

Reflecting on a difficult
relationship with her mother

Autobiography of My Body

LIZE SPIT

In November 2024, acclaimed novelist Lize Spit, author of 'It Melts', 'I Am Not Here' and 'The Honest Finder', made her nonfiction debut with 'Autobiography of My Body', a book that quickly soared to the top of the bestseller lists. In this deeply personal work, Spit reflects on her difficult relationship with her mother, how it shaped her experience of her own body, and how she managed to come to terms with these feelings.

At the end of 2021, Spit received the news that her mother was terminally ill. Her mother conveyed this through an email – a striking example of their difficult relationship. Spit's mother had long struggled with alcohol and found communication very difficult, often expressing a desire to disappear. Growing up this way, Spit internalized some of these patterns, resulting in a complex relationship with her own body. One that often felt as if it were closing down on her.

Over the next two years, Spit tried to make sense of it all by documenting what happened to both her mother and herself. To prepare for what was laying ahead, she had to look back: at her childhood, at the difficult bond with her mother, and at the ongoing struggles with her own body. How do you experience such a profound farewell in a body that has learned to suppress everything?

'Autobiography of My Body' is a deeply moving, confrontational, yet ultimately loving exploration of a daughter's attempt to understand both her mother and herself.



AUTHOR



Lize Spit (b. 1988), living in Brussels, gained a master's degree in screenplay writing and has also written prose and poetry, published in several magazines. In 2013 she won both the jury prize and the readers' prize at WriteNow!, a prestigious writing competition. Her debut novel *The Melting* was published to widespread acclaim and became an instant bestseller both in Flanders and beyond. Rights have been sold to more than 10 countries. Listen to Lize Spit on 'Kopje Koffie' ('Cup of Coffee'), a podcast produced by The Dutch Embassy in Berlin, the Dutch Foundation for Literature, in cooperation with Flanders Literature and the General Representation of the Government of Flanders. *Photo © Keke Keukelaar*

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