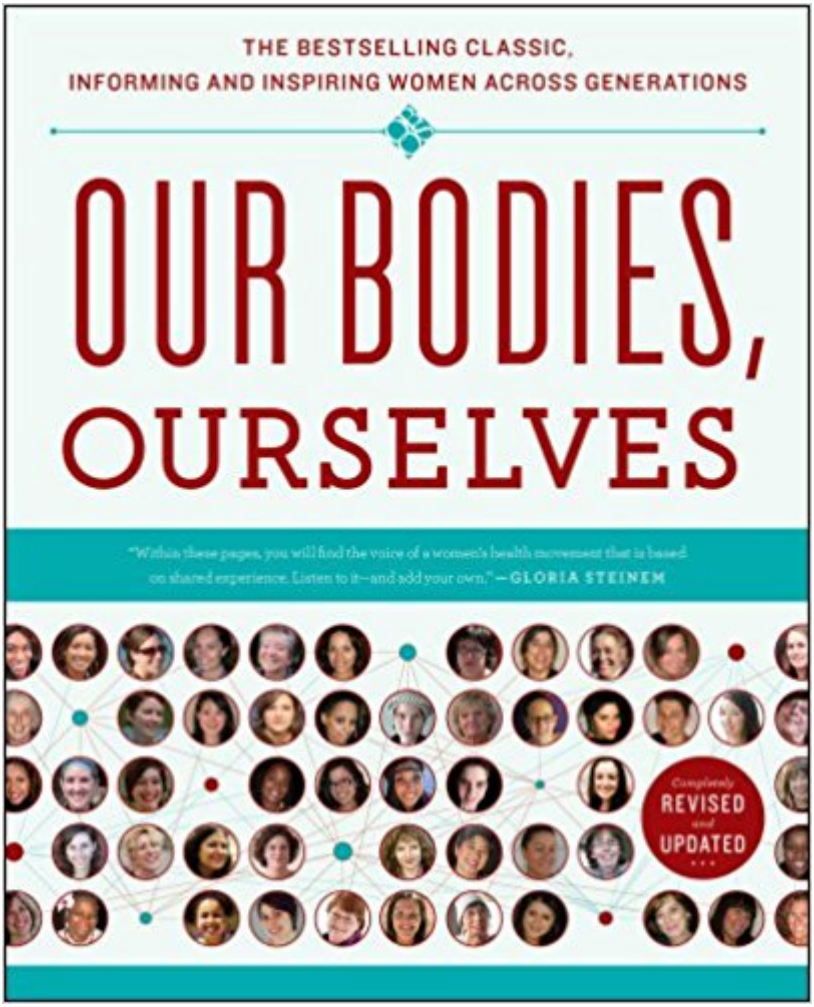
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Our Bodies, Ourselves



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Synopsis

Hailed by The New York Times as a Ã¢â ¬Å“feminist classic,Ã¢â ¬Â• and Ã¢â ¬Å“AmericaÃ¢â ¬â„¢s bestselling book on womenÃ¢â ¬â„¢s health,Ã¢â ¬Â• the comprehensive guide to all aspects of womenÃ¢â ¬â„¢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 womenÃ¢â ¬â„¢s health, the 2011 edition focuses on what Our Bodies, Ourselves does best: provide information on womenÃ¢â ¬â„¢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 systemÃ¢â ¬â •especially how health care reform affects women and how to get the care you need. -Safer sexÃ¢â ¬â •how to engage in pleasurable, satisfying sexual experiences while protecting your health and the health of your partner. -Environmental health risksÃ¢â ¬â •including minimizing exposure to everyday pollutants that endanger reproductive health. -Body imageÃ¢â ¬â •resisting negative media stereotypes and embracing healthier approaches to looking and feeling good. -Local and global activismÃ¢â ¬â •using social media and organizing tactics to build community and advocate for policies that improve womenÃ¢â ¬â„¢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.

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Customer Reviews

The Boston Women's Health Book Collective (now known as Our Bodies Ourselves) is a non-profit organization founded in 1969 whose board members include Teresa Heinz Kerry, Susan Love, and Gloria Steinem. Their mission is to empower women by providing information about health, sexuality, and reproduction. Our Bodies, Ourselves is the organization's core vehicle for driving their mission. While OBOS is famous for its voice in policy, advocacy, and educational efforts related to women's health, they see their role as a global content provider as paramount. Judy Norsigian is the Executive Director of Our Bodies Ourselves.The Boston Women's Health Book Collective (now known as Our Bodies Ourselves) is a non-profit organization founded in 1969 whose board members include Teresa Heinz Kerry, Susan Love, and Gloria Steinem. Their mission is to empower women by providing information about health, sexuality, and reproduction. Our Bodies, Ourselves is the organization's core vehicle for driving their mission. While OBOS is famous for its voice in policy, advocacy, and educational efforts related to women's health, they see their role as a global content provider as paramount. Judy Norsigian is the Executive Director of Our Bodies Ourselves.

Our Bodies, Ourselves

a must-have for young women everywhere. read through it when preparing to get married and it helped me so much!

I've followed this book about women by women from the original edition decades ago when I lived in Boston. Today the medical fields still fail to help women really know their bodies, and this book remains the hallmark of information for women to learn and understand themselves. So grateful as a young woman in finding this book and group of sharing women. It has helped me through life, and now as I enter my 70's.

bought for my daughter. I received original as a gift and loved it

Book for a class, interesting read

It’s a good book for a woman to have. I got an earlier edition when I went to college 25 years ago. I bought this one for my daughter as she leaves for school this fall. (Although the earlier edition was worded better.)

This is an excellent book to read about for women’s sexuality and health. When writing my book, G Spot Romance, I used this as a resource to clarify a few things on female sexuality. It presents a great deal of info on women’s bodies, organs, psychology and more.Thank you for writing this and presenting such a great informative book for us :)

good book

This book is a thorough, objective, intelligent resource for my teenage daughter. We talk, but some topics are still sensitive for both of us, and I prefer this to unverified internet and social media sourced information.

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