

Women S Bodies Women S Wisdom Creating Physical And Emotional Health And Healing

Women's Bodies, Women's Wisdom-Christiane Northrup 1995 Based on the connection between physical and spiritual health, a popular holistic guide to alternative medicine for women contains an alphabetical list of women's ailments and conditions, including fibroids, menstruation, vaginitis, and menopause. Reprint.

Women's Bodies, Women's Wisdom-Christiane Northrup 2010 Demonstrates the synergy of physical and spiritual healing through the use of herbal medicine and other alternative methods that complement a doctor's care.

Women's Bodies, Women's Wisdom-Christiane Northrup 2020-11-05 Dr Christiane Northrup's vision of mind-body wellness has received an extraordinary response from women all over the world. A massive international bestseller, Women's Bodies, Women's Wisdom powerfully demonstrates that when women change the basic conditions of their lives that lead to health problems, they heal faster, more completely, and with far fewer medical interventions. This groundbreaking book offers the most up-to-date information available on every aspect of women's health. Dr Northrup explains the workings of the female body in an accessible and intimate way and guides you through a comprehensive list of women's conditions and concerns, from fibroids and menstruation to pregnancy, hysterectomy and the menopause. She also shows you how to heal yourself by listening to your body's own wisdom or intuition. Filled with dramatic case histories, it is contemporary medicine at its best, combining new technologies with natural remedies and the body's own miraculous healing powers.

Women's Bodies, Women's Worries-Tine Gammeltoft 2012-12-06 The first fully-fledged ethnography on health-related issues to come out of contemporary Vietnam, Women's Bodies, Women's Worries is a study of women's lives in a rural commune in Vietnam's Red River delta. Starting as an examination of the impact of Vietnam's ambitious family planning policy on the health and lives of rural women, the

study explores historical and contemporary socio-cultural forces which influence the lives of Vietnamese women. What begins as an investigation of contraceptive side effects becomes an inquiry into the daily lives of rural women, an examination of the moral ideologies by which women's lives are circumscribed, and an exploration of the ways women themselves manage and negotiate the moral demands and social relations which constitute daily lives. In addition, the book provides a sympathetic account of the everyday lives and concerns of rural women while also including theoretical considerations of the social grounding of bodily experience, the cultural meanings of health and illness, and the everyday politics of emotional expression.

Women's Bodies in Psychoanalysis-Rosemary M Balsam 2012-07-26 Why has the female body been marginalised in psychoanalysis, with a focus on female problems and pains only? How can we begin to think about body pleasure, power, competition and aggression as normal in females? In *Women's Bodies in Psychoanalysis*, Rosemary Balsam argues that re-tracing theoretical steps back to the biological body's attributes is fruitful in searching for the clues of our mental development. She shows that the female biological body, across female gender variants and sexual preferences, including the 'vanished pregnant body', has been largely overlooked in previous studies. It is how we weave these images of the body into our everyday lives that informs our gendered patterning. These details about being female free up gender studies in the postmodern era to think about the body's contribution to gender - rather than continuing the familiar postmodern trend to repudiate biology and perpetuate the divide between the physical and the mental. There are four main areas explored: • clinical contributions on female development • assessments of past and present psychoanalytic theories in relation to the body • inner portraits of gender building blocks • a conscious and unconscious focus on the potentially procreative female body. *Women's Bodies in Psychoanalysis* will be of particular interest to psychodynamic, psychotherapeutic and psychoanalytic practitioners, teachers, students, feminist academicians, college undergraduates, graduates and faculty in women's studies and gender studies. Rosemary Balsam is Associate Clinical Professor of Psychiatry, Yale School of Medicine; Staff Psychiatrist, Yale University Student Mental Health and Counselling Services; Training and Supervising Analyst, Western New England Institute for Psychoanalysis.

Women's Bodies, Women's Wisdom Oracle Cards-Christiane Northrup 2016

Mother Daughter Wisdom-Christiane Northrup, M.D. 2006-03-28 With such groundbreaking bestsellers as *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*, Dr. Christiane Northrup is one of today's most trusted and visionary medical experts. Now she presents her most profound and revolutionary approach to women's health. . . .The mother-daughter relationship sets the stage for our state of health and well-being for our entire lives. Because our mothers are our first and most powerful female role models, our most

deeply ingrained beliefs about ourselves as women come from them. And our behavior in relationships—with food, with our children, with our mates, and with ourselves—is a reflection of those beliefs. Once we understand our mother-daughter bonds, we can rebuild our own health, whatever our age, and create a lasting positive legacy for the next generation. *Mother-Daughter Wisdom* introduces an entirely new map of female development, exploring the "five facets of feminine power," which range from the basics of physical self-care to the discovery of passion and purpose in life. This blueprint allows any woman—whether or not she has children—to repair the gaps in her own upbringing and create a better adult relationship with her mother. If she has her own daughter, it will help her be the mother she has always wanted to be. Written with warmth, enthusiasm, and rare intelligence, *Mother-Daughter Wisdom* is an indispensable book destined to change lives and become essential reading for all women.

Women's Bodies, Women's Dreams-Patricia L. Garfield 1988

Women's Minds, Women's Bodies-G. Boswell 2002-12-02 The most positive approaches to women's health frequently emerge from women's own endeavours to achieve physical and mental balance in their lives. Abandoning the artificiality of subject divides, this book engages with that ethos. Drawing on the experience of an interdisciplinary women's health initiative, Gwyneth Boswell and Fiona Poland have assembled a formidable range of academic and professional experts in this highly accessible collection. Concepts of health are explored across disciplines which include psychology, law, history, health economics, nursing, counselling, social work and sociology.

Women's Bodies-Edward Shorter 2017-07-05 What has been the source of women's oppression by men? Shorter argues that women were victimized by their own bodies. Exploring five centuries of medical records and folklore from Europe and the US, he shows how pregnancy, childbirth, and gynecological disease have kept women in positions of social

Male Bodies, Women's Souls-LeeRar Costa 2013-01-11 Get a detailed look at the Thai sex/gender system—through analysis of the personal stories from transgendered youth in Thailand The Thai term *sao braphet song* (a "second type of woman") describes males who reject the gender of masculinity for femininity. *Male Bodies, Women's Souls: Personal Narratives of Thailand's Transgendered Youth* uses the narrative method, stories in the words of these "second type of women" to analyze these transgendered experiences. This previously ignored perspective of the Thai sex/gender system gained through this theoretical and methodological approach offers students and general readers a rich, more readily accessible foundation of knowledge about gendered subjectivity and sex/gender

systems. *Male Bodies, Women's Souls: Personal Narratives of Thailand's Transgendered Youth* features in-depth, autobiographical life histories from individual Thai transgendered youth. Life stories, told in the participants' own words, provides an engaging, at times touching, always insightful look at Thai culture's sex/gender system. The authors then expertly analyze the narratives to illuminate common themes and constructions within this group, allowing an opportunity for contrast and discussion on transgender experiences in other nations. *Male Bodies, Women's Souls: Personal Narratives of Thailand's Transgendered Youth* analyzes the major themes in the stories, including: identities definitions and descriptive labels etiologies of sao braphet song-ness the notion of acceptance narrator motivations for participating in the project *Male Bodies, Women's Souls: Personal Narratives of Thailand's Transgendered Youth* is illuminating, reflective reading for educators, undergraduate students, graduate students, researchers, or anyone interested in discovering more about transgenderism in a specific cultural context.

Body Work-Sylvia K. Blood 2004-03-01 Are scientific 'facts' about body image enough to define conceptions of normality? Reassessing Experimental Psychology from a critical perspective, Sylvia Blood demonstrates how its research into Body Image can be misused and prone to misuse. Classifying women who experience distress and anxiety with food, eating and body size as suffering 'body image disturbance' or 'body image dissatisfaction', it can reproduce dominant assumptions about language, meaning and subjectivity. Experimental psychology's discourse about body image has recently become more widely influential, becoming popularised through domains such as women's magazines, in which psychological experts provide 'facts' about women's 'body image problems', and offer advice and psychological treatments. With acute cross-disciplinary awareness *Body Work: The Social Construction of Women's Body Image* exposes the assumptions at work in the methods and status of experimental approaches. Penetrating beyond the usual dichotomy between experimental and popular psychology, this book illuminates some of the ways in which women's magazines have embraced experimental psychology's treatment of the issue. Drawing on her experience in Clinical Psychology, Sylvia Blood highlights the damaging effects of uncritically experimental views of body image. She goes on to elaborate not only an alternative model of discursive construction but also the implications of such a theory for clinical practice. Merging theory and clinical experience, Sylvia Blood exposes the fallacies about women's bodies that underpin experimental psychology's body image research. She demonstrates the dangerous consequences of these fallacies being accepted as truths in popular texts and in the talk of 'everyday' women.

Body of Wisdom-Hilary Hart 2013-04-26 A chakra in our breasts that emits spiritual nourishment into life... a secret substance in our bodies to heal the earth... a direct connection from our wombs to the creative center of the universe... In *Body of Wisdom*, Hilary Hart identifies nine hidden powers alive in women's bodies and instincts, waiting to be used in contemporary challenges such as the creation of community, healing of the earth, and the restoration of life's spiritual nature. Based on interviews with the world's most visionary

spiritual teachers and women's dreams and experiences, Body of Wisdom ushers in a new spirituality in which the body and the shared body of the earth are known as a seat of mystical power and women take responsibility for spiritual work that only they can do.

Beauty, Women's Bodies and the Law-Jocelyne A. Scutt 2020-11-18 What makes a woman's body beautiful? Plastic surgery, cosmetic surgery and non-surgical interventions such as Botox are changing women's bodies physically and affecting cultural notions and expectations of what it means to be a woman. Yet where does the law stand? Is the renovation of women's bodies legal? This book explores a range of topics, including: whether shape-changing by surgical and non-surgical means is 'really' what women want; the question of legal intervention when operations, injections and other methods go wrong; the impact of consent determinations on whether women can or cannot freely seek changes to their body structure; and the role which culture and social expectations play in women's decision-making. Taking a legal perspective on the vast range of 'beauty' interventions available to women, Scutt discusses women's perceptions of body and beauty, pressures on women to conform to 'idealised' notions of the perfect woman's body, and outcomes of legal actions including those taken by individual women who are unhappy with results, as well as those launched against companies trading in products advertised as safe and for women's benefit. *Beauty, Women's Bodies and the Law* will appeal to readers with an interest in women's and gender studies, law, and cultural studies.

Body Wars-Margo Maine 2013-10-18 Written for activists and educators, this cultural critique of female body image discusses the topic as it relates to sports, fashion, advertising, and propaganda, and offers practical strategies for those willing to fight unhealthy or unrealistic female images in society. Original. Tour.

Women's Wisdom Perpetual Flip Calendar-Christiane Northrup 2008-07-15 In this perpetual flip calendar that you can use year after year, trusted women's health expert Christiane Northrup, M.D., shares her warm and witty wisdom on creating vibrant health within your mind and body. Dr. Northrup offers inspirational quotes, empowering affirmations, enlightening exercises, and even bits of scientific research—all designed to help you make the most of each and every day. Her insightful guidance is a potent prescription for not only improving your health, but also for bringing great joy into your life on a daily basis.

A History of Women's Bodies-Edward Shorter 1984

Becoming a Woman and Mother in Greco-Roman Egypt-Ada Nifosi 2019-01-30 How did Greco-Roman Egyptian society perceive women's bodies and how did it acknowledge women's reproductive functions? Detailing women's lives in Greco-Roman Egypt this monograph examines understudied aspects of women's lives such as their coming of age, social and religious taboos of menstruation and birth rituals. It investigates medical, legal and religious aspects of women's reproduction, using both historical and archaeological sources, and shows how the social status of women and new-born children changed from the Dynastic to the Greco-Roman period. Through a comparative and interdisciplinary study of the historical sources, papyri, artefacts and archaeological evidence, *Becoming a Woman and Mother in Greco-Roman Egypt* shows how Greek, Roman, Jewish and Near Eastern cultures impacted on the social perception of female puberty, childbirth and menstruation in Greco-Roman Egypt from the 3rd century B.C. to the 3rd century A.D.

Black Women's Bodies and The Nation-Shirley Anne Tate 2015-05-28 *Black Women's Bodies and the Nation* develops a decolonial approach to representations of Black women's bodies within popular culture in the US, UK and the Caribbean and the racialization and affective load of muscle, bone, fat and skin through the trope of the subaltern figure of the Sable-Saffron Venus as an 'alter/native' (Truillot, 2003). Enslavement, colonialism and settlement in the metropole created the Black woman's body as both other/same and deeply affective whether read as fear, disgust, contempt or fascination. Her body draws attention to the negotiations through which the semblance of consensus on the citizen body is created at the same time as Black women's bodies as Sable-Saffron Venus alter/natives rupture the collective body formed through the (re)iteration, (re)interpretation and (re)presentation of the meanings of muscle, bone, fat and skin. This dismantling of body norms reveals other modes of being through disalienation's (Césaire, 2000) refusal of the racial epidermal schema (Fanon, 1967).

Women's Minds/women's Bodies-Joan H. Rollins 1996 *Women's Minds/Women's Bodies: The Psychology of Women in a Biosocial Context* by Joan H. Rollins is a scholarly yet intriguingly readable new book that integrates pertinent material from psychology, sociology, biology, economics, and political science to the psychology of women within a feminist empiricist framework. Comprehensive and interdisciplinary, *Women's Minds/Women's Bodies* provides a balanced presentation of the broad spectrum of theory and research in the subject area no matter how controversial. Treated holistically, the subject matter illustrates how the topics presented have relevance and meaning for the challenges women face in today's world while experiential accounts of individual women throughout the book are used to complete and humanize the picture painted by quantitative data.

Women's Bodies in Classical Greek Science-Lesley Dean-Jones 1996 In this book, Dean-Jones gives a close analysis of theories

concerning women's bodies in such authors as the Hippocratics and Aristotle. She demonstrates the centrality of menstruation in classical theories of female physiology, pathology, and reproduction, and suggests that this had both negative and positive repercussions in attitudes towards women's bodies in that society. Many of the primary sources dealt with are not yet accessible in English, therefore, her book is important in assembling and presenting both original texts as well as her research on the texts.

Women's Bodies/Women's Lives-Vivienne Anderson 2000 This collection deepens our understandings of the ways women are controlled through their bodies. Despite the many inroads made over the past decades, femininity and womanhood continue to be constructed through cultural, political and social ideals. *Women's Bodies/Women's Lives* is an excellent resource for a powerful movement that can challenge and resist the dominant ideas in society influencing women's sense of self.

The Female Body in Mind-Mervat Nasser 2007-04-11 *The Female Body in Mind* introduces new ways of thinking about issues of women's mental health assessment and treatment. Its multidisciplinary approach incorporates social, psychological, biological and philosophical perspectives on the female body. The contributions, from notable academics in the field of women's mental health, examine the relationship between women's bodies, society and culture, demonstrating how the body has become a platform for women's expression of their distress and anguish. The book is divided into six sections, all centred on the theme of the body, covering: The body at risk. The hurting body. The reproductive body. The interactive body. Body-sensitive therapies. The body on my mind. All professionals involved in women's mental health will welcome this exploration of the complexities involved in the relationship between women bodies and their mental health.

Bodies of Knowledge-Wendy Kline 2010-10-15 Throughout the 1970s and '80s, women argued that unless they gained access to information about their own bodies, there would be no equality. In *Bodies of Knowledge*, Wendy Kline considers the ways in which ordinary women worked to position the female body at the center of women's liberation. As Kline shows, the struggle to attain this knowledge unified women but also divided them—according to race, class, sexuality, or level of professionalization. Each of the five chapters of *Bodies of Knowledge* examines a distinct moment or setting of the women's movement in order to give life to the ideas, expectations, and pitfalls encountered by the advocates of women's health: the making of *Our Bodies, Ourselves* (1973); the conflicts surrounding the training and practice of women's pelvic exams; the emergence of abortion as a feminist issue; the battles over contraceptive regulation at the 1983 Depo-Provera FDA hearings; and the rise of the profession of midwifery. Including an epilogue that considers the experiences of the daughters of 1970s feminists, *Bodies of Knowledge* is an important contribution to the study of the

bodies—that marked the lives—of feminism’s second wave.

The Educated Woman-Katharina Rowold 2011-02-09 This book is a fascinating comparative study of constructions of female nature in the nineteenth and early twentieth centuries. Focusing on debates surrounding women's entry into higher education, it explores how gender difference was negotiated in Britain, Germany and Spain.

Women's Bodies, Women's Worries-Tine Gammeltoft 2012-12-06 The first fully-fledged ethnography on health-related issues to come out of contemporary Vietnam, *Women's Bodies, Women's Worries* is a study of women's lives in a rural commune in Vietnam's Red River delta. Starting as an examination of the impact of Vietnam's ambitious family planning policy on the health and lives of rural women, the study explores historical and contemporary socio-cultural forces which influence the lives of Vietnamese women. What begins as an investigation of contraceptive side effects becomes an inquiry into the daily lives of rural women, an examination of the moral ideologies by which women's lives are circumscribed, and an exploration of the ways women themselves manage and negotiate the moral demands and social relations which constitute daily lives. In addition, the book provides a sympathetic account of the everyday lives and concerns of rural women while also including theoretical considerations of the social grounding of bodily experience, the cultural meanings of health and illness, and the everyday politics of emotional expression.

Women and Politeness in Eighteenth-Century England-Soile Ylivuori 2018-10-29 This first in-depth study of women’s politeness examines the complex relationship individuals had with the discursive ideals of polite femininity. Contextualising women’s autobiographical writings (journals and letters) with a wide range of eighteenth-century printed didactic material, it analyses the tensions between politeness discourse which aimed to regulate acceptable feminine identities and women’s possibilities to resist this disciplinary regime. Ylivuori focuses on the central role the female body played as both the means through which individuals actively fashioned themselves as polite and feminine, and the supposedly truthful expression of their inner status of polite femininity.

Hormonal-Eleanor Morgan 2019-07-04 'The essential hormone handbook . . . it should be made part of the core curriculum up and down the land' STYLIST 'A must read. Informative, funny, moving and wise' JESSIE BURTON We've gotten better at talking about mental health, but we still shy away from discussing PERIODS, MISCARRIAGE, ENDOMETRIOSIS and MENOPAUSE. That results in a lack of vital understanding for women, particularly as those processes are inextricably connected to our mental health. Combining her own

experiences with extensive research and expert contributions, Eleanor Morgan explores the relationship between the female body, the female mind and the ways in which women's bodies are being medicalised. HORMONAL explores everything from contraception to PMS, in relation to anxiety, depression and taboos about hysteria and the 'hormonal' woman. It is a compelling portrait of the modern landscape of women and health, showing us how to navigate stigma and misinformation. 'A personal yet scientific, subtle and often lyrical work' THE TIMES 'An essential guide in helping us truly understand our cores' VOGUE 'Both fascinating and a huge relief' GRAZIA

Our Bodies, Their Battlefields-Christina Lamb 2020-09-22 From Christina Lamb, the coauthor of the bestselling *I Am Malala* and an award-winning journalist—an essential, groundbreaking examination of how women experience war. In *Our Bodies, Their Battlefields*, longtime intrepid war correspondent Christina Lamb makes us witness to the lives of women in wartime. An award-winning war correspondent for twenty-five years (she's never had a female editor) Lamb reports two wars—the “bang-bang” war and the story of how the people behind the lines live and survive. At the same time, since men usually act as the fighters, women are rarely interviewed about their experience of wartime, other than as grieving widows and mothers, though their experience is markedly different from that of the men involved in battle. Lamb chronicles extraordinary tragedy and challenges in the lives of women in wartime. And none is more devastating than the increase of the use of rape as a weapon of war. Visiting warzones including the Congo, Rwanda, Nigeria, Bosnia, and Iraq, and spending time with the Rohingya fleeing Myanmar, she records the harrowing stories of survivors, from Yazidi girls kept as sex slaves by ISIS fighters and the beekeeper risking his life to rescue them; to the thousands of schoolgirls abducted across northern Nigeria by Boko Haram, to the Congolese gynecologist who stitches up more rape victims than anyone on earth. Told as a journey, and structured by country, *Our Bodies, Their Battlefields* gives these women voice. We have made significant progress in international women's rights, but across the world women are victimized by wartime atrocities that are rarely recorded, much less punished. The first ever prosecution for war rape was in 1997 and there have been remarkably few convictions since, as if rape doesn't matter in the reckoning of war, only killing. Some courageous women in countries around the world are taking things in their own hands, hunting down the war criminals themselves, trying to trap them through Facebook. In this profoundly important book, Christina Lamb shines a light on some of the darkest parts of the human experience—so that we might find a new way forward. *Our Bodies, Their Battlefields* is as inspiring and empowering as it is urgent, a clarion call for necessary change.

European Women's Movements and Body Politics-J. Outshoorn 2016-01-12 This book examines how feminist movements have contested the dominant discourses and state politics that have impeded women's autonomy over their bodies since the late 1960s. It deals with two important facets of this struggle, prostitution and the right to abortion, as they relate to the Czech Republic, the

Netherlands, Portugal and Sweden.

Jezebel Unhinged-Tamura Lomax 2018-09-28 In *Jezebel Unhinged* Tamura Lomax traces the use of the jezebel trope in the black church and in black popular culture, showing how it is pivotal to reinforcing men's cultural and institutional power to discipline and define black girlhood and womanhood. Drawing on writing by medieval thinkers and travelers, Enlightenment theories of race, the commodification of women's bodies under slavery, and the work of Tyler Perry and Bishop T. D. Jakes, Lomax shows how black women are written into religious and cultural history as sites of sexual deviation. She identifies a contemporary black church culture where figures such as Jakes use the jezebel stereotype to suggest a divine approval of the "lady" while condemning girls and women seen as "hos." The stereotype preserves gender hierarchy, black patriarchy, and heteronormativity in black communities, cultures, and institutions. In response, black women and girls resist, appropriate, and play with the stereotype's meanings. Healing the black church, Lomax contends, will require ceaseless refusal of the idea that sin resides in black women's bodies, thus disentangling black women and girls from the jezebel narrative's oppressive yoke.

Corporeal Archipelagos-Julia Frengs 2017-12-27 This book examines representations of the body in the works of four Oceanian women authors of French expression, considering postcolonial and feminist theoretical concepts in relation to Oceanian literary production.

Killing the Black Body-Dorothy E. Roberts 1999 A powerful, thought-provoking indictment of America's continuing assault on the reproductive rights of black women ranges from the era of slavery to the welfare reform acts of the 1990s that penalize women on welfare for having babies. Reprint. 15,000 first printing.

Enter The Body-Carol Chillington Rutter 2002-09-11 *Enter the Body* offers a series of provocative case studies of the work women's bodies do on Shakespeare's intensely body-conscious stage. Rutter's topics are sex, death, race, gender, culture, politics, and the excessive performative body that exceeds the playtext it inhabits. As well as drawing upon vital primary documents from Shakespeare's day, Rutter offers close readings of women's performance's on stage and film in Britain today, from Peggy Ashcroft's (white) Cleopatra and Whoopi Goldberg's (whiteface) African Queen to Sally Dexter's languorous Helen and Alan Howard's raver 'Queen' of Troy.

Women and Exercise-Eileen Kennedy 2011-01-12 Exercise for women is a heavily-laden social and embodied experience. While exercise promotion has become an increasingly visible part of health campaigns, obesity among women is rising, and studies indicate that women are generally less physically active than men. Women's (lack of) exercise, therefore, has become a public concern, and physiological and psychological research has attempted to develop more effective exercise programs aimed at women. Yet women have a complex relationship with embodiment and physical activity that is difficult for quantitative scientific approaches to explore. This book addresses this neglect by providing a much-needed feminist, qualitative social analysis of women and exercise. The contributors, drawn from across Europe and North America, investigate the ways women experience exercise within the context of the global fitness industry. All the authors take a specifically feminist perspective in their analysis of the fit, feminine body, exploring media images and the global branding of fitness products, the relationship between exercise and fat, the construction of physical activity within health discourse, and the lived experience of the exercising body. The collection explores the diversity of women's experiences of exercise in relation to age, ethnicity and body size. The book is essential for anyone interested in health promotion, sport and exercise or the social and cultural study of gender and embodiment.

The Flesh Made Word-Helena Michie 1990

Our Bodies, Our Crimes-Jeanne Flavin 2010-03-01 Drawing on surveys and interviews with almost 300 female military personnel, Melissa Herbert explores how women's everyday actions, such as choice of uniform, hobby, or social activity, involve the creation and re-creation of what it means to be a woman, and particularly a woman soldier. Do women feel pressured to be "more masculine," to convey that they are not a threat to men's jobs or status and to avoid being perceived as lesbians? She also examines the role of gender and sexuality in the maintenance of the male-defined military institution, proposing that, more than sexual harassment or individual discrimination, it is the military's masculine ideology--which views military service as the domain of men and as a mechanism for the achievement of manhood--which serves to limit women's participation in the military has increased dramatically. In the wake of armed conflict involving female military personnel and several sexual misconduct scandals, much attention has focused on what life is like for women in the armed services. Few, however, have examined how these women negotiate an environment that has been structured and defined as masculine.

Contested Bodies-Sasha Turner 2017-05-05 It is often thought that slaveholders only began to show an interest in female slaves' reproductive health after the British government banned the importation of Africans into its West Indian colonies in 1807. However, as

Sasha Turner shows in this illuminating study, for almost thirty years before the slave trade ended, Jamaican slaveholders and doctors adjusted slave women's labor, discipline, and health care to increase birth rates and ensure that infants lived to become adult workers. Although slaves' interests in healthy pregnancies and babies aligned with those of their masters, enslaved mothers, healers, family, and community members distrusted their owners' medicine and benevolence. Turner contends that the social bonds and cultural practices created around reproductive health care and childbirth challenged the economic purposes slaveholders gave to birthing and raising children. Through powerful stories that place the reader on the ground in plantation-era Jamaica, *Contested Bodies* reveals enslaved women's contrasting ideas about maternity and raising children, which put them at odds not only with their owners but sometimes with abolitionists and enslaved men. Turner argues that, as the source of new labor, these women created rituals, customs, and relationships around pregnancy, childbirth, and childrearing that enabled them at times to dictate the nature and pace of their work as well as their value. Drawing on a wide range of sources—including plantation records, abolitionist treatises, legislative documents, slave narratives, runaway advertisements, proslavery literature, and planter correspondence—*Contested Bodies* yields a fresh account of how the end of the slave trade changed the bodily experiences of those still enslaved in Jamaica.

Fatness and the Maternal Body-Maya Unnithan-Kumar 2011-07-30 Obesity is a rising global health problem. On the one hand a clearly defined medical condition, it is at the same time a corporeal state embedded in the social and cultural perception of fatness, body shape and size. Focusing specifically on the maternal body, contributors to the volume examine how the language and notions of obesity connect with, or stand apart from, wider societal values and moralities to do with the body, fatness, reproduction and what is considered 'natural'. A focus on fatness in the context of human reproduction and motherhood offers instructive insights into the global circulation and authority of biomedical facts on fatness (as 'risky' anti-fit, for example). As with other social and cultural studies critical of health policy discourse, this volume challenges the spontaneous connection being made in scientific and popular understanding between fatness and ill health.

Invisible Women-Caroline Criado Perez 2019-03-12 Data is fundamental to the modern world. From economic development, to healthcare, to education and public policy, we rely on numbers to allocate resources and make crucial decisions. But because so much data fails to take into account gender, because it treats men as the default and women as atypical, bias and discrimination are baked into our systems. And women pay tremendous costs for this bias, in time, money, and often with their lives. Celebrated feminist advocate Caroline Criado Perez investigates shocking root cause of gender inequality and research in *Invisible Women*†, diving into women's lives at home, the workplace, the public square, the doctor's office, and more. Built on hundreds of studies in the US, the UK, and around the world, and written with energy, wit, and sparkling intelligence, this is a groundbreaking, unforgettable exposé that will change the way

you look at the world.

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