

‘Jake Gyllenhaal’

Matthew Haigh

Those shots of Gyllenhaal building the internet, snaked with collective wounds, hit men like a shitload of gender-baggage. Having achieved snarling veins, we ask ‘why? We believe a sledgehammer is for everybody, but as men we use it to breathe. Gyllenhaal had six months to resemble a suit of armour - he did this by performing 2,000 cultural expectations a day. When he mistakenly ran eight miles, he not

only flipped – he beat Eminem face-down to a soundtrack of compassion.