Our Bodies Ourselves

Intuitive Eating, 2nd Edition

From award-winning poet Saeed Jones, How We Fight for Our Lives—winner of the Kirkus Prize and the Stonewall Book Award—is a “moving, bracingly honest memoir” (The New York Times Book Review) written at the crossroads of sex, race, and power. One of the best books of the year as selected by The New York Times; The Washington Post; NPR; Time; The New Yorker; O, The Oprah Magazine; Harper’s Bazaar; Elle; BuzzFeed; Goodreads; and many more. “People don’t just happen,” writes Saeed Jones. “We sacrifice former versions of ourselves. We sacrifice the people who dared to raise us. The ‘I’ it seems doesn’t exist until we are able to say, ‘I am no longer yours.’” Haunted and haunting, How We Fight for Our Lives is a stunning coming-of-age memoir about a young, black, gay man from the South as he fights to carve out a place for himself, within his family, within his country, within his own hopes, desires, and fears. Through a series of vignettes that chart a course across the American landscape, Jones draws readers into his boyhood and adolescence—into tumultuous relationships with his family, into passing flings with lovers, friends, and strangers. Each piece builds into a larger examination of race and queerness, power and vulnerability, love and grief: a portrait of what we all do for one another—and to one another—as we fight to become ourselves. An award-winning poet, Jones has developed a style that’s as beautiful as it is powerful—a voice that’s by turns a river, a blues, and a nightscape set ablaze. How We Fight for Our Lives is a one-of-a-kind memoir and a book that cements Saeed Jones as an essential writer for our time.

Ourselves, Growing Older

Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children’s imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn’t stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.

Toxic Shock

Here is the first complete manual of Chinese medicine specifically written for the layperson. Filled with illustrated exercises and recipes, this book offers a unique, integrated system of preventive health care so that now anyone can promote good health, longevity, and spiritual awareness using these traditional techniques. Included are: • Key concepts of Chinese medical theory • Dozens of illustrated T’ai Chi and Chee-gung exercises • The Chinese approach to healing common ailments • Authentic secrets of Taoist sexual yoga • Therapeutic food recipes and herbal tonics • Alternative treatments for diseases such as AIDS and cancer • Resource listings: teachers, schools, centers, stores, and mail-order suppliers

The New Our Bodies, Ourselves

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.

Our Bodies Ourselves

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.

The Ultimate Guide to Anal Sex for Women

“Guides readers toward the road less consumptive, offering practical advice and moral support while making a convincing
case that individual actions . . . do matter.” —Elizabeth Royte, author, Garbage Land and Bottlemania Like many people,
Beth Terry didn’t think an individual could have much impact on the environment. But while laid up after surgery, she read
an article about the staggering amount of plastic polluting the oceans, and decided then and there to kick her plastic habit. In
Plastic-Free, she shows you how you can too, providing personal anecdotes, stats about the environmental and health
problems related to plastic, and individual solutions and tips on how to limit your plastic footprint. Presenting both beginner
and advanced steps, Terry includes handy checklists and tables for easy reference, ways to get involved in larger community
actions, and profiles of individuals—Plastic-Free Heroes—who have gone beyond personal solutions to create change on a
larger scale. Fully updated for the paperback edition, Plastic-Free also includes sections on letting go of eco-guilt, strategies
for coping with overwhelming problems, and ways to relate to other people who aren’t as far along on the plastic-free path.
Both a practical guide and the story of a personal journey from helplessness to empowerment, Plastic-Free is a must-read for
those concerned about the ongoing health and happiness of themselves, their children, and the planet.

Changing Bodies, Changing Lives

Throughout the 1970s and ’80s, women argued that unless they gained access to information about their own bodies, there
would be no equality. In Bodies of Knowledge, Wendy Kline considers the ways in which ordinary women worked to position
the female body at the center of women’s liberation. As Kline shows, the struggle to attain this knowledge unified women but
also divided them—according to race, class, sexuality, or level of professionalization. Each of the five chapters of Bodies of
Knowledge examines a distinct moment or setting of the women’s movement in order to give life to the ideas, expectations,
and pitfalls encountered by the advocates of women’s health: the making of Our Bodies, Ourselves (1973); the conflicts
surrounding the training and practice of women’s pelvic exams; the emergence of abortion as a feminist issue; the battles
over contraceptive regulation at the 1983 Depo-Provera FDA hearings; and the rise of the profession of midwifery. Including
an epilogue that considers the experiences of the daughters of 1970s feminists, Bodies of Knowledge is an important
contribution to the study of the bodies—that marked the lives—of feminism’s second wave.

The Glass Castle
Our Bodies, Ourselves and the Work of Writing

Our Bodies, Our Bikes is a resource and companion for women who ride bicycles. Through personal stories, how-to guidelines, and factual information, contributors explore the intersection of cycling and women's health, from bike fit to clothing, from periods to childbirth, from media representation to gender presentation and reproductive rights. Our diverse contributors demystify and elucidate women's issues in cycling in a practical, friendly, and down to earth manner.

Unwell Women

Discusses women's health care issues.

Fat and Faithful

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.

Pussypedia

A co-author of Our Bodies, Ourselves presents an expanded revision of a best-seller, first published in 1981, offering teenagers and their parents accurate, impartial advice on sexuality, puberty, body image, and related topics. Reprint. 35,000 first printing.

Mothers, Daughters, and Body Image

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.

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.

The V Book

A groundbreaking popular psychology book that explores the deep connection between our body and our brain. Over decades of study, University of Virginia psychologist Dennis Proffitt has shown that we are each living our own personal version of Gulliver’s Travels, where the size and shape of the things we see are scaled to the size of our bodies, and our ability to interact with them. Stairs look less steep as dieters lose weight, baseballs grow bigger the better players hit, hills look less daunting if you’re standing next to a close friend, and learning happens faster when you can talk with your hands. Written with journalist Drake Baer, Perception marries academic rigor with mainstream accessibility. The research presented and the personalities profiled will show what it means to not only have, but be, your unique human body. The positive ramifications of viewing ourselves from this embodied perspective include greater athletic, academic, and professional achievement, more nourishing relationships, and greater personal well-being. The better we can understand what our bodies are—what they excel at, what they need, what they must avoid—the better we can live our lives.

Body Panic

Discusses the many roles of women and the choices open to them. Includes detailed treatment of feminine hygiene.

Everything Below the Waist

We’ve all been there—angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it’s that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

Our Bodies, Ourselves for the New Century

Our Bodies, Ourselves, first published by a mainstream press in 1973, is now in its eighth major edition. It has been translated into twenty-nine languages, has generated a number of related projects, and, with over four million copies sold, is as popular as ever. This study tells the story of the first two decades of the pioneering best-seller—a collectively produced guide to women’s health—from its earliest, most experimental and revolutionary years, when it sought to construct a new, female public sphere, to its 1984 revision, when some of the problems it first posed were resolved and the book took the form it has held to this day. Wells undertakes a rhetorical and sociological analysis of the best-seller and of the work of the Boston Women’s Health Book Collective that produced it. In the 1960s and 1970s, as social movements were on the rise and many women entered higher education, new writing practices came into existence. In the pages of Our Bodies, Ourselves, matters that had been private became public. Readers, encouraged to trust their own experiences, began to participate in a conversation about health and medicine. The writers of Our Bodies, Ourselves researched medical texts and presented them in colloquial language. Drafting and revising in groups, they invented new ways of organizing the task of writing. Above all, they presented medical information by telling stories. We learn here how these stories were organized, and how the writers drew readers into investigating both their own bodies and the global organization of medical care. Extensive archival research and interviews with the members of the authorial collective shed light on a grassroots undertaking that revolutionized the writing of health books and forever changed the relationship between health experts and ordinary women.

The Making of Our Bodies, Ourselves

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.
A history of Toxic Shock Syndrome In 1978, doctors in Denver, Colorado observed several healthy children who suddenly and mysteriously developed a serious, life-threatening illness with no visible source. Their condition, which doctors dubbed ‘toxic shock syndrome’ (TSS) was rare, but observed with increasing frequency over the next few years in young women, and

A New York Times bestseller! From the celebrated author of Nickel and Dimed, Barbara Ehrenreich explores how we are killing ourselves to live longer, not better. A razor-sharp polemic which offers an entirely new understanding of our bodies, ourselves, and our place in the universe, NATURAL CAUSES describes how we over-prepare and worry too much about what is inevitable. One by one, Ehrenreich topples the shibboleths that guide our attempts to live a long, healthy life -- from the importance of preventive medical screenings to the concepts of wellness and mindfulness, from dietary fads to fitness culture. But NATURAL CAUSES goes deeper -- into the fundamental unreliability of our bodies and even our “mind-bodies,” to use the fashionable term. Starting with the mysterious and seldom-acknowledged tendency of our own immune cells to promote deadly cancers, Ehrenreich looks into the cellular basis of aging, and shows how little control we actually have over it. We tend to believe we have agency over our bodies, our minds, and even over the manner of our deaths. But the latest science shows that the microscopic subunits of our bodies make their own “decisions,” and not always in our favor. We may buy expensive anti-aging products or cosmetic surgery, get preventive screenings and eat more kale, or throw ourselves into meditation and spirituality. But all these things offer only the illusion of control. How to live well, even joyously, while accepting our mortality -- that is the vitally important philosophical challenge of this book. Drawing on varied sources, from personal experience and sociological trends to pop culture and current scientific literature, NATURAL CAUSES examines the ways in which we obsess over death, our bodies, and our health. Both funny and caustic, Ehrenreich then tackles the seemingly unsolvable problem of how we might better prepare ourselves for the end -- while still reveling in the lives that remain to us.
was soon learned to be associated with a bacterium and the use of high-absorbency tampons that had only recently gone on the market. In 1980, the Centers for Disease Control identified Rely tampons, produced by Procter & Gamble, as having the greatest association with TSS over every other tampon, and the company withdrew them from the market. To this day, however, women are frequently warned about contracting TSS through tampon use, even though very few cases are diagnosed each year. Historian Sharra Vostral’s Toxic Shock is the first and definitive history of TSS. Vostral shows how commercial interests negatively affected women’s health outcomes; the insufficient testing of the first super-absorbency tampon; how TSS became a ‘women’s disease,’ for which women must constantly monitor their own bodies. Further, Vostral discusses the awkward, veiled and vague ways public health officials and the media discussed the risks of contracting TSS through tampon use because of social taboos around discussing menstruation, and how this has hampered regulatory actions and health communication around TSS, tampon use, and product safety. A study at the intersection of public health and social history, Toxic Shock brings to light the complexities behind a stigmatized and under-discussed issue in women’s reproductive health. Importantly, Vostral warns that as we move forward with more and more joint replacements, implants, and internal medical devices, we must understand the relationship of technology to bacteria and recognize that both can be active agents within the human body. In other words, unexpected consequences and risks of bacteria and technology interacting with each other remain.

**Perception**

Written by the creators of the popular website, this rigorously fact-checked, accessible, and fully illustrated guide is essential for anyone with a pussy. If the clitoris and penis are the same size on average, why is the word “small” in the definition of clitoris but strangely missing from the definition of penis? Sex probably doesn’t cause yeast infections? But racism probably does cause BV? Why is masturbating so awesome? How hairy are butt cracks . . . generally? Why is labiaplasty on a global astronomical rise? Does egg freezing really work? Should I stick an egg-shaped rock up there or nah? There is still a shocking lack of accurate, accessible information about pussies and many esteemed medical sources seem to contradict each other. Pussypedia solves that with extensive reviews of peer-reviewed science that address old myths, confusing inconsistencies, and the influence of gender narratives on scientific research—always in simple, joyful language. Through over 30 chapters, Pussypedia not only gives the reader information, but teaches them how to read science, how to consider information in its context, and how to accept what we don’t know rather than search for conclusions. It also weaves in personal anecdotes from the authors and their friends—sometimes funny, sometimes sad, often cringe-worthy, and always extremely personal—to do away with shame and encourage curiosity, exploration, and agency. A gift for your shy niece, your angsty teenager, your confused boyfriend, or yourself. Our generation’s Our Bodies, Ourselves, with a healthy dose of fun.

**Our Bodies, Ourselves**

You are already enough, and you are not too much. J. Nicole Morgan grew up fat and loving Jesus. But she was forever burdened by what she saw as her biggest spiritual flaw: her weight. In Fat and Faithful, she shares her journey from body shame to fat acceptance and shows us how to care for the image of God found in every body—including our own. When the world tells us that our bodies are too much, J. Nicole Morgan reminds us that all people—no matter their size, shape, or ability—are beloved of God. Bodies of all sizes, shapes, colors, ethnicities, genders, sexual orientations, and abilities are expressions of the body of Christ. When our first prayer isn’t about changing our bodies, we create space to care for our neighbors and to celebrate the unique ways we are equipped to serve our communities in the bodies we have. Fat and Faithful shows us that the world is wider than the size of our waistline.

**Ourselves**

“Your’d think a Miss America swimsuit winner would feel completely confident about her body, right? Not always! So I decided to write the book I wish I’d had as a teen and in college—an honest, funny, practical, medically accurate, totally reassuring guide to how women’s bodies actually look, smell, feel, behave, and change. Alongside real-deal photographs of women just like you and me (no airbrushing, no supermodels, no kidding) you’ll find medical pictures of things you need to be able to recognize, true confessions by yours truly, and the encouragement you need to appreciate the uniqueness, strength, and beauty of your body. What are you waiting for?”—Nancy Redd From fashion magazines to taboo Web sites, curious young women have access to tons of old wives’ tales about and thousands of airbrushed and inaccurate images of the female body—misinformation and harmful portrayals that can lead to low self-esteem, self-destructive acts, or even disturbing plastic surgery procedures. Teaming up with a leading physician specializing in adolescent health issues, Harvard graduate and former Miss Virginia Nancy Redd now offers a down-to-earth, healing, and reassuring response to those damaging myths. In Body Drama, Redd gives girls insight into the issues they’re often too ashamed to raise with a doctor or parent. She also reveals her own experiences with the culture of “American beauty,” and shows readers all the many versions of “normal.” From body hair and bras, to acne and weight issues, along with crucial issues such as the importance of a healthy self image, Body Drama is a groundbreaking book packed with informative fast facts, FYIs, how-tos, and moving personal anecdotes as
well as hundreds of un-retouched photographs. A highly visual book, it’s the first of its kind for women: filled with real information and real photographs of real bodies, to celebrate all our different shapes and sizes. Named by Glamour magazine as one of America’s top-ten college women “most likely to succeed—at anything,” Redd has spent the most recent years of her life on a mission to tackle the issues least discussed but most significant in young women’s lives. Celebrating the many versions of “normal,” and replacing seriously erroneous information with the honest, medically proven truth in a language all girls can understand, Body Drama dares to empower a new generation—with facts instead of fantasies, and the priceless gift of self-knowledge.

Men’s Bodies, Men’s Selves

From beloved New York Times bestselling author and award-winning journalist Anita Diamant comes a timely collection of essays to help inspire period positive activism around the globe. When Period. End of Sentence won an Oscar in 2019, the film’s co-producer and Executive Director of The Pad Project, Melissa Berton, told the audience: “A period should end a sentence, not a girl’s education.” Continuing in that revolutionary spirit and building on the momentum of the acclaimed documentary, this book outlines the challenges facing those who menstruate worldwide and the solutions championed by a new generation of body positive activists, innovators and public figures. Including interviews from people on the frontlines—parents, teachers, medical professionals, and social-justice warriors—Period. End of Sentence. illuminates the many ways that menstrual injustice can limit opportunities, erode self-esteem, and even threaten lives. This powerful examination of the far-ranging and quickly evolving movement for menstrual justice introduces today’s leaders and shows us how we can be part of the change. Fearless, revolutionary, and fascinating, Period. End of Sentence. is an essential read for anyone interested in empowering women, girls, and others around the world. To learn more about The Pad Project, go to ThePadProject.org.

Our Bodies, Ourselves: Menopause

In this, the third volume of an interdisciplinary history of the United States since the Civil War, Sean Dennis Cashman provides a comprehensive review of politics and economics from the tawdry affluence of the 1920s through the searing tragedy of the Great Depression to the achievements of the New Deal in providing millions with relief, job opportunities, and hope before America was poised for its ascent to globalism on the eve of World War II. The book concludes with an account of the sliding path to war as Europe and Asia became prey to the ambitions of Hitler and military opportunists in Japan. The book also surveys the creative achievements of America’s lost generation of artists, writers, and intellectuals; continuing innovations in transportation and communications wrought by automobiles and airplanes, radio and motion pictures; the experiences of black Americans, labor, and America’s different classes and ethnic groups; and the tragicomedy of national prohibition. The cast of characters includes FDR, the New Dealers, Eleanor Roosevelt, George W. Norris, William E. Borah, Huey Long, Henry Ford, Clarence Darrow, Ernest Hemingway, Scott Fitzgerald, W.E.B. DuBois, A. Philip Randolph, Orson Welles, Wendell Willkie, and the stars of radio and the silver screen. The first book in this series, America in the Gilded Age, is now accounted a classic for historiographical synthesis and stylistic polish. America in the Age of the Titans, covering the Progressive Era and World War I, and America in the Twenties and Thirties reveal the author’s unerring grasp of various primary and secondary sources and his emphasis upon structures, individuals, and anecdotes about them. The book is lavishly illustrated with various prints, photographs, and reproductions from the Library of Congress, the Museum of Modern Art, and the Whitney Museum of American Art.

How We Fight for Our Lives

A candid, feminist, and personal deep dive into the science and culture of pregnancy and motherhood Like most first-time mothers, Angela Garbes was filled with questions when she became pregnant. What exactly is a placenta and how does it function? How does a body go into labor? Why is breast best? Is wine totally off-limits? But as she soon discovered, it’s not easy to find satisfying answers. Your obstetrician will cautiously quote statistics; online sources will scare you with conflicting and often inaccurate data; and even the most trusted books will offer information with a heavy dose of judgment. To educate herself, the food and culture writer embarked on an intensive journey of exploration, diving into the scientific mysteries and cultural attitudes that surround motherhood to find answers to questions that had only previously been given in the form of advice about what women ought to do—rather than allowing them the freedom to choose the right path for themselves. In Like a Mother, Garbes offers a rigorously researched and compelling look at the physiology, biology, and psychology of pregnancy and motherhood, informed by in-depth reportage and personal experience. With the curiosity of a journalist, the perspective of a feminist, and the intimacy and urgency of a mother, she explores the emerging science behind the pressing questions women have about everything from miscarriage to complicated labors to postpartum changes. The result is a visceral, full-frontal look at what’s really happening during those nine life-altering months, and why women deserve access to better care, support, and information. Infused with humor and born out of awe, appreciation, and understanding of the female body and its strength, Like a Mother debunks common myths and dated assumptions, offering
guidance and camaraderie to women navigating one of the biggest and most profound changes in their lives.

Natural Causes

When women are told that what is important about us is how we look, it becomes increasingly difficult for us to feel comfortable with our appearance and how we feel about our bodies. We are told, over and over—if we just lost weight, fit into those old jeans, or into a new smaller pair—we will be happier and feel better about ourselves. The truth is, so many women despise their appearance, weight, and shape, that experts who study women’s body image now consider this feeling to be normal. But it does not have to be that way. It is possible for us as women to love ourselves, our bodies, as we are. We need a new story about what it means to be a woman in this world. Based on her original research, Hillary L McBride shares the true stories of young women, and their mothers, and provides unique insights into how our relationships with our bodies are shaped by what we see around us and the specific things we can do to have healthier relationships with our appearance, and all the other parts of ourselves that make us women. In Mothers, Daughters, and Body Image McBride tells her own story of recovery from an eating disorder, and how her struggles led her to dream of a new vision for womanhood—from one without body shame, negative comparisons, or insecurities, to one of freedom, connection, and acceptance.

Our Bodies, Ourselves

In this Second Edition of this radical social history of America from Columbus to the present, Howard Zinn includes substantial coverage of the Carter, Reagan and Bush years and an Afterword on the Clinton presidency. Its commitment and vigorous style mean it will be compelling reading for under-graduate and post-graduate students and scholars in American social history and American studies, as well as the general reader.

Our Bodies, Our Bikes

These Walls Between Us

“Those involved in women's health issues, Third World studies, and economic development should find food for thought” (Kirkus Reviews). This is an updated edition of the “influential study” (Publishers Weekly) of issues surrounding childbirth and the history of population control programs. Challenging conventional wisdom about overpopulation, and uncovering the deeper roots of poverty, environmental degradation, and gender inequalities, the author uses data and vivid case studies to explore how population control programs came to be promoted by powerful governments, foundations, and international agencies as an instrument of Cold War development and security policy. Mainly targeting poor women, these programs were designed to drive down birth rates as rapidly and cheaply as possible, with coercion often a matter of course. In the war on population growth, birth control was deployed as a weapon, rather than a tool of reproductive choice. Threaded throughout is the story of how international women’s health activists fought to reform population control and promote a new agenda of sexual and reproductive health and rights for all. While their efforts bore fruit, obstacles remain. On one side is the anti-choice movement that wants to deny women access not only to abortion but to most methods of contraception. On the other is a resurgent, well-funded population control lobby that often obscures its motives with the language of women’s empowerment. Despite declining birth rates worldwide—average global family size is now 2.5 children—overpopulation alarm is on the rise, tied now to the threats of climate change and terrorism. Reproductive Rights and Wrongs reveals how these developments are rooted in the longer history and politics of population control. In this book, a new generation of readers will find knowledge and inspiration for the ongoing struggle to achieve reproductive rights and social, environmental, and gender justice.

Period. End of Sentence.

The most female parts of a woman's anatomy are still shrouded in mystery, ignorance and misinformation. The V Book is the first book to frankly and thoroughly explain basic anatomy, analyse lifestyle issues and provide a guide to common health and sexual problems and how to avoid them.

Plastic-Free

Described by Salon as 'the bible of female anal sex,' The Ultimate Guide to Anal Sex for Women is a comprehensive and creative guide to anal pleasure. Tristan Taormino offers the kind of informed reassurance that can encourage even an absolute beginner to explore this nerve-rich part of the body, either alone or with a partner of any gender. Beginning by dispelling common myths about anal eroticism, Taormino goes on to illustrate anatomy, give tips on building trust and communicating desires, providing reliable, easy-to-understand information.
Our Bodies, Ourselves

_Ourselves_, the fourth volume of Charlotte Mason's Classic Homeschooling Series, is a character curriculum book written directly to children. Book I, Self-Knowledge, is for elementary school students; Book II, Self-Direction, is for older students. Self-Knowledge discusses our human desires and appetites; the "helpers" in our minds, such as intellect, sense of beauty, imagination, and reason; the ways in which we feel and express love for others, including sympathy, kindness, generosity, gratitude, courage, loyalty, and humility; and truth, justice, and integrity; and ends by encourages children to develop the habit of being useful. Self-Direction is an in-depth discussion of the conscience and virtues such as temperance, chastity, fortitude, and prudence; the will and self-control; and the soul and its capacities, such as prayer, thanksgiving, faith, and praise. Charlotte Mason was a late nineteenth-century British educator whose ideas were far ahead of her time. She believed that children are born persons worthy of respect, rather than blank slates, and that it was better to feed their growing minds with living literature and vital ideas and knowledge, rather than dry facts and knowledge filtered and pre-digested by the teacher. Her method of education, still used by some private schools and many homeschooling families, is gentle and flexible, especially with younger children, and includes first-hand exposure to great and noble ideas through books in each school subject, conveying wonder and arousing curiosity, and through reflection upon great art, music, and poetry; nature observation as the primary means of early science teaching; use of manipulatives and real-life application to understand mathematical concepts and learning to reason, rather than rote memorization and working endless sums; and an emphasis on character and on cultivating and maintaining good personal habits. Schooling is teacher-directed, not child-led, but school time should be short enough to a

The New Our Bodies, Ourselves

_Bodies of Knowledge_

_Complete Book of Chinese Health_

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.

_A People's History of the United States_

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.