

Annotated Bibliography

[Author removed at request of original publisher]. "5.2 History of Magazine Publishing." Understanding Media and Culture, University of Minnesota Libraries Publishing edition, 2016. This edition adapted from a work originally produced in 2010 by a publisher who has requested that it not receive attribution., 22 Mar. 2016, open.lib.umn.edu/mediaandculture/chapter/5-2-history-of-magazine-publishing/#:~:text=During%20the%2017th%20and%2018th,magazines%20in%20the%20United%20States.

Magazines origins can be traced to Europe's early days, notably marked by the pioneering printing press. In the 17th century, communication thrived through pamphlets, brochures, and almanacs throughout of much of Europe, including Germany, France, and the Netherlands. Evolving over time, magazines have become a staple for information consumption.

The first American magazine took off in Philadelphia in 1741 with Andrew Bradford's "American Magazine" and Benjamin Franklin's "General Magazine." Advancements in press and technology ushered in a new era, introducing pictures and photo journalism to magazines, creating a distinct realm within the news landscape. Today, the modern magazines cater to diverse interests with a plethora of special interest publications.

"Magazines.Com." History Of Magazines | When Were The First Magazines Invented?, www.magazines.com/history-of-magazines. Accessed 20 Dec. 2023.

The genesis of magazines dates back to the 17th century with the publication of a periodical called "Edifying Monthly Discussions" by German theologian and poet Johann Wrist. This marked the beginning of a trend as similar publications emerged in England, France, and Italy. The 18th century witnessed an expanded audience as women embraced literature, contributing to a growing societal interest and knowledge.

As magazines underwent evolution, their content diversified beyond essays and stories. They began catering to a myriad of interests, spanning fashion, beauty, science, travel, parenting, and more. Originally available at newsstands, magazines later transitioned to subscription services. Today, there are thousands of magazines globally, spanning over 600 years, inspiring, educating, and entertaining readers worldwide. The enduring appeal of magazines persists, with continued global distribution and a rich history of over six centuries.

"Burnout: 5 Signs and What to Do about It." Cleveland Clinic, Cleveland Clinic, 13 Dec. 2023, health.clevelandclinic.org/signs-of-burnout/.

Burnout is a common issue among millions living in the constant hustle and bustling of daily life. It's characterized by physical, emotional, and mental exhaustion that can lead to decreased motivation and performance. It can sometimes manifest as well as negative attitudes towards oneself and others. It can arise from different aspects of personal and professional life and sometimes have serious health implications.

It's important to distinguish burnout from depression, as the former could be a response to specific stimuli, while the latter is a diagnosable mental health condition. Ways to combat burnout include seeking therapy, taking needed breaks and self-checks into one's routine, engaging in exercise and mindfulness, establishing a daily routine, and setting boundaries. Recovery from burnout requires emphasis on self-care; attending to one's well-being is not selfish, but necessary for being present and supportive in relationships.

Montijo, Sandra, and Jacquelyn Johnson. "Creativity and Depression: Is There a Link?" Psych Central, Psych Central, 2 Nov. 2021, <https://psychcentral.com/depression/creativity-and-depression>. Accessed 10 Dec. 2023.

The idea of the "tortured artist" is a familiar one, but research on the link between creativity and depression provides a more nuanced picture. While some studies suggest a connection, there's no definitive proof that one causes the other. Engaging in creative activities like painting, writing, or dancing can positively impact mental health, offering an outlet for emotions and potentially boosting mood and self-esteem. Studies have explored links between creativity and mood disorders, particularly bipolar disorder, but more research is needed.

Swiatkowski, Paulina. "Magazine influence on body dissatisfaction: Fashion vs. health?" Edited by Tonny Krijnen. Cogent Social Sciences, vol. 2, no. 1, 2 Nov. 2016, p. 1250702, <https://doi.org/10.1080/23311886.2016.1250702>.

Fashion magazines are implicated in fostering dissatisfaction and body dysmorphia in modern society. The predominant focus of studies has been on men due to discernible gender differences, revealing that societies standards vary and are not applied across genders equally. Health and fitness genre, frequently present images that contribute to body and muscle dysmorphia, as men may perceive themselves as "smaller" compared to the idealized and curated representations. Numerous studies conducted from 1997 to 2009 have demonstrated the correlation between consuming fashion and beauty magazines and the perpetuation of negative unrealistic body ideals.