Abstract

The desire for personal growth and transformation has always been the backbone of the American Dream. Americans are infatuated with the idea of self-transformation because it is considered a noble desire that embodies the American Dream and the quest for upward mobility. This analysis of three makeover reality television shows, The Biggest Loser, What Not to Wear, and Extreme Makeover, critiques the ways in which the American Dream has been warped into the desire for physical transformation and the quest for the ideal body.

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