

Maria Raquel Cochez

Artist Statement

My work is an exploration of the human experience existing within all the norms established around food, concepts of beauty, self esteem, and our own personal, sometimes skewed and often limiting definitions of these. Through a variety of media I examine the actions and perceptions of myself and others reminiscent of my own behaviors and thoughts dictated by an eating disorder and body image dysmorphia. It investigates the psychology behind the forming of beauty ideals in childhood, the cultural differences in beauty canons and their subjectivity, the self harm involved in distorted conceptions of the body, the sexual dynamic surrounding bodies not currently celebrated in the media, and the impact that distorted relationships with food can have on all of these premises. I examine the act of binge eating, the physical settings in which it happens, and the secrecy behind it; the cycle of losing and gaining weight and the physical consequences of this symptom of the condition. My work is an elaborate story of the battle of self acceptance executed through auto-referential, autobiographical and biographical accounts parallel to this universal struggle.