# OUR BODIES OUR SELVES

A COURSE BY AND FOR WOMEN



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# **Our Bodies Our Selves A Course By And For Women**

**Wendy Kline** 

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Our Bodies, Ourselves Boston Women's Health Book Collective, Judy Norsigian, 2011-10-04 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 Our Bodies. Ourselves Boston Women's Health Course Collective, 1973 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 Bodies of Knowledge Wendy Kline, 2010-10-15 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 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 Trail blazing 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

Looking through the Speculum Judith A. Houck, 2024-01-19 Highlights local history to tell a national story about the evolution of the women s health movement illuminating the struggles and successes of bringing feminist dreams into clinical spaces. The women s health movement in the United States beginning in 1969 and taking hold in the 1970s was a broad based movement seeking to increase women s bodily knowledge reproductive control and well being. It was a political movement that insisted that bodily autonomy provided the key to women s liberation. It was also an institution building movement that sought to transform women s relationships with medicine it was dedicated to increasing women s access to affordable health care without the barriers of homophobia racism and sexism. But the movement did not only focus on women s bodies. It also encouraged activists to reimagine their relationships with one another to develop their relationships in the name of personal and political change and eventually to discover and confront the limitations of the bonds of womanhood. This book examines historically the emergence development travails and triumphs of the women s health movement in the United States. By bringing medical history and the history of women s bodies into our emerging understandings of second wave feminism the author sheds light on the understudied efforts to shape health care and reproductive control beyond the hospital and the doctor s office in the home the women s center the church basement the bookshop and the clinic Lesbians straight women and women of color all play crucial roles in this history.

relationships created by and within the women's health movement depicted primarily from the perspective of the activists who shaped its priorities fought its battles and grappled with its shortcomings Empowerment of Women for Promoting Health and Quality of Life Snehendu B. Kar, 2018-05-18 Empowerment of Women for Promoting Health and Quality of Life reviews the theoretical and empirical foundations of GPH the significance of women s empowerment for GPH presents a Meta analysis of 80 self organized women s movements that identified effective empowerment methods and based on the findings presents a EMPOWER model for women s empowerment and implications for policy action and research **Bodies, Ourselves** Boston Women's Health Book Collective, 1976 Women's Rights Ann M. Savage, 2017-06-15 Covering from 1900 to the present day this book highlights how female artists actors writers and activists were involved in the fight for women's rights with a focus on popular culture that includes film literature music television the news and online media Women's Rights Reflections in Popular Culture offers a succinct yet thorough resource for anyone interested in the relationship between feminism women s rights and media It is ideally suited for students researching popular culture s role in the modern history of women's rights and representation of women women's rights and feminism in popular culture This insightful book highlights of some of the most important moments of women taking a stand for women throughout popular culture history Each section focuses on an aspect of popular culture The television section covers important benchmarks such as Julia The Mary Tyler Moore Show Roseanne Murphy Brown and Ellen Coverage of films includes Christopher Strong Foxy Brown and Thelma the literature section features the work of influential individuals such as Virginia Woolf Zora Neale Hurston and Toni Morrison The book celebrates early musical ground breakers like Gertrude Ma Rainey and Bessie Smith as well as contemporary artists Janelle Mon e and Pussy Riot The work of key women activists including Margaret Sanger Angela Davis and Winona LaDuke is recognized along with the unique ways women have used the power of the web in their continued effort to push for women s equality The Oxford Handbook of Feminist Theory Lisa Disch, Mary Hawkesworth, 2018-02-01 The Oxford Handbook of Feminist Theory provides a rich overview of the analytical frameworks and theoretical concepts that feminist theorists have developed to explicate the known world Featuring leading feminist theorists from diverse regions of the globe this collection delves into fifty subject areas demonstrating the complexity of feminist challenges to established knowledge while also engaging areas of contestation within feminist theory Baby, You are My Religion Marie Cartier, 2014-09-11 Baby You Are My Religion argues that American butch femme bar culture of the mid 20th Century should be interpreted as a sacred space for its community Before Stonewall when homosexuals were still deemed mentally ill these bars were the only place where many could have any community at all Baby You are My Religion explores this community as a site of a lived corporeal theology and political space It reveals that religious institutions such as the Metropolitan Community Church were founded in such bars that traditional and non traditional religious activities took place there and that religious ceremonies such as marriage were often conducted within the bars by staff Baby You are My

Religion examines how these bars became not only ecclesiastical sites but also provided the fertile ground for the birth of the struggle for gay and lesbian civil rights before Stonewall Women's Health and Medicine: Transforming Perspect Alice J. Dan, Sue V. Rosser, 2003-06 A vital collection of essays on women s health and women s health studies edited by leaders in Routledge International Encyclopedia of Women Cheris Kramarae, Dale Spender, 2004-04-16 For a full list of the field entries and contributors sample entries and more visit the Routledge International Encyclopedia of Women website Featuring comprehensive global coverage of women's issues and concerns from violence and sexuality to feminist theory the Routledge International Encyclopedia of Women brings the field into the new millennium In over 900 signed A Z entries from US and Europe Asia the Americas Oceania and the Middle East the women who pioneered the field from its inception collaborate with the new scholars who are shaping the future of women s studies to create the new standard work for anyone who needs information on women related subjects Changing Education Joyce Antler, Sari Knopp Biklen, 1990-07-05 Bundel met 17 artikelen over vrouwen in het onderwijs Het boek combineert geschiedenis theorie filosofie en case studies Aandacht voor o m zwarte vrouwen lesbische vrouwen kleuterleidsters vrouwelijke journalisten bevalling en geboorte als vrouwenberoep onderwijs als vrouwenberoep en feministisch lesgeven in de praktijk American Culture in the 1970s Will Kaufman, 2009-02-19 The 1970s was one of the most culturally vibrant periods in American history This book discusses the dominant cultural forms of the 1970s fiction and poetry television and drama film and visual culture popular music and style public space and spectacle and the decade s most influential practitioners and texts from Toni Morrison to All in the Family from Diane Arbus to Bruce Springsteen from MASH to Taxi Driver and from disco divas to Vietnam protesters In response to those who consider the seventies the time of disco polyester and narcissism this book rewrites the critical engagement with one of America's most misunderstood decades Key Features Focused case studies featuring key texts and influential writers artists directors and musicians Chronology of 1970s American Culture Bibliographies for each chapter and a general bibliography on 1970s Culture 14 black and white illustrations The Politics of Women's Studies Florence Howe, 2000-08-01 The true stories of those bold women who espoused feminism in the world of academia and forever changed our educational system and culture In the patriarchal halls of 1970s academe women who spoke their minds risked their careers Yet intrepid women students faculty administrators members of the community persisted in collaborating on women's studies programs In doing so they created a movement that altered paradigms curricula teaching styles and content across disciplines In these original essays we hear the voices of feminists exhilarated by the opportunities and challenges of creating women's studies programs in American colleges and universities nurtured by the women's movement of the 1970s from young graduate students and newly hired faculty to tenured professors in search of ways to improve their students capacities to learn veteran academics at last witnessing change and even a few administrators Library Journal In all of these programs these founding mothers grappled not only with issues of gender but with those of class race and sexuality in a

decade infused with political unrest and questioning when civil rights and anti war activism as well as feminism shaped Perfect Motherhood Rima Dombrow Apple, 2006 In Perfect Motherhood Rima D Apple shows how the academic worlds growing belief that mothers need to be savvy about the latest scientific directives has shifted the role of expert away from the mother and toward the professional establishment Motherhood Reconceived Lauri Umansky, 1996-08 Motherhood Reconceived reveals the emphasis on motherhood that lies at the heart of modern feminism as both a utopian frontier for countercultural ideals and a metaphorical cement for a fragmented women s movement For Women Only! Gary Null, Barbara Seaman, 2001 Both a reference work and a health guide For Women Only joins together hands on advice from the country's leading alternative health practitioners with essays interviews and commentary by leading thinkers activists writers doctors and sociologists Contributors include the Boston Women s Health Book Collective Phyllis Chesler Angela Davis Charlotte Perkins Gilman the National Black Women s Health Project Gloria Steinem Sojourner Truth and Naomi Wolf among many others The Palgrave Handbook of the History of Human Sciences David McCallum, 2022-08-27 The Palgrave Handbook of the History of Human Sciences offers a uniquely comprehensive and global overview of the evolution of ideas concepts and policies within the human sciences Drawn from histories of the social and psychological sciences anthropology the history and philosophy of science and the history of ideas this collection analyses the health and welfare of populations evidence of the changing nature of our local communities cities societies or global movements and studies the way our humanness or human nature undergoes shifts because of broader technological shifts or patterns of living This Handbook serves as an authoritative reference to a vast source of representative scholarly work in interdisciplinary fields a means of understanding patterns of social change and the conduct of institutions as well as the histories of these ways of knowing probe the contexts circumstances and conditions which underpin continuity and change in the way we count analyse and understand ourselves in our different social worlds It reflects a critical scholarly interest in both traditional and emerging concerns on the relations between the biological and social sciences and between these and changes and continuities in societies and conducts as 21st century research moves into new intellectual and geographic territories more diverse fields and global problematics

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