



Our Bodies, Ourselves: A New Edition for a New Era

By Boston Women's Health Book Collective, Judy Norsigian

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America's best-selling book on all aspects of women's health With more than four million copies sold, "Our Bodies, Ourselves" is "the" classic resource that women of all ages can turn to for information about every aspect of their well-being. Completely revised for the first time in a decade, these pages give women everything they need for making key decisions about their health -- from definitive information from today's leading experts to personal stories from other women just like them. This updated edition of "Our Bodies, Ourselves" includes the latest on: - Nutrition and exercise - Relationships, sexuality, and sexual health - Complementary health practices - Reproductive choices, pregnancy, and childbearing - Growing older - Medical testing and procedures Together with its companion website (www.ourbodiesourselves.org), "Our Bodies, Ourselves" is a one-stop resource for women of all generations. Plus: The rearranged food pyramid, a chapter about sexual orientation and gender identity, advice for making safer sex more fun, the latest on breast-feeding, support for women experiencing pregnancy loss, and a section devoted to getting the best care in today's complicated health care system.

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Editorial Review

From Publishers Weekly

The original edition of 1970's now-classic *Our Bodies, Ourselves* has sold more than three million copies, and the revised and expanded edition will likely prove equally popular among women of all ages. According to the authors, some of them among the original contributors, knowledge is power, but women will make little change in the medical and health-care industries unless they join forces with other women at home and around the world. Like its predecessor, this volume is wide in scope (but lacking in depth), and has a profoundly feminist perspective as it emphasizes sexual health, reproductive rights, community-based organization and the political, economic and social conditions that limit women's access to quality health care. Much of the new information details recent health research on women's needs and inequities in medical care for men and women, and reflects the experiences of different ethnicities, sexual preferences and economic backgrounds. Women are the primary consumers of health care in the U.S., but, the authors say, they are grossly underserved. In addition, the medical community has viewed many life-stage conditions—pregnancy, premenstrual syndrome, menopause—as illnesses rather than natural processes that require teams of supportive practitioners. The book's rousing political orientation may motivate readers to access the numerous resources listed or the companion *OBOS* Web site. More than a book, *OBOS* is a health movement and deserves a place on every woman's bookshelf. (May)

Review

The new edition of *Our Bodies, Ourselves* offers a relatable voice to help make the very confusing reality of health and sexuality as a girl easier to navigate. In a world that doesn't always offer girls such honesty, the new edition of *OBOS* makes me optimistic about the awareness and attitude of this generation of women and girls. My brain was fist pumping the whole way through. -- Tavi Gevinson, thestylerookie.com and editor-in-chief of *Rookie Magazine*

About the Author

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*.

Users Review

From reader reviews:

Russell Love:

This *Our Bodies, Ourselves: A New Edition for a New Era* book is just not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book will be information inside this guide incredible fresh, you will get details which is getting deeper anyone read a lot of information you will get. This kind of *Our Bodies, Ourselves: A New Edition for a New Era* without we understand teach the one who reading it become critical in imagining and analyzing. Don't become worry *Our Bodies, Ourselves: A*

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