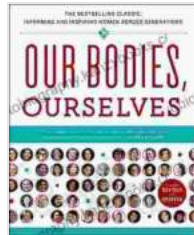


# Our Bodies, Ourselves: A Revolutionary Guide to Women's Health and Well-being



## Our Bodies, Ourselves

★★★★☆ 4.7 out of 5

Language : English  
File size : 12188 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 945 pages



Our Bodies, Ourselves is a groundbreaking book that has empowered millions of women with knowledge about their bodies and health. Published in 1973, the book has been translated into more than 30 languages and has sold over 4 million copies worldwide. Our Bodies, Ourselves is a must-read for any woman who wants to take control of her health and well-being.

## The History of Our Bodies, Ourselves

The Boston Women's Health Book Collective was founded in 1970 by a group of women who were frustrated with the lack of information about women's health that was available at the time. The Collective's goal was to create a book that would provide women with the information they needed to make informed decisions about their health and bodies.

The first edition of Our Bodies, Ourselves was published in 1973. The book was an immediate success, and it has been updated and revised several

times since then. The most recent edition was published in 2017.

## **What's in Our Bodies, Ourselves?**

Our Bodies, Ourselves is a comprehensive guide to women's health. The book covers a wide range of topics, including:

- Anatomy and physiology
- Reproductive health
- Sexual health
- Mental health
- Nutrition
- Exercise
- Chronic diseases
- Violence against women
- Healthcare
- Activism

Our Bodies, Ourselves is written in a clear and accessible style. The book is full of illustrations, charts, and tables that make the information easy to understand.

## **The Impact of Our Bodies, Ourselves**

Our Bodies, Ourselves has had a profound impact on the lives of millions of women. The book has helped women to:

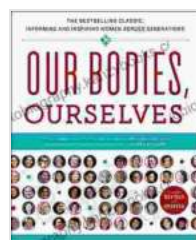
- Understand their bodies and how they work
- Make informed decisions about their health and healthcare
- Take control of their lives and bodies
- Challenge the status quo and fight for their rights

Our Bodies, Ourselves has also been a catalyst for change in the healthcare system. The book has helped to raise awareness of women's health issues and has led to changes in the way that women are treated by healthcare providers.

Our Bodies, Ourselves is a groundbreaking book that has empowered millions of women with knowledge about their bodies and health. The book is a must-read for any woman who wants to take control of her health and well-being.

## Additional Resources

- [The Boston Women's Health Book Collective](#)
- [Our Bodies, Ourselves on Our Book Library](#)
- [Our Bodies, Ourselves on Goodreads](#)



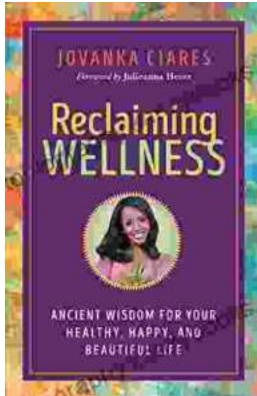
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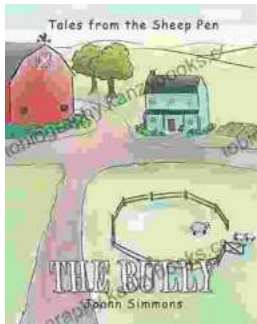
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