social constructs, power

dynamics, and deeply ingrained ideologies emerges. The concept of the "sexual politics of meat," first eloquently articulated by Carol J. Adams in her seminal 1990 book, challenges us to examine how our dietary choices, particularly the consumption of animal flesh, are inextricably linked to gender roles, patriarchal structures, and the historical subjugation of both women and animals. This isn't just about what's on our plates; it's about the very foundations of societal power and how they are reflected and reinforced through our food choices.

The relationship between meat consumption and masculinity is perhaps the most widely recognized facet of this discourse. From childhood, boys are often encouraged

to "eat like a man," with hearty, protein-rich meals - invariably featuring meat - presented as a sign of strength, virility, and dominance. Conversely, vegetarianism or a preference for lighter, plant-based foods has historically been associated with femininity, delicacy, or even weakness. This association isn't accidental; it's a learned behavior, deeply embedded in cultural narratives and reinforced through advertising, media portrayals, and everyday conversations. The very act of preparing and serving meat has also been traditionally gendered, often falling within the domestic sphere and the purview of women, positioning them as providers and nurturers, while men are cast as the hunters, the providers of the "prize."

The Patriarchy and the 'Disembodied' Animal

Adams' groundbreaking work highlights how meat consumption functions as a cornerstone of patriarchal societies. The process of turning a living, sentient being into a consumable product, a "carcass," involves a fundamental act of dismemberment and objectification. This "disembodied" animal, stripped of its individuality and sentience, mirrors the way women have been historically objectified and devalued within patriarchal systems. The animal becomes a symbol of conquest and control, an object to be mastered and consumed, reflecting the broader societal tendency to dominate and control that which is deemed "other."

Furthermore, the language we use around meat is telling. We speak of "killing for the pot," "slaughtering," and "butchering." These violent verbs underscore the aggressive nature of meat production and consumption, a process that often requires the suppression of empathy and the normalization of suffering. This normalization, Adams argues, extends to the way we view and treat marginalized groups, including women, who are often subjected to violence and exploitation with a chilling lack of societal outrage. The readily accepted violence against animals, therefore, can be seen as a training ground for accepting violence and oppression in other forms.

Feminism's Engagement with the Meat Question

The feminist movement has increasingly engaged with the sexual politics of meat, recognizing its profound implications for gender equality and animal liberation. For many feminists, the rejection of meat is not merely a dietary choice but a political act, a conscious refusal to participate in a system that perpetuates violence and exploitation. This alignment between feminist ethics and veganism stems from a shared commitment to dismantling oppressive hierarchies. Both involve challenging the notion of inherent superiority and advocating for the rights and liberation of those who have been systematically disempowered.

The argument extends to the environmental impact of meat production, which disproportionately affects vulnerable communities, often comprised of women and marginalized populations. Resource depletion, land degradation, and climate change, all exacerbated by industrial animal agriculture, lead to food insecurity and displacement, further entrenching existing inequalities. Therefore, a shift towards plant-based diets is not only an ethical imperative for animals and a step towards gender equality but also a crucial element of environmental justice.

Beyond Masculinity: The Nuances of Gender and Consumption

While the association of meat with masculinity is prominent, the sexual

politics of meat are not solely about men. Women's relationship with meat consumption is also complex and varied. Historically, women in many cultures have been responsible for preparing and cooking meat, a role that, while seemingly subordinate, also afforded them a degree of control within the domestic sphere. However, this control was often limited to the execution of tasks dictated by patriarchal norms, reinforcing their roles as caregivers and homemakers.

Moreover, the pressure to conform to societal beauty standards can influence women's dietary choices. The perception of meat as a source of strength and bulk can lead some women to avoid it, while others may embrace it as part of a fitness regime. These decisions are often shaped by

deeply ingrained gendered expectations about female bodies and their perceived ideal forms. The marketing of "lean" meats or "diet-friendly" meat products further highlights how the industry capitalizes on these gendered anxieties.

The Ethics of Eating: Re-evaluating Our Food Systems

Understanding the sexual politics of meat compels us to re-evaluate our relationship with food at a fundamental level. It moves beyond simple nutritional concerns to encompass ethical, social, and political dimensions. The industrialization of meat production, with its factory farms and intensive animal husbandry, has amplified the objectification of animals and the environmental consequences.

These systems often rely on the exploitation of low-wage labor, a workforce that frequently includes marginalized women and immigrants, adding another layer to the complex interplay of power and consumption.

The increasing popularity of plant-based diets, veganism, and vegetarianism can be seen as a growing awareness of these issues. As more individuals question the ethical implications of their food choices, they are also implicitly challenging the patriarchal structures that have historically normalized meat consumption and animal exploitation. The rise of meat alternatives and the growing accessibility of plant-based ingredients offer tangible pathways for individuals to align their dietary practices with their values.

Conclusion: Towards a More Compassionate and Equitable Table

The sexual politics of meat is not a fringe concept; it is a critical lens through which to understand the pervasive influence of gender and power in shaping our daily lives. By recognizing the historical and ongoing connections between meat consumption, masculinity, patriarchy, and the objectification of both animals and women, we can begin to dismantle these harmful ideologies. The conversation around the sexual politics of meat encourages us to move towards a more compassionate, equitable, and sustainable food system. It's an invitation to be more mindful of what we eat, why we eat it, and the profound societal implications that lie behind every meal. As we continue to

explore plant-based nutrition and ethical consumption, we are not just changing our diets; we are actively participating in the redefinition of societal norms and the creation of a more just world for all sentient beings.

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In conclusion, the digital availability of

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Questions & Answers About the sexual politics of meat

No	Question	Answer
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1	How does the 'sexual politics of meat' connect to traditional gender roles?	The 'sexual politics of meat' often links meat consumption with masculinity, strength, and dominance, reinforcing traditional patriarchal norms. Conversely, vegetarianism or veganism has sometimes been associated with femininity, nurturing, or perceived weakness, perpetuating gender stereotypes within dietary choices.
2	Can the 'sexual politics of meat' explain why meat-eating is more prevalent in certain cultures or communities?	Yes, cultural traditions and historical contexts play a significant role. In societies where meat symbolizes status, power, or virility, its consumption can be deeply ingrained in male identity and social hierarchy, making it more resistant to dietary shifts influenced by gender.
3	What are some arguments that challenge the idea that meat is inherently masculine?	Critics argue that this association is a social construct, not biological. They point to women's historical roles in animal husbandry and food preparation, as well as the increasing number of women who are assertive meat-eaters. Furthermore, they highlight how animal welfare and environmental concerns, often championed by women, are driving dietary changes.

4	How has the rise of veganism intersected with discussions about the 'sexual politics of meat'?	Veganism is increasingly being framed as a feminist and anti-patriarchal stance. By rejecting the exploitation of animals, which some argue mirrors the exploitation of women, and by challenging dominant, 'masculine' dietary norms, veganism offers an alternative that subverts traditional gendered food politics.
5	In what ways does advertising influence the 'sexual politics of meat'?	Meat advertising frequently employs gendered imagery, associating meat with images of strong, active men, outdoor activities, and barbecue culture. This marketing reinforces the link between meat consumption and traditional masculine ideals, subtly encouraging men to eat meat and potentially shaming women who opt out.

sexual politics of meat consumption, meat and gendered power dynamics, political dimensions of carnivorous practices, sexualized food systems and ethics, meat eating and societal control, feminist critique of meat culture, carnival and carnality in food politics, meat consumption and gender ideology, the eroticism of meat and identity, ethics of meat, power, and desire

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