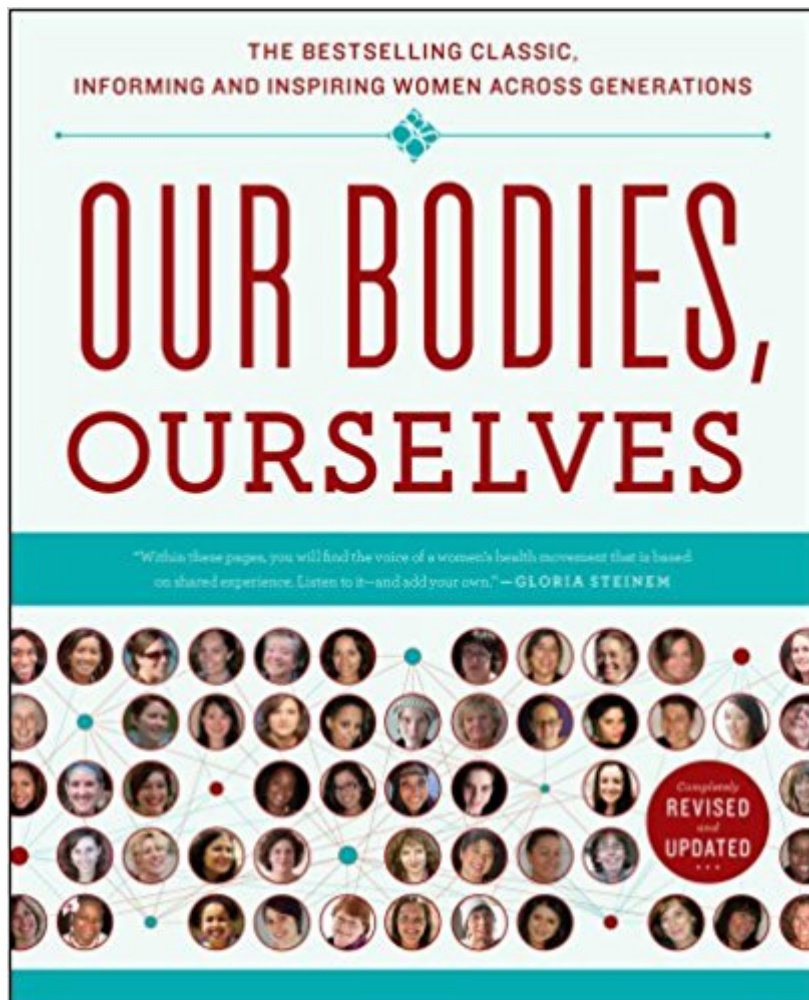


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# Our Bodies, Ourselves



## Synopsis

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](http://OurBodiesOurselves.org), *Our Bodies, Ourselves* is a one-stop resource for women of all generations.

## Book Information

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Dieting > Sexual Health > Women's Sexual Health #11 in [Our Bodies, Ourselves](#) > Health, Fitness & Dieting > Reference #13 in [Our Bodies, Ourselves](#) > Health, Fitness & Dieting > Sexual Health > General

## 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.

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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, *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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Our Bodies, Ourselves Who Has What?: All About Girls' Bodies and Boys' Bodies (Let's Talk about You and Me)  
Bhakti and Embodiment: Fashioning Divine Bodies and Devotional Bodies in Krsna Bhakti (Routledge Hindu Studies Series)  
What the F: What Swearing Reveals About Our Language, Our Brains, and Ourselves  
Radical Evolution: The Promise and Peril of Enhancing Our Minds, Our Bodies -- and What It Means to Be Human  
Earthen Vessels: Why Our Bodies Matter to Our Faith  
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