



A HEALTH HANDBOOK FOR WOMEN

Taking charge of our Bodies

Neena Sridhara **Elita Ramaswamy** Seelidya Natarajan

Taking Charge Of Our Bodies A Health Handbook For Women Paperback

Judith Leavitt



Taking Charge Of Our Bodies A Health Handbook For Women Paperback:

Taking Charge of Our Bodies Veena Shatrugna, Gita Ramaswamy, Srividya Natarajan, 2004 This book answers a lot of questions that women ask themselves and among themselves as a group It explores our feelings about menstruation tuberculosis AIDS cancer and mental distress It is very well researched and forthright It is a perfect guide to a woman's quest for health

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

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

The Strong Women's Guide to Total Health Miriam Nelson, Jennifer Ackerman, 2010-04-13 This practical and interactive guide shows women how to optimize their potential for health and well being through in depth information self assessment quizzes and checklists to determine individual risk factors for common ailments and more serious diseases Dr Miriam Nelson shares the preventative measures that can be taken now to avoid such health problems down the road From sexual and reproductive health to beauty heart health emotional well being bone and muscle health and weight control *The Strong Women's Guide to Total Health* offers a complete picture of the broad spectrum of issues that impact overall health It is essential reading for women of all ages

The Sexual Alarm System Judith Leavitt, 2012-06-07 *The Sexual Alarm System Women's Unwanted Response to Sexual Intimacy and How to Overcome It* by Judith Leavitt explores the shield that develops around many women's bodies to protect

them from real and perceived sexual intrusions and dangers From a young age women are socialized to regard their sexuality as something that puts them in danger However the Sexual Alarm System interferes with a woman's ability to be sexual when she wants to be Leavitt discusses how the Alarm functions how it develops what triggers it and how it interferes with a woman's ability to be sexual in an intimate partnership In addition this book presents specific body exercises for therapists to give to women to work through this Alarm and to develop the ability to enjoy their sexuality 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 **The Book of Womanhood** Amy F Davis Abdallah, 2016-06-30 There are many questions that surround Christian womanhood What does it mean When does it happen at a certain age status or maturity How do we know we're no longer girls And when we've figured that out how will others know how to recognise us as a woman rather than a girl After all Christian women don't usually get a rite of passage in which they are named a woman Seeing this need Amy Davis Abdallah has created such a rite and this book accompanies it there is no need to go through her rite of passage however to name yourself a woman The Book of Womanhood creates a path through the confusion that surrounds the identity of women by its flexible framework developing the reader's understanding of a woman's relationship with God their self others and creation Amy writes simply as one perhaps further along in her journey of womanhood than most and she doesn't write alone she includes the stories of Biblical women of friends young and old and even more The diverse voices come together as a cloud of witnesses encouraging us in our individual journeys The Book of Womanhood is about recognition reaching out not only to women but also to men who seek to understand and empower their wives daughters and friends to be the women God has formed them to be Read for empowerment read for transformation Read and become the woman of God you were created to be Surfacing Desiree Lewis, Gabeba Baderoon, 2021-04-01 An anthology dedicated to contemporary

Black South African feminist writing influential to today's scholars and radical thinkers *Surfacing On Being Black and Feminist in South Africa* is the first collection dedicated to contemporary Black South African feminist perspectives Leading feminist theorist Desiree Lewis and poet and feminist scholar Gabeba Baderoon have curated contributions by some of the finest writers and thought leaders into an essential resource Radical polemic sits side by side with personal essays and critical theory coexists with rich and stirring life histories The collection demonstrates a dazzling range of feminist voices from established scholars and authors to emerging thinkers activists and creative practitioners The writers within these pages use creative expression photography and poetry in eclectic interdisciplinary ways to unearth and interrogate representations of blackness sexuality girlhood history divinity and other themes *Surfacing* asks what do the African feminist traditions that exist outside the canon look and feel like What complex cultural logics are at work outside the centers of power How do spirituality and feminism influence each other What are the histories and experiences of queer Africans What imaginative forms can feminist activism take *Surfacing* is indispensable to anyone interested in feminism from Africa which its contributors show in vivid and challenging conversation with the rest of the world It will appeal to a diverse audience of students activists critical thinkers academics and artists

[A Vibrant Woman's Guide to Menopause & Beyond](#) Dr I Pearson, 2025-03-02 My insights on thriving through midlife and beyond I cover everything you need to know about navigating menopause with confidence vitality and joy From balancing our hormones nutrition and exercise to managing mood swings sleep issues and weight changes it's packed with science backed advice and real world solutions and written in a warm engaging style Beyond our physical health I explore our emotional well being self confidence sexuality and finding purpose in midlife I also tackle our long term wellness brain health heart disease prevention strong bones and the power of social connection Whether you're struggling with symptoms or just seeking proactive wellness strategies my book will help you create a life filled with health happiness and confidence

Jewish Radical Feminism Joyce Antler, 2018-05-04 Finalist 2019 PROSE Award in Biography given by the Association of American Publishers Fifty years after the start of the women's liberation movement a book that at last illuminates the profound impact Jewishness and second wave feminism had on each other Jewish women were undeniably instrumental in shaping the women's liberation movement of the 1960s 70s and 80s Yet historians and participants themselves have overlooked their contributions as Jews This has left many vital questions unasked and unanswered until now Delving into archival sources and conducting extensive interviews with these fierce pioneers Joyce Antler has at last broken the silence about the confluence of feminism and Jewish identity Antler's exhilarating new book features dozens of compelling biographical narratives that reveal the struggles and achievements of Jewish radical feminists in Chicago New York and Boston as well as those who participated in the later self consciously identified Jewish feminist movement that fought gender inequities in Jewish religious and secular life Disproportionately represented in the movement Jewish women's liberationists helped to provide theories and models for radical action that were used throughout the United

States and abroad Their articles and books became classics of the movement and led to new initiatives in academia politics and grassroots organizing Other Jewish identified feminists brought the women s movement to the Jewish mainstream and Jewish feminism to the Left For many of these women feminism in fact served as a portal into Judaism Recovering this deeply hidden history Jewish Radical Feminism places Jewish women s activism at the center of feminist and Jewish narratives The stories of over forty women s liberationists and identified Jewish feminists from Shulamith Firestone and Susan Brownmiller to Rabbis Laura Geller and Rebecca Alpert illustrate how women s liberation and Jewish feminism unfolded over the course of the lives of an extraordinary cohort of women profoundly influencing the social political and religious revolutions of our era

The Vagina Book Thinx,2020-08-18 The Vagina Book is an essential guide packed with invaluable information about sexual health that everybody should know but might be too afraid to ask With sections on anatomy periods hormones sex contraception fertility hair care and so much more this fun to read guide helps readers make healthy decisions for their bodies Compelling personal essays from a diverse group of luminary figures including Margaret Cho Roxane Gay and Blair Imani are sprinkled throughout enriching the pages with beauty strength and honesty From OB GYN Dr Jennifer Conti and the team behind the beloved Thinx period products Dispenses with taboos and misinformation about vaginas and bodies Provides the latest health research in easy to digest entries Advice includes yoga poses to help with PMS and cramping a cheat sheet for making sense of contraception options why you should care about your pelvic floor plus easy strengthening exercises and the illustrated history of feminine hygiene products from ancient Egypt through today This groundbreaking guide is a perfect gift for every modern woman and a vital addition to every modern bookshelf A must have handbook for anyone with a vagina Presented in a luxe cushioned case filled with more than a hundred vibrant illustrations Perfect unique gift for anyone who is passionate about sexual health feminism and learning more about their body as well as readers of Refinery29 and GOOP Add it to the shelf with books like Come as You Are The Surprising New Science that Will Transform Your Sex Life by Emily Nagoski PhD WomanCode Perfect Your Cycle Amplify Your Fertility Supercharge Your Sex Drive and Become a Power Source by Alisa Vitti and Pussy A Reclamation by Regena Thomashaue

The Harvard Medical School Guide to Taking Control of Asthma Christopher H. Fanta,Lynda M. Cristiano,Kenan E. Haver,2003 This is the most comprehensive authoritative guide to asthma covering everything from the causes of attacks to the best treatment program and featuring practical straightforward advice on handling special cases

Our Wonderful Bodies and how to Take Care of Them Joseph Chrisman Hutchison,1894 **Prevention** ,2006-07 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets

Motherhood and Feminism Amber E Kinser,2010-05-04 How does feminism relate to motherhood how has it changed over time and what does the future of motherhood and feminism look like These are just some of the questions Amber E Kinser PhD tackles in this latest addition to the Seal Studies Series Motherhood and Feminism examines the role of feminism within motherhood a topic

that has garnered a lot of attention lately as society shifts to adapt to new definitions of these roles and offers insight into the core questions of motherhood what it means to be a good mother what role mothers play in the family and in society and how motherhood has been redefined throughout time Kinser also speculates on the future directions of feminism focusing on the expansion of contemporary mother activism that has occurred in the last 15 years and emphasizing the need for that expansion to continue and examines how the changing world of motherhood fits into feminist activism

Made for a Miracle Youth Study Book Rev. Dr. Mike Slaughter, 2017-12-19 Popular author and pastor Mike Slaughter examines the two components of every miracle divine action and human responsibility For a real miracle to take place we must act with God using whatever gifts talents and abilities we have and directing them toward God's work We need to follow the examples of Mary in the birth of Jesus Jesus followers when he healed them and Jesus disciples after he rose from the dead This Youth Study Book takes the ideas presented in Mike Slaughter's book and interprets them for young people grades 6-12

The Healthy Back Book Astrid Pujari, Nancy Schatz Alton, Eight out of ten Americans will suffer from back pain at least once in their lifetime It's the second most common reason why people book a doctor appointment Pujari and Alton offer a whole body approach to healing sharing information and tips from medical specialists physical therapists yoga and fitness instructors and herbalists The Healthy Back Book offers varied and simple solutions for active individuals

The Book of Radical Answers Sonya Renee Taylor, 2023-10-24 The go-to guide to growing up rooted in radical self-love and body empowerment by the NYT bestselling author of *The Body Is Not an Apology* The Book of Radical Answers is a groundbreaking work of non-fiction by author and activist Sonya Renee Taylor that gives honest empowering and age appropriate answers to real questions from young readers about health sex gender race and justice Steeped in joy and possibility Taylor's writing assures kids that as they mature life will be fun complicated strange and wonderful and most importantly that they are amazing and have the ability to thrive with the inherent knowledge of their self-worth

The Book of Life Kalden Doma, 2023-03-09 If you wish to reconnect with your dormant core and want to spark in your heart and fuel your dreams this ride is just for you Based on a true story this book explains the success tools and methods that are simple understandable and applicable in your everyday life Become who you are as you unfold the truth unveil all the pre-programming you had and naturally changed your brain and nervous system The central character of this book is you As the narrative unfolds re-learn the art of mastering and understanding others effectively and redefining your mind body and spirit by getting clarity of who you are and what you can contribute to the world and this planet earth The book inspires you to see why you are unique and how you can fulfill your higher goals and purpose Get ready to transform yourself with simple and proven skills that can help you achieve the success that is meaningful happy and successful life that you always wanted Ready to transform

The Woman's Book of Choices Rebecca Chalker, Carol Downer, 1996-01-09 *The New Our Bodies Ourselves* calls menstrual extraction ME a powerful example of medical research done by women on and for ourselves As the safest and most effective of the techniques that can

be performed on women by women independently of any legal restrictions that may be imposed on doctors in the coming months and years menstrual extraction is today at the center of the raging abortion debate serving both symbolically and practically as the line of first defense against recent rollbacks of women's reproductive rights in the nation's courts A Woman's Book of Choices chronicles the history of ME the currently accepted standard of ME practice and its legal ramifications and offers accounts of actual ME procedures It also describes the who range of other abortion alternatives from state of the art clinical abortions to folk remedies for women who may be considering terminating a pregnancy In addition there is a comprehensive chapter that is directed to medical personnel who may be providing abortion care and a chapter on the French developed abortion pill RU 486

Unveiling the Magic of Words: A Report on "**Taking Charge Of Our Bodies A Health Handbook For Women Paperback**"

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