

THE BESTSELLING CLASSIC,  
INFORMING AND INSPIRING WOMEN ACROSS GENERATIONS



# OUR BODIES, OURSELVES

"Within these pages, you will find the voice of a women's health movement that is based on shared experience. Listen to it—and add your own." — GLORIA STEINEM



# **Our Bodies Ourselves A Book By And For Women**

**Boston Women's Health Book  
Collective, Judy Norsigian**



## **Our Bodies Ourselves A Book By And For Women:**

*Our Bodies, Ourselves* Boston Women's Health Book Collective, 1976 Discusses the many roles of women and the choices open to them Includes detailed treatment of feminine hygiene [Our Bodies, Ourselves](#) Boston Women's Health Book Collective, Judy Norsigian, 2011-10-04 THE BESTSELLING WOMEN S HEALTH CLASSIC INFORMING AND INSPIRING WOMEN ACROSS GENERATIONS Hailed by The New York Times as a feminist classic this comprehensive guide to all aspects of women s sexuality and reproductive health including menopause birth control childbirth sexual health sexual orientation gender identity mental health and overall wellbeing changed the women s health movement around the world and remains as important and relevant as ever Providing detailed and empowering information on women s reproductive health and sexuality this latest edition of *Our Bodies Ourselves* shows how to find and access health information and offers additional resources and stories to educate women about health care injustices and inspires them to work collectively to address them Including 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 that belongs on the bookshelves of women of all ages [Our bodies, ourselves](#) The Boston Women's Health Book Collective, 1973 **Our Bodies, Ourselves and the Work of Writing** Susan Wells, 2010-01-21 *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

*Our Bodies, Ourselves: Pregnancy and Birth* Boston Women's Health Book Collective, Judy Norsigian, 2008-03-04 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

*Our Bodies, Ourselves: Menopause* Boston Women's Health Book Collective, Judy Norsigian, 2008-06-16 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

*The Making of Our Bodies, Ourselves* Kathy Davis, 2007-09-03 The story of how the feminist classic *Our Bodies Ourselves* has been adapted and reworked by women of different cultures around the world

*The New Our Bodies, Ourselves*, 1992

Discusses women's health care issues      Voices of the Women's Health Movement, Volume 1 Barbara Seaman, Laura Eldridge, 2012-02-14 An unprecedented and definitive collection of rabble rousing writings on women's health. Voices of the Women's Health Movement explores a range of provocative topics from reproductive rights to sexuality to motherhood. Trailblazing advocate Barbara Seaman and health activist Laura Eldridge bring the revolutionary ideas of several generations together in this powerful new book celebrating women's bodies and women's voices. The more than two hundred contributors include Jennifer Baumgardner, Susan Brownmiller, Phyllis Chesler, Angela Y. Davis, Barbara Ehrenreich, Germaine Greer, Shulamith Firestone, Charlotte Perkins Gilman, Erica Jong, Molly Haskell, Shere Hite, Susie Orbach, Judith Rossner, Alix Kates Shulman, Gloria Steinem, Sojourner Truth, Rebecca Walker, Naomi Wolf, and many others. With Voices of the Women's Health Movement for the first time every woman and girl can experience in one place the powerful history of stirring words and strong female perspectives that have inspired countless women to take control of their health and their lives. Volume One highlights include influential writings on birth control, menstruation, pregnancy and birthing, motherhood, menopause, abortion, and lesbian, bisexual, and transgender health.

*Into Our Own Hands* Sandra Morgen, 2002 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 women's health. Few people today realize the extent to which these grassroots efforts shifted power and responsibility from the medical establishment into women's hands as health care consumers, providers, and advocates. *Into Our Own Hands* traces the women's 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 women's 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 movement's 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 women's health care. The book also explores the impact of political struggles over race and class within the movement organizations.

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### **Our Bodies Ourselves A Book By And For Women Introduction**

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