

Our Bodies Ourselves For The New Century Boston Womens Health Book Collective

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Pussypedia University of Chicago Press

2004 Basker Prize from the Society for Medical Anthropology Recent history has witnessed a revolution in womens health care. Beginning in the late 1960s, women in communities across the United States challenged medical and male control over womens health. Few people today realize the extent to which these grassroots efforts shifted power and responsibility from the medical establishment into womens hands as health care consumers, providers, and advocates. Into Our Own Hands traces the womens health care movement in the United States. Richly documented, this study is based on more than a decade of research, including interviews with leading activists; documentary material from feminist health clinics and advocacy organizations; a survey of womens health movement organizations in the early 1990s; and ethnographic fieldwork. Sandra Morgen focuses on the clinics born from this movement, as well as how the movements encounters with organized medicine, the state, and ascendant neoconservative and neoliberal political forces of the 1970s to the1980s shaped the confrontations and accomplishments in womens health care. The book also explores the impact of political struggles over race and class within the movement organizations.

Our Bodies, Ourselves for the New Century NYU Press

Beyond the stereotypes, the boundaries, and the restricting self-definitions, we are women who seek to actualize our potential in all spheres: career, relationships and in our hearts. In this book, a world-renowned educator and author shows us how we can achieve such wholeness. With warmth, wit, and a rare depth of scholarship, the author shows how the traditional Jewish paths can help lead women to spiritual awareness.

Our Bodies, Ourselves Touchstone

Elle's 30 BEST BOOKS OF THE SUMMER "A jaw-dropping investigation into the women's health industry." —Shelf-Awareness "A fascinating examination of the past and present of women's healthcare" —Delfina V Barbiero, USA TODAY "A must-read for women, especially any woman who might ever need to see a doctor. " —The Washington Post American women visit more doctors, have more surgery, and fill more prescriptions than men. In Everything Below the Waist, Jennifer Block asks: Why is the life expectancy of women today declining relative to women in other high-income countries, and even relative to the generation before them? Block examines several staples of modern women's health care, from fertility technology to contraception to pelvic surgery to miscarriage treatment, and finds that while overdiagnosis and overtreatment persist in medicine writ large, they are particularly acute for women. One third of mothers give birth by major surgery; roughly half of women lose their uterus to hysterectomy. Feminism turned the world upside down, yet to a large extent the doctors' office has remained stuck in time. Block returns to the 1970s women's health movement to understand how in today's supposed age of empowerment, women's bodies are still so vulnerable to medical control—particularly their sex organs, and as result, their sex lives. In this urgent book, Block tells the stories of patients, clinicians, and reformers, uncovering history and science that could revolutionize the standard of care, and change the way women think about their health. Everything Below the Waist challenges all people to take back control of their bodies.

Ourselves, Growing Older Touchstone

A trailblazing, conversation-starting history of women’s health—from the earliest medical ideas about women’s illnesses to hormones and autoimmune diseases—brought together in a fascinating sweeping narrative. Elinor Cleghorn became an unwell woman ten years ago. She was diagnosed with an autoimmune disease after a long period of being told her symptoms were anything from psychosomatic to a possible pregnancy. As Elinor learned to live with her unpredictable disease she turned to history for answers, and found an enraging legacy of suffering, mystification, and misdiagnosis. In Unwell Women, Elinor Cleghorn traces the almost unbelievable history of how medicine has failed women by treating their bodies as alien and other, often to perilous effect. The result is an authoritative and groundbreaking exploration of the relationship between women and medical practice, from the "wandering womb" of Ancient Greece to the rise of witch trials across Europe, and from the dawn of hysteria as a catchall for difficult-to-diagnose disorders to the first forays into autoimmunity and the shifting understanding of hormones, menstruation, menopause, and conditions like endometriosis. Packed with character studies and case histories of women who have suffered, challenged, and rewritten medical orthodoxy—and the men who controlled their fate—this is a revolutionary examination of the relationship between women, illness, and medicine. With these case histories, Elinor pays homage to the women who suffered so strides could be made, and shows how being unwell has become normalized in society and culture, where women have long been distrusted as reliable narrators of their own bodies and pain. But the time for real change is long overdue: answers reside in the body, in the testimonies of unwell women—and their lives depend on medicine learning to listen.

Body Panic HarperCollins

The book Our Bodies, Ourselves is a feminist success story. Selling more than four million copies since

its debut in 1970, it has challenged medical dogmas about women’s bodies and sexuality, shaped health care policies, energized the reproductive rights movement, and stimulated medical research on women’s health. The book has influenced how generations of U.S. women feel about their bodies and health. Our Bodies, Ourselves has also had a whole life outside the United States. It has been taken up, translated, and adapted by women across the globe, inspiring more than thirty foreign language editions. Kathy Davis tells the story of this remarkable book’s global circulation. Based on interviews with members of the Boston Women’s Health Book Collective, the group of women who created Our Bodies, Ourselves, as well as responses to the book from readers, and discussions with translators from Latin America, Egypt, Thailand, China, Eastern Europe, Francophone Africa, and many other countries and regions, Davis shows why Our Bodies, Ourselves could never have been so influential if it had been just a popular manual on women’s health. It was precisely the book’s distinctive epistemology, inviting women to use their own experiences as resources for producing situated, critical knowledge about their bodies and health, that allowed the book to speak to so many women within and outside the United States. Davis provides a grounded analysis of how feminist knowledge and political practice actually travel, and she shows how the process of transforming Our Bodies, Ourselves offers a glimpse of a truly transnational feminism, one that joins the acknowledgment of difference and diversity among women in different locations with critical reflexivity and political empowerment.

The New Our Bodies, Ourselves Our Bodies, Ourselves

In 1970, the best-seller Our Bodies Ourselves was published. The focus of the authors, the Boston Health Collective, was on the youthful female body: on reproduction, sexuality, genitalia, intimacy and relationships in the context of North American cultural expectations. Our Bodies Not Ourselves is also about the female body—but on women aging from menopause to 100. Like its predecessor, Our Bodies Not Ourselves covers sexuality, genitalia, intimacy, gender norms and relationships. But the aging woman's body has many other issues, from head to toe, from skeleton to skin, and from sleep to motion. The book, an ethnography and Western cultural history of aging and gender, draws upon history, culture and social media, the authors’ own experiences as women of 70, and conversations and correspondence with more than two hundred women aged from 60-ish to 100. They consider the cultural and structural frameworks for contemporary aging: the long sweep of history, gendered cultural norms and the vast commercial and medical marketplaces for maintaining and altering the aging body. Part I, The Private Body, focuses on the embodied experiences of aging within our private households. Part II, The Public Body, explores weight, height, and adornment as old women appear among others. Part III, The Body With Others, sets the embodied experiences of aging women within their sexual and social relationships.

Our Bodies, Ourselves: Pregnancy and Birth Simon and Schuster

FROM THE EDITORS OF THE CLASSIC "BIBLE OF WOMEN'S HEALTH," A TRUSTWORTHY, UP-TO-DATE GUIDE TO HELP EVERY WOMAN NAVIGATE THE MENOPAUSE TRANSITION For decades, millions of women have relied on Our Bodies, Ourselves to provide the most comprehensive, honest, and accurate information on women's health. Now, in Our Bodies, Ourselves: Menopause, the editors of the classic guide discuss the transition of menopause. With a preface by Vivian Pinn, M.D., the director of the Office of Research on Women's Health at the National Institutes of Health, Our Bodies, Ourselves: Menopause includes definitive information from the latest research and personal stories from a diverse group of women. Our Bodies, Ourselves: Menopause provides an in-depth look at subjects such as hormone therapy and sexuality as well as proven strategies for coping with challenges like hot flashes, mood swings, and night sweats. In clear, accessible language, the book dispels menopause myths and provides crucial information that women can use to take control of their own health and get the best care possible. Our Bodies, Ourselves: Menopause is an essential resource for women who are experiencing -- or expecting -- menopause.

Bodies of Knowledge She Writes Press

From an author of the best-selling women’s health classic Our Bodies, Ourselves comes a bracingly forthright memoir about a life-long friendship across racial and class divides. A white woman’s necessary learning, and a Black woman’s complex evolution, make These Walls Between Us a “tender, honest, cringeworthy and powerful read.” (Debby Irving, author, Waking Up White.) In the mid-1950s, a fifteen-year-old African American teenager named Mary White (now Mary Norman) traveled north from Virginia to work for twelve-year-old Wendy Sanford’s family as a live-in domestic for their summer vacation by a remote New England beach. Over the years, Wendy's family came to depend on Mary’s skilled service—and each summer, Mary endured the extreme loneliness of their elite white beachside retreat in order to support her family. As the Black “help” and the privileged white daughter, Mary and Wendy were not slated for friendship. But years later—each divorced, each a single parent, Mary now a rising officer in corrections and Wendy a feminist health activist—they began to walk the beach together after dark, talking about their children and their work, and a friendship began to grow. Based on decades’ worth of visits, phone calls, letters, and texts between Mary and Wendy, These Walls Between Us chronicles the two women’s friendship, with a focus on what Wendy characterizes as her “oft-stumbling efforts, as a white woman, to see Mary more fully and to become a more dependable friend.” The book examines obstacles created by Wendy’s upbringing in a narrow, white, upper-class world; reveals realities of domestic service rarely acknowledged by white employers; and draws on classic works by the African American writers whose work informed and challenged Wendy along the way. Though Wendy is the work’s primary author, Mary read and commented on every draft—and together, the two friends hope their story will incite and support white readers to become more informed and accountable friends across the racial divides created by white supremacy and to become active in the ongoing movement for racial justice.

The New Our Bodies, Ourselves Berrett-Koehler Publishers

An argument against treating our bodies as commodities No one wants to be treated like an object, regarded as an item of property, or put up for sale. Yet many people frame personal autonomy in terms of self-ownership, representing themselves as property owners with the right to do as they wish with their bodies. Others do not use the language of property, but are similarly insistent on the rights of free individuals to decide for themselves whether to engage in commercial transactions for sex, reproduction, or organ sales. Drawing on analyses of rape, surrogacy, and markets in human organs, Our Bodies, Whose Property? challenges notions of freedom based on ownership of our bodies and argues against the normalization of markets in bodily services and parts. Anne Phillips explores the risks associated with metaphors of property and the reasons why the commodification of the body remains problematic. What, she asks, is wrong with thinking of oneself as the owner of one's body? What is wrong with making our bodies available for rent or sale? What, if anything, is the difference between markets in sex, reproduction, or human body parts, and the other markets we commonly applaud? Phillips contends that body markets occupy the outer edges of a continuum that is, in some way, a feature of all labor markets. But she also emphasizes that we all have bodies, and considers the implications of this otherwise banal fact for equality. Bodies remind us of shared vulnerability,

alerting us to the common experience of living as embodied beings in the same world. Examining the complex issue of body exceptionalism, *Our Bodies, Whose Property?* demonstrates that treating the body as property makes human equality harder to comprehend.

**Unwell Women** Feldheim Publishers

The Body Is Not an Apology The Power of Radical Self-Love Against a global backdrop of war, social upheaval, and personal despair, there is a growing sense of urgency to challenge the systems of oppression that dehumanize bodies and strip us of our shared humanity. Rather than feel helpless in the face of oppression, world-renowned activist, performance poet, and author Sonya Renee Taylor teaches us how to turn to the power of radical self-love in her new book, *The Body Is Not an Apology*. Radical self-love is the guiding framework that transforms the learned self-hatred of our bodies and the prejudices we have about other people's bodies into a vision of compassion, equity, and justice. In a revolutionary departure from the corporate self-help and body-positivity movement, Taylor forges the inextricable bond between radical self-love and social justice. The first step is recognizing that we have all been indoctrinated into a system of body shame that profits off of our self-hatred. When we ask ourselves, "Who benefits from our collective shame?" we can begin to make the distinction between the messages we are receiving about our bodies or other bodies and the truth. This book moves us beyond our all-too-often hidden lives, where we are easily encouraged to forget that we are whole humans having whole human experiences in our bodies alongside others. Radical self-love encourages us to embark on a personal journey of transformation with thoughtful reflection on the origins of our minds and bodies as a source of strength. In doing this, we not only learn to reject negative messages about ourselves but begin to thwart the very power structures that uphold them. Systems of oppression thrive off of our inability to make peace with bodies and difference. Radical self-love not only dismantles shame and self-loathing in us but has the power to dismantle global systems of injustice-because when we make peace with our bodies, only then do we have the capacity to truly make peace with the bodies of others

**Our Bodies, Ourselves** St. Martin's Press

"Explores the subject of menstruation, from toxic historic and religious roots to how young activists are challenging the silence and shame that can erode self-esteem and even threaten lives ..."--Page 4 of cover.

**Fat and Faithful** Everbind

Throughout the 1970s & 1980s, women argued that unless they gained information about their own bodies, there would be no equality. Wendy Kline considers the ways in which ordinary women worked to position the female body at the centre of women's liberation.

**Our Bodies, Ourselves: a New Edition for a New Era** Stanford University Press

A WOMAN'S BATTLE WITH THE BILLION-DOLLAR BABY BUSINESS Cracked Open is Miriam Zoll's eye-opening account of growing into womanhood with the simultaneous opportunities offered by the U.S. women's movement and new discoveries in reproductive technologies. Influenced by the pervasive media and cultural messages suggesting that science had finally eclipsed Mother Nature, Zoll postponed motherhood until the age of 40. When things don't progress as she had hoped, she enters a world of medical seduction and bioethical quagmires. Desperate to conceive, she surrenders to unproven treatments and procedures only to learn that the odds of becoming a mother through reproductive technologies are far less than she and her generation had been led to believe.

*For the Strength of Youth* Penguin

An informative reference that thoroughly details women's health issues.

**The Body** Post Hill Press

The first major revision of the 1984 classic guide to women's health includes information on such topics as breast cancer treatment options, preventing and living with AIDS, and new developments in contraception and reproductive technology. Reprint. 100,000 first printing.

**The Body Is Not an Apology** Holt McDougal

Updated and expanded for the 1990s.

*The New Ourselves, Growing Older* Simon and Schuster

In his latest iconoclastic work, Douglas Brode—the only academic author/scholar who dares to defend Disney entertainment—argues that "Uncle Walt's" output of films, television shows, theme parks, and spin-off items promoted diversity decades before such a concept gained popular currency in the 1990s. Fully understood, It's a Small World—one of the most popular attractions at the Disney theme parks—encapsulates Disney's prophetic vision of an appealingly varied world, each race respecting the uniqueness of all the others while simultaneously celebrating a common human core. In this pioneering volume, Brode makes a compelling case that Disney's consistently positive presentation of "difference"—whether it be race, gender, sexual orientation, ideology, or spirituality—provided the key paradigm for an eventual emergence of multiculturalism in our society. Using examples from dozens of films and TV programs, Brode demonstrates that Disney entertainment has consistently portrayed Native Americans, African Americans, women, gays, individual acceptance of one's sexual orientation, and alternatives to Judeo-Christian religious values in a highly positive light. Assuming a contrarian stance, Brode refutes the overwhelming body of "serious" criticism that dismisses Disney entertainment as racist and sexist. Instead, he reveals through close textual analysis how Disney introduced audiences to such politically correct principles as mainstream feminism. In so doing, Brode challenges the popular perception of Disney fare as a bland diet of programming that people around the world either uncritically deem acceptable for their children or angrily revile as reactionary pabulum for the masses. Providing a long overdue and thoroughly detailed alternative, Brode makes a highly convincing argument that with an unwavering commitment to racial diversity and sexual difference, coupled with a vast global popularity, Disney entertainment enabled those successive generations of impressionable youth who experienced it to create today's aura of multiculturalism and our politically correct value system.

*Everything Below the Waist* Duke University Press

NEW YORK TIMES BESTSELLER • Bill Bryson, bestselling author of *A Short History of Nearly Everything*, takes us on a head-to-toe tour of the marvel that is the human body—with a new afterword for this edition. Bill Bryson once again proves himself to be an incomparable companion as he guides us through the human body—how it functions, its remarkable ability to heal itself, and (unfortunately) the ways it can fail. Full of extraordinary facts (your body made a million red blood cells since you started reading this) and irresistible Brysonesque anecdotes, *The Body* will lead you to a deeper understanding of the miracle that is life in general and you in particular. As Bill Bryson writes, “We pass our existence within this wobble of flesh and yet take it almost entirely for granted.” *The Body* will cure that indifference with generous doses of wondrous, compulsively readable facts and information. As addictive as it is comprehensive, this is Bryson at his very best, a must-read owner’s manual for every body.

**Our Bodies, Ourselves** Hachette Go

There is no one way to be transgender. Transgender and gender non-conforming people have many different ways of understanding their gender identities. Only recently have sex and gender been thought of as separate concepts, and we have learned that sex (traditionally thought of as physical or biological) is as variable as gender (traditionally thought of as social). While trans people share many common experiences, there is immense diversity within trans communities. There are an estimated 700,000 transgendered individuals in the US and 15 million worldwide. Even still, there's been a notable lack of organized information for this sizable group. *Trans Bodies, Trans Selves* is a revolutionary resource—a comprehensive, reader-friendly guide for transgender people, with each chapter written by transgender or genderqueer authors. Inspired by *Our Bodies, Ourselves*, the classic and powerful compendium written for and by women, *Trans Bodies, Trans Selves* is widely accessible to the transgender population, providing authoritative information in an inclusive and respectful way and representing the collective knowledge base of dozens of influential experts. Each chapter takes the reader through an important transgender issue, such as race, religion, employment, medical and surgical transition, mental health topics, relationships, sexuality, parenthood, arts and culture, and many more. Anonymous quotes and testimonials from transgender people who have been surveyed about their experiences are woven

throughout, adding compelling, personal voices to every page. In this unique way, hundreds of viewpoints from throughout the community have united to create this strong and pioneering book. It is a welcoming place for transgender and gender-questioning people, their partners and families, students, professors, guidance counselors, and others to look for up-to-date information on transgender life.

**Our Bodies, Ourselves: Menopause** Touchstone Books

Hailed by The New York Times as a “feminist classic,” and “America’s bestselling book on women’s health,” the comprehensive guide to all aspects of women’s health and sexuality, including menopause, birth control, childbirth, sexual health, sexual orientation, gender identity, mental health and general well-being. Six years after the 2005 overhaul of this classic guide to women’s health, the 2011 edition focuses on what *Our Bodies, Ourselves* does best: provide information on women’s reproductive health and sexuality; practical information on how find and access health information; and resources, stories, and information to educate women about health care injustices and inspire them to work collectively to address them. This new edition of *Our Bodies, Ourselves* includes the latest vital information on: •Changes in the health care system—especially how health care reform affects women and how to get the care you need. •Safer sex—how to engage in pleasurable, satisfying sexual experiences while protecting your health and the health of your partner. •Environmental health risks—including minimizing exposure to everyday pollutants that endanger reproductive health. •Body image—resisting negative media stereotypes and embracing healthier approaches to looking and feeling good. •Local and global activism—using social media and organizing tactics to build community and advocate for policies that improve women’s lives. •As well as crucial information about gender identity, sexual orientation, birth control, abortion, pregnancy and birth, perimenopause, and sexuality and sexual health as we age. Together with its companion website, *OurBodiesOurselves.org*, *Our Bodies, Ourselves* is a one-stop resource for women of all generations.