

OUR BODIES, OURSELVES

PREGNANCY AND BIRTH



The Boston Women's Health Book Collective



Our Bodies Ourselves Pregnancy And Birth

Jan Doolittle Wilson



Our Bodies Ourselves Pregnancy And Birth:

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 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: 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

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

[Women-Centered Care in Pregnancy and Childbirth](#) Sara Shields,Lucy Candib,2023-01-06 A woman centered approach to pregnancy must be flexible enough to address the variety of women s experiences around the world encompassing medical conditions cultures and family structures It must also include women who choose not to carry a pregnancy or experience a miscarriage This unique woman centered text explores all these issues and more

Becoming Disabled Jan Doolittle Wilson,2021-06-28 Using an

autoethnographic approach as well as multiple first person accounts from disabled writers artists and scholars Jan Doolittle Wilson describes how becoming disabled is to forge a new consciousness and a radically new way of viewing the world In *Becoming Disabled* Wilson examines disability in ways that challenge dominant discourses and systems that shape and reproduce disability stigma and discrimination It is to create alternative meanings that understand disability as a valuable human variation that embrace human interdependency and that recognize the necessity of social supports for individual flourishing and happiness From her own disability view of the world Wilson critiques the disabling impact of language media medical practices educational systems neoliberalism mothering ideals and other systemic barriers And she offers a powerful vision of a society in which all forms of human diversity are included and celebrated and one in which we are better able to care for ourselves and each other

The ICEA Guide to Pregnancy & Birth ICEA ICEA,2011-07-27 Essential information to help you make informed decisions for a healthy pregnancy labor and birth In this new guide the International Childbirth Education Association ICEA presents the best available evidence based research on pregnancy childbirth and newborn care Its goal is to help expectant parents understand their options in maternity care and to guide them as they make informed decisions that are best for them and their families Written in plain English and organized for easy reference this is a great resource for any childbirth class

The Divided States Laura J. Beard,Ricia Anne Chansky,2023-01-10 What is an American identity The tension between populism and pluralism between homogeneity and heterogeneity has marked the United States since its inception In *The Divided States* leading scholars and critics argue that the US is and has always been a site where multiple national identities intersect in productive and challenging ways Scrutinizing conflicting nationalisms and national identities the authors ask Whose stories get told and whose do not Who or what promotes the idea of a unified national identity in the United States How is the notion of a unified national identity disrupted What myths and stories bind the US together How representative are these stories What are the counternarratives And if the idea of national homogeneity is a fallacy what does tie us together as a nation Working across auto biography studies American studies and human geography all of which deal with the current interest in competing narratives alternative facts and accountability the essays engage in and contribute to critical conversations in classrooms scholarship and the public sphere The authors draw from a variety of fields including anthropology class analysis critical race theory diasporic refugee and immigration studies disability studies gender studies graphic and comix studies Indigenous studies linguistics literary studies sociology and visual culture And the genres under scrutiny include diary epistolary

communication digital narratives graphic narratives literary narratives medical narratives memoir oral history and testimony
This fresh and theoretically engaged volume will be relevant to anyone interested in the multiplicity of voices that make up the US national narrative Prenatal and Postnatal Care Karen Trister Grace,Cindy L. Farley,Noelene K. Jeffers,Tanya Tringali,2023-09-06 Prenatal and Postnatal Care Situate pregnancy in the emotional and physical life of the whole person with this bestselling guide Prenatal and postnatal care are important and dynamic areas in healthcare research and practice The needs of the childbearing person before and after birth are complex and intensely personal combining significant physiological impact with broader emotional needs In order to supply optimal care providers must account not only for physiological factors but also for cultural social experiential and psychological ones Prenatal and Postnatal Care takes a holistic person centered approach to prenatal and postnatal care Emphasizing the pregnant person and their unique needs this book presents prenatal and postnatal care as foundational care for a healthy start to family life This accessible comprehensive book provides unique knowledge and skills to practitioners so that they can make a positive difference to the people they serve Readers of the third edition of Prenatal and Postnatal Care will also find New chapters covering health equity ethics in perinatal care exercise and more All chapters updated to reflect evidence concerning health disparities and inequities Concrete ways for clinicians to disrupt the systems of harm and exclusion that can mediate care at every level Prenatal and Postnatal Care is essential for midwives nurse practitioners physician assistants and other healthcare providers who work with childbearing people *Pregnancy, Childbirth, and the Newborn* Parent Trust for Washington Children,Penny Simkin,Janet Whalley,Ann Keppler,Janelle Durham,April Bolding,2016-03-29

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