

Get Free *Our Bodies Ourselves* For The New Century Boston Womens Health Collective Free Download Pdf

Our Bodies, Ourselves Our Bodies, Ourselves for the New Century
Our Bodies, Ourselves Our Bodies, Ourselves Our Bodies, Ourselves
Our Bodies, Ourselves: Menopause The Making of Our Bodies,
Ourselves The New Our Bodies, Ourselves Our Bodies Not Ourselves
Our Bodies, Ourselves: Pregnancy and Birth Changing Bodies,
Changing Lives: Expanded Third Edition More Than a Body Ourselves,
Growing Older Our Bodies, Ourselves and the Work of Writing
Mothers, Daughters, and Body Image Bodies of Knowledge How We
Fight for Our Lives Men's Bodies, Men's Selves Pussypedia
Multiculturalism and the Mouse Into Our Own Hands Body Am I Trans
Bodies, Trans Selves My Little Body Book Self-Made Man Our Bodies,
Whose Property? The Theory of Moral Sentiments Our Bodies, Our
Souls My Body, My Self for Girls The Body Is Not an Apology The Care
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Want to Die but I Want to Eat Tteokbokki The Beauty Myth embody
Being You My Body Woman's Body The Second Body

This is a groundbreaking, personal, and informative guide for the transgender population, covering health, legal issues, cultural and social questions, history, theory, and more. It is a place for transgender and gender-questioning people, their partners and families, students, professors, and guidance counselors, to look for up-to-date information on transgender life. 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. The companion to our bestselling book, *The Care & Keeping of You*, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being. Tips, quizzes, and checklists help girls understand and express what's happening to their bodies - and their feelings about it. **THE NEW YORK TIMES BESTSELLER** A deeply honest investigation of what it means to be a woman and a commodity from Emily Ratajkowski, the archetypal, multi-hyphenate celebrity of our time. _____

'This is the book for every woman trying to place their body on the map of consumption vs control, and every woman who wants to

better understand her impulses. It left me much changed' - Lena Dunham 'I read these pages, breathless with recognition, and the thrill of reading a new voice telling it like it is' - Dani Shapiro 'Emily Ratajkowski's first essay collection needs to be read by everyone [...] both page-turning and moving as hell' - Amy Schumer 'A slow, complicated indictment of a profession and the people who propel it [...] it will deliver a more nuanced and introspective rendering of her interior than those who come to it with those surface interests might expect' - Vogue 'Dazzling' - Observer 'Ratajkowski brings nuanced insight to questions about empowerment versus commodification of women's bodies and sexuality. Blending cultural criticism and personal stories, My Body is smart and powerful' - Time Magazine 'Raw, nuanced and beautifully written. A moving and enlightening experience to join a woman openly exploring such deep parts of her physical self via the written word. A truly impressive debut' - Emma Gannon 'Excellent [...] Ratajkowski writes with curiosity, intellect and acute awareness' - Harper's Bazaar 'Superb [...] it feels revolutionary' - Telegraph 'I admire and envy her artistry' - Guardian

Emily Ratajkowski is an acclaimed model and actress, an engaged political progressive, a formidable entrepreneur, a global social media phenomenon, and now, a writer. Rocketing to world fame at age twenty-one, Ratajkowski sparked both praise and furor with the provocative display of her body as an unapologetic statement of feminist empowerment. The subsequent evolution in her thinking about our culture's commodification of women is the subject of this book. My Body is a profoundly personal exploration of feminism, sexuality, and power, of men's treatment of women and women's rationalizations for accepting that treatment. These essays chronicle moments from Ratajkowski's life while investigating the culture's fetishization of girls and female beauty, its obsession with and contempt for women's sexuality, the perverse dynamics of the fashion and film industries, and the grey area between consent and abuse. Nuanced, unflinching, and incisive, My Body marks the debut of a fierce writer brimming with courage and intelligence. From early

childhood boys often feel pressured to be athletic and muscular. But what impact does this have on physical and mental well-being through their teens and beyond? Worryingly, a third of teen boys are trying to 'bulk up' due to body dissatisfaction, and boys and men account for 25% of eating disorder cases. What can we tell our boys to help them feel happy and confident simply being themselves? *Being You* has the answers! It's an easy-to-read, evidence-based guide to developing a positive body image for boys aged 12+. It covers all the facts on puberty, diet, exercise, self-care, mental health, social media, and everything in-between. Boys will find answers to the questions most on their mind, the truth behind many diet and exercise myths, and real-life stories from other boys. Armed with this book, they will understand that muscles don't make a man – it's enough simply being you! *Embody: A Guide to Celebrating Your Unique Body* (and quieting that critical voice!) brings to life the work of The Body Positive, a non-profit organization founded in 1996 by Connie Sobczak and Elizabeth Scott, LCSW. This book's message is rooted in the philosophy that people inherently possess the wisdom necessary to make healthy choices and to live in balance. It emphasizes that self-love, acceptance of genetic diversity in body size, celebration of the unique beauty of every individual, and intuitive self-care are fundamental to achieving good physical and emotional health. It encourages readers to shift their focus away from ineffective, harmful weight-loss efforts towards improving and sustaining positive self-care behaviors. Initial research indicates that this work significantly improves people's ability to regulate eating, decreases depression and anxiety, and increases self-esteem—all critical resources that promote resiliency against eating and body image problems. *Embody* guides readers step-by-step through the five core competencies of the Body Positive's model: Reclaim Health, Practice Intuitive Self-Care, Cultivate Self-Love, Declare Your Own Authentic Beauty, and Build Community. These competencies are fundamental skills anyone can practice on a daily basis to honor their innate wisdom and take good care of their whole selves because

they are motivated by self-love and appreciation. Rather than dictating a prescriptive set of rules to follow, readers are guided through patient, mindful inquiry to find what works uniquely in their own lives to bring about—and sustain—positive self-care changes and a peaceful relationship with their bodies. Through workshops, lectures, and leadership trainings, Sobczak and Scott have helped thousands of people of all sizes, ages, sexual orientations, genders, ethnicities, and socioeconomic levels to lead healthier and more meaningful lives by learning how to cherish their unique bodies—no small task given today's barrage of thin images and emphasis on dieting. *Embody* offers practical tools as well as personal stories to bring Sobczak and Scott's work into one's own life. It is a resource that can be read cover to cover as well as revisited time again while moving through the inevitable changes that come with personal growth. A lifeboat in the sea of messages that demean the bodies of both men and women, *Embody* is a safe haven for all. *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 PHENOMENAL KOREAN BESTSELLER TRANSLATED BY INTERNATIONAL BOOKER SHORTLISTEE ANTON HUR 'Will strike a chord with anyone who feels that their public life is at odds with how they really feel inside.' - Red

PSYCHIATRIST: So how can I help you? ME: I don't know, I'm - what's the word - depressed? Do I have to go into detail? Baek Sehee is a successful young social media director at a publishing house when she begins seeing a psychiatrist about her - what to call it? - depression? She feels persistently low, anxious, endlessly self-doubting, but also highly judgemental of others. She hides her feelings well at work and with friends; adept at performing the calmness, even ease, her lifestyle demands. The effort is exhausting, overwhelming, and keeps her from forming deep relationships. This can't be normal. But if she's so hopeless, why can she always summon a desire for her favourite street food, the hot, spicy rice cake, tteokbokki? Is this just what life is like? Recording her dialogues with her psychiatrist over a 12-week period, Baek begins to disentangle the feedback loops, knee-jerk reactions and harmful behaviours that keep her locked in a cycle of self-abuse. Part memoir, part self-help book, *I Want to Die but I Want to Eat Tteokbokki* is a book to keep close and to reach for in times of darkness. 2004 Basker Prize from the Society for Medical Anthropology

Recent history has witnessed a revolution in women's 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 the 1980s 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.

What's happening to my body? Is this normal? This fact-filled journal and activity book makes it fun for girls to find answers to their many questions about the physical and emotional changes that accompany puberty. With quizzes, checklists, games, and illustrations throughout, *My Body, My Self for Girls* also includes journal pages and lots of personal stories addressing girls' concerns, experiences, and feelings during this new stage of their lives. This new edition of the book originally published in the 1970s discusses many difficult issues. As well as a symptoms guide to common medical problems, it includes an easy-to-follow description of the NHS structure, enabling women to recognize where they stand in an often confusing system.

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. 'A woman's body is without parallel. It is the source of all human life, an object of constant fascination, admiration and desire, and the wellspring of an enormous range of physical and creative achievements.'

**Compiled by a team of experts in every field, from gynaecology and endocrinology to physiology and sociology, headed by leading expert on women's health issues, Dr Miriam Stoppard*

**Offers practical advice on a wide range of topics, from women's nutritional needs and contraception to combating depression and resolving sexual problems*

**Features the most up-to-date medical research and screening procedures*

**Hundreds of colour photographs, drawings and charts illustrate every aspect of being a woman*

**Enables women to make informed choices about their bodies and their lives*

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. "It seems like everyone else has the script. Everyone else knows what's happening and I look around and say, Duh." Of course, the truth is that no one has the script because there is no script to follow. Chances are you'd find that almost everyone else has questions and worries a lot like yours, if you could get them to admit it. This brand-new, completely updated and revised edition of Changing Bodies, Changing Lives is full of honest, accurate, nonjudgmental information on everything teenagers need to know about today. Am I the only one who can't get up the nerve to ask someone out? got my period so early? doesn't even know the right way to kiss? feels pressured to use drugs? still hasn't hit puberty yet? wants to avoid the gang scene? worries when my mom doesn't come home at night? is scared that I might have AIDS? can't decide what form of birth control to use? has no idea how to tell my friends I'm gay? goes on eating binges? has never had an orgasm? is shut out of

the popular crowd? *Changing Bodies, Changing Lives* has helped hundreds of thousands of teenagers make informed decisions about their lives, from questions about sex, love, friendship, and how your body works to dealing with problems at school and home and figuring out who you are. It's packed with illustrations, checklists, and resources for the answers you really need. Best of all, it's filled with the voices, poems, and cartoons from hundreds of other teenagers, who tell you what makes them feel worried, angry, confused, sexy, happy, and, yes, even excited and hopeful about their lives. (Check out the first two pages for a sample of the quotes you'll find inside.)

Being a teenager is tough. With the information and the ideas inside this book, you'll have what you need to make these years the best they can be. 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. 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. 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. How the way we perceive our bodies plays a critical role in the way we perceive ourselves: stories of phantom limbs, rubber hands, anorexia, and other phenomena. The body is central to our sense of identity. It can be a canvas for self-expression, decorated with clothing, jewelry, cosmetics, tattoos, and piercings. But the body is more than that. Bodily awareness, says scientist-writer Moheb Costandi, is key to self-consciousness. In *Body Am I*, Costandi examines how the brain perceives the body, how that perception translates into our conscious experience of the body, and how that experience contributes to our sense of self. Along the way, he explores what can happen when the mechanisms of bodily awareness are disturbed, leading to such phenomena as phantom limbs, alien hands, and amputee fetishes. Costandi explains that the brain generates maps and models of the body that guide how we perceive and use it, and that these maps and models are repeatedly modified and reconstructed. Drawing on recent bodily awareness research, the new science of self-consciousness, and historical milestones in neurology, he describes a range of psychiatric and neurological disorders that result when body and brain are out of sync, including not only the well-known phantom limb syndrome but also phantom breast and phantom penis syndromes; body integrity identity disorder, which compels a person to disown and then amputate a healthy arm or leg; and such eating disorders as anorexia. Wide-ranging and meticulously researched, *Body Am I* (the title comes from Nietzsche's *Thus Spoke Zarathustra*) offers new insight into self-consciousness by describing it in terms of bodily awareness. 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. The bestselling classic that redefined our view of the relationship between beauty and female

identity . Every day, women around the world are confronted with a dilemma – how to look. In a society embroiled in a cult of female beauty and youthfulness, pressure on women to conform physically is constant and all-pervading. In this iconic, gripping and frank exposé, Naomi Wolf exposes the tyranny of the beauty myth through the ages and its oppressive function today, in the home and at work, in literature and the media, in relationships between men and women, between women and women. With pertinent and intelligent examples, she confronts the beauty industry and its advertising and uncovers the reasons why women are consumed by this destructive obsession. 'Essential reading' Guardian 'A smart, angry, insightful book, and a clarion call to freedom. Every woman should read it' Gloria Steinem

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. 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. 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. 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. A journalist’s provocative and spellbinding account of her eighteen months spent disguised as a man. Norah Vincent became an instant media sensation with the publication of *Self-Made Man*, her take on just how hard it is to be a

man, even in a man's world. Following in the tradition of John Howard Griffin (*Black Like Me*), Vincent spent a year and a half disguised as her male alter ego, Ned, exploring what men are like when women aren't around. As Ned, she joined a bowling team, took a high-octane sales job, went on dates with women (and men), visited strip clubs, and even managed to infiltrate a monastery and a men's therapy group. At once thought-provoking and pure fun to read, *Self-Made Man* is a sympathetic and thrilling tour de force of immersion journalism. 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. The trusted editors of *Our Bodies, Ourselves*, called "a feminist classic" by *The New York Times*, present a comprehensive

guide to pregnancy and childbirth, from prenatal care and emotional well-being to how to handle the pain of childbirth. Pregnancy and birth are as ordinary and extraordinary as breathing, thinking, or loving. But as soon as you announce you're expecting, you may be bombarded with advice from every angle—well-meaning friends, relatives, medical professionals, even strangers want to weigh in on what you should or shouldn't do, and it's easy to feel overwhelmed by their conflicting recommendations. *Our Bodies, Ourselves: Pregnancy and Birth* will help you sort fact from fiction, giving you the most accurate research, up-to-date information, and the firsthand experiences of numerous women who have been exactly where you are today. You'll get the tools you need to take care of yourself and your baby during and after your pregnancy, from tips on eating well during pregnancy to strategies for coping with stress and depression. Learn everything you need to know about:

- Choosing a good health care provider
- Selecting a place of birth
- Understanding prenatal testing
- Coping with labor pain
- Speeding your physical recovery
- Adjusting to life as a new mother

Our Bodies, Ourselves: Pregnancy and Birth is an essential resource for women that will guide you through the many decisions ahead. 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. Daisy Hildyard explores our relationship with animals and the environment through her concept of the second body. 'This book is a deep, sensual plunge, a worship of the body, inside and out' *The Times* In a quiet English suburb, a love affair ignites. For our nameless narrator, Louise is the last in a long line of explosive passions, but the first to have broken their heart. With Louise's husband, Elgin, blocking love's course, their affair is doomed to unravel - until, that is, a terrible choice must be made. With its witty and masterful prose, *Written on the Body* takes the reader on a beguiling and defying exploration of love and its physical forms. 'An ambitious work, at once a love story and a philosophical meditation on the body' *Sunday Telegraph* Drs. Lindsay and Lexie Kite know firsthand how hard filtering out media influence is when it comes to self-image. Both struggled as young women to overcome the expectations of body size and shape, but were able to learn to love, appreciate, and reclaim their own bodies, eventually earning their PhDs in body image resilience. The twin sisters founded the nonprofit *Beauty Redefined* and have made it their mission to help other women see themselves without societal expectations distorting their self-perception. *More than a Body* is a self-help book focused on going beyond body positivity, showing how a mindset focused on appearance sets women up for insecurities and self-judgement. In this book, they offer an action plan for readers to combat that mindset, and instead learn how the body can be "an instrument, not an ornament," with practical, actionable steps to take when consuming media, exercising, practicing self-reflection and self-compassion, and finding a purpose in life. This simple, delightful picture book introduces youngsters to the importance of taking care of their own bodies. From simple tips on hygiene to an empowering message on how to distinguish safe and unsafe touch, *Shruti*

Singhal's visuals and text provide perfect reading material for talking about health, safety, and emotional and physical well-being with very young children. Using straight-forward language and charming illustrations, My Little Body Book helps parents and concerned adults give kids guidance they can understand, practice and use. Published by Young Zubaan.

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