

Flow The Cultural Story Of Menstruation Elissa Stein

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Period Power - Maisie Hill 2019-05-02

'Hill's advice is straightforward and no-nonsense' - The Guardian 'A life-transforming book... fascinating - Daily Mail 'Maisie Hill has written a bloody brilliant book (pun intended). Everything you need to know about periods and how they affect you and your life is here. It's revolutionary' - Miranda Sawyer 'Thank GOODNESS for Maisie Hill! Flipping open the lid on a vital conversation. It's about time we claimed the power of our periods!' - Gemma Cairney, broadcaster & co-founder of Boom Shakalaka Productions 'This is such an important book. Maisie's insights and cycle strategy have changed my life and my cycle. Period Power is written with such intelligence, humour and a deep understanding of women's health. If you have a period you need to read this book.' - Anna Jones, author of *The Modern Cook's Year* A profound and practical blueprint for aligning daily life with your menstrual cycle. Period Power is the handbook to periods and hormones that will leave you wondering why the hell nobody told you this sooner. The hormones of the menstrual cycle profoundly influence our energy, mood and behaviour, but all too often we're taught that our hormones make us unreliable, moody bitches, or that it's our lot in life to put up with 'women's problems'. Maisie Hill, a women's health practitioner, knows the power of working with the menstrual cycle and refuses to accept this theory. Instead, Maisie believes that our hormones are there to serve us and, if utilized correctly, can be used to help you get what you want out of life. Yes, we are hormonal, and that's a very good thing. This revolutionary book reveals everything you need to know about taking control of your menstrual cycle and outlines The Cycle Strategy to help us perform at our best, throughout our cycle. In Period Power you will discover how to: - maximise your natural superpowers each month while making adjustments for the darker days, and use Maisie's favourite tips to improve them - identify your personal patterns, powers and pitfalls for each phase of the menstrual cycle - plan your month to perform at your best in all aspects of your life - figure out if you have a hormonal imbalance and what to do about it. Period Power is a no-nonsense guide with all the tools you need to improve your menstrual health.

God Help the Child - Toni Morrison 2015-04-21

NATIONAL BESTSELLER • A New York Times Notable Book • This fiery and provocative novel from the acclaimed Nobel Prize winner weaves a tale about the way the sufferings of childhood can shape, and misshape, the life of the adult. At the center: a young woman who calls herself Bride, whose stunning blue-black skin is only one element of her beauty, her boldness and confidence, her success in life, but which caused her light-skinned mother to deny her even the simplest forms of love. There is Booker, the man Bride loves, and loses to anger. Rain, the mysterious white child with whom she crosses paths. And finally, Bride's mother herself, Sweetness, who takes a lifetime to come to understand that "what you do to children matters. And they might never forget."

The Curse - Janice Delaney 1988

"In its hard headed, richly documented concreteness, it is worth a thousand polemics." -- New York Times, from a review of the first edition "The Curse deserves a place in every women's studies library collection." -- Sharon Golub, editor of *Lifting the curse of Menstruation* "A stimulating and useful book, both for the scholarly and the general reader." -- Paula A. Treichler, co-author of *A Feminist Dictionary*

It's Only Blood - Anna Dahlqvist 2018-05-15

Across the world, 2 billion people experience menstruation, yet menstruation is seen as a mark of shame. We are told not to discuss it in public, that tampons and sanitary pads should be hidden away, the blood rendered invisible. In many parts of the world, poverty, culture and religion collide causing the taboo around menstruation to have grave consequences. Younger people who menstruate are deterred from going to school, adults from work, infections are left untreated. The shame is universal and the silence a global rule. In *It's Only Blood* Anna Dahlqvist tells the shocking but always moving stories of why and how people from Sweden to Bangladesh, from the United States to Uganda, are fighting back against the shame.

The Modern Period - Lara Freidenfelds 2009-06-15

Winner, 2010 Emily Toth Award for Best Book in Women's Studies, Popular Culture Association/American Culture Association The Modern Period examines how and why Americans adopted radically new methods of managing and thinking about menstruation during the twentieth century. In the early twentieth century women typically used homemade cloth "diapers" to absorb menstrual blood, avoided chills during their periods to protect their health, and counted themselves lucky if they knew something about menstruation before menarche. New expectations at school, at play, and in the workplace, however, made these menstrual traditions problematic, and middle-class women quickly sought new information and products that would make their monthly periods less disruptive to everyday life. Lara Freidenfelds traces this cultural shift, showing how Americans reframed their thinking about menstruation. She explains how women and men collaborated with sex educators, menstrual product manufacturers, advertisers, physical education teachers, and doctors to create a modern understanding of menstruation. Excerpts from seventy-five interviews—accounts by turns funny and moving—help readers to identify with the experiences of the ordinary people who engineered these changes. The Modern Period ties historical changes in menstrual practices to a much broader argument about American popular modernity in the twentieth century. Freidenfelds explores what it meant to be modern and middle class and how those ideals were reflected in the menstrual practices and beliefs of the time. This accessible study sheds new light on the history of popular modernity, the rise of the middle class, and the relationship of these phenomena to how Americans have cared for and managed their bodies.

Under Wraps - Sharra Louise Vostral 2008

This book examines the social and technological history of sanitary napkins and tampons through the lens of passing, and the effects of technology upon women's experiences of menstruation. These ubiquitous yet invisible technologies provide women with the means to hide their periods, but the history of embedded politics in menstrual technologies reveals that they can be used both as artifacts of control and empowering tools of change.

[The Palgrave Handbook of Critical Menstruation Studies](#) - Chris Bobel 2020-07-24

This open access handbook, the first of its kind, provides a comprehensive and carefully curated multidisciplinary and genre-spanning view of the state of the field of Critical Menstruation Studies, opening up new directions in research and advocacy. It is animated by the central question: "what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course?" The chapters—diverse in content, form and perspective—establish Critical Menstruation Studies as a potent lens that reveals, complicates and unpacks inequalities across biological, social, cultural and historical

dimensions. This handbook is an unmatched resource for researchers, policy makers, practitioners, and activists new to and already familiar with the field as it rapidly develops and expands.

Cheerleader - Elissa Stein 2004-07-22

A look at cheerleading in the United States covers history, fashion, mascots, majorettes, and boy cheerleaders and is enhanced by vintage color and black-and-white photographs.

Stolen Innocence - Elissa Wall 2009-10-13

"Both creepy...and quite moving." —New York Times Book Review "Wall's story couldn't be more timely."

—People Stolen Innocence is the gripping New York Times bestselling memoir of Elissa Wall, the courageous former member of Utah's infamous FLDS polygamist sect whose powerful courtroom testimony helped convict controversial sect leader Warren Jeffs in September 2007. At once shocking, heartbreaking, and inspiring, Wall's story of subjugation and survival exposes the darkness at the root of this rebel offshoot of the Mormon faith.

String, Felt, Thread - Elissa Auther 2010

A history of fiber and textiles—including thread, rope, string, felt and fabric—in the postwar American craft and art world includes full-color illustrations and covers the art form from the 1960s to the emergence today of a craft counterculture. Original.

Tales From the Prom - Elissa Stein 2014-03-11

The joy, the pain, the triumph, the heartbreak: the Prom. Remember the crepe paper? How about the synthetic rustle of yards and yards of pastel taffeta? Let Elissa Stein and Daniel Mailliard take you back to a time you may not want to remember, but one you could never forget. It's high time one of America's most widespread of adolescent social rituals got the literary treatment: in this book is a no-holds-barred collection of stories that reminds us only too vividly of the most important, angst-filled, and (potentially) romantic evening of our young lives. Not just a collection of personal testimonials, Tales from the Prom also tackles proms in the news, prom fashions, proms in the movies—in short, everything the uninitiated needs to know, and everything the prom survivor wants to reminisce about. So don't miss out on Tales from the Prom—it's cheaper than a limo rental and not nearly as messy as a vomit-splattered tuxedo!

When No One Is Watching - Alyssa Cole 2020-09-01

An instant NEW YORK TIMES and USA TODAY BESTSELLER! "I was knocked over by the momentum of an intense psychological thriller that doesn't let go until the final page. This is a terrific read." - Alafair Burke, New York Times bestselling author *Marie Claire's September Book Club Pick* Rear Window meets Get Out in this gripping thriller from a critically acclaimed and New York Times Notable author, in which the gentrification of a Brooklyn neighborhood takes on a sinister new meaning... Sydney Green is Brooklyn born and raised, but her beloved neighborhood seems to change every time she blinks. Condos are sprouting like weeds, FOR SALE signs are popping up overnight, and the neighbors she's known all her life are disappearing. To hold onto her community's past and present, Sydney channels her frustration into a walking tour and finds an unlikely and unwanted assistant in one of the new arrivals to the block—her neighbor Theo. But Sydney and Theo's deep dive into history quickly becomes a dizzying descent into paranoia and fear. Their neighbors may not have moved to the suburbs after all, and the push to revitalize the community may be more deadly than advertised. When does coincidence become conspiracy? Where do people go when gentrification pushes them out? Can Sydney and Theo trust each other—or themselves—long enough to find out before they too disappear? Featured in Parade, Essence, Bustle, Popsugar, Elle, Shondaland, Marie Claire, BuzzFeed, Entertainment Weekly, Good Housekeeping, Brit + Co, Real Simple, Lit Hub, Crime Reads, Blavity, Ms. Magazine, Hello Giggles, The New York Times, Town & Country, Newsweek, New York Post, Refinery29, Woman's World, Washington Post, the Skimm, Book Riot, Bookish, Huffington Post, and more!

Winter in Sokcho - Éliisa Shua Dusapin 2021

As if Marguerite Duras wrote Convenience Store Woman—a beautiful, unexpected novel from a debut French-Korean author

Wasteland - Susan Kim 2013-03-26

Fans of the Divergent and Hunger Games series will love Wasteland, the first installment of the Wasteland trilogy, by five-time Emmy Award-nominated writer Susan Kim and Edgar Award-winning Laurence Klavan.

With heart-pounding thrills, this harrowing survival story is alive with action and intrigue. Welcome to the Wasteland, a post-apocalyptic U.S. where no one lives past the age of 19. But an early death isn't the only doom waiting around the corner: Everyone is forced to live under the looming threat of rampant disease and brutal attacks by the variants—hermaphroditic outcasts that live on the outskirts of Prin. Esther doesn't care that her best friend, a variant, is considered "the enemy." She doesn't care that Levi, who controls the Source, is the real enemy and might send his Taser boys after her if she makes one wrong move. Then she meets Caleb, and just possibly, she might have a chance at salvation.

Periods Gone Public - Jennifer Weiss-Wolf 2017-10-10

The first book to explore menstruation in the current cultural and political landscape and to investigate the new wave of period activism taking the world by storm. After centuries of being shrouded in taboo and superstition, periods have gone mainstream. Seemingly overnight, a new, high-profile movement has emerged—one dedicated to bold activism, creative product innovation, and smart policy advocacy—to address the centrality of menstruation in relation to core issues of gender equality and equity. In Periods Gone Public, Jennifer Weiss-Wolf—the woman Bustle dubbed one of the nation's "badass menstrual activists"—explores why periods have become a prominent political cause. From eliminating the tampon tax, to enacting new laws ensuring access to affordable, safe products, menstruation is no longer something to whisper about. Weiss-Wolf shares her firsthand account in the fight for "period equity" and introduces readers to the leaders, pioneers, and everyday people who are making change happen. From societal attitudes of periods throughout history—in the United States and around the world—to grassroots activism and product innovation, Weiss-Wolf challenges readers to face stigma head-on and elevate an agenda that recognizes both the power—and the absolute normalcy—of menstruation.

What's Up Down There? - Lissa Rankin, MD 2010-09-28

In this funny, outrageous and empowering book, Dr. Lissa Rankin answers all the secret gynecological questions that most women wonder about, but have always been afraid to ask. Suppose you had a wise, warm, funny best friend—who just happened to be a gynecologist. You're out with the girls for cocktails and the conversation turns to sex, and then to girly parts. One by one, you start asking her all the questions you've secretly wondered about—and discover that you have a lot in common. If you were to write those questions down, then you'd have What's Up Down There?, a life-changing little book that answers: - Do old ladies have saggy vaginas? - How do male gynecologists have a sex life without feeling like they're stuck at the office? - Is it normal for your inner labia to hang out of your outer labia? - Can the baby feel its mom having sex during pregnancy? - How common is it for one's boobs to be two totally different sizes? And so much more! As outrageously funny as it is empowering, this book reveals how to love yourself and your body—and will have you recommending it to every woman you know. From off-the-wall sex questions to serious topics of women's sexual health, What's Up Down There? provides answers to women of all ages and stages.

Period - Various Authors 2018-05-08

In this collection, writers of various ages and across racial, cultural, and gender identities share stories about the period. Each of the 12 authors brings an individual perspective and sensibility. Told with warmth and humor, these essays celebrate all kinds of period experiences. Illustrations.

Blood on the River - Elisa Carbone 2007-09-20

Twelve-year-old Samuel Collier is a lowly commoner on the streets of London. So when he becomes the page of Captain John Smith and boards the Susan Constant, bound for the New World, he can't believe his good fortune. He's heard that gold washes ashore with every tide. But beginning with the stormy journey and his first contact with the native people, he realizes that the New World is nothing like he imagined. The lush Virginia shore where they establish the colony of James Town is both beautiful and forbidding, and it's hard to know who's a friend or foe. As he learns the language of the Algonquian Indians and observes Captain Smith's wise diplomacy, Samuel begins to see that he can be whomever he wants to be in this new land.

Information - Ann Blair 2021-01-26

"Information technology shapes nearly every part of modern life, and debates about information—its meaning, effects, and applications—are central to a range of fields, from economics, technology, and politics

to library science, media studies, and cultural studies. This rich, unique resource traces the history of information with an approach designed to draw connections across fields and perspectives, and provide essential context for our current age of information. Clear, accessible, and authoritative, the book opens with a series of articles that provide a narrative history of information from premodern practices to twenty-first-century information culture. This section focuses on major developments in the creation, storage, search, exchange, management, and manipulation of information, as well as the many meanings and uses of information over time. Coverage spans Europe, North America, and many other places and periods, including the medieval Islamic world and early modern East Asia, as well as the emergence of global networks. A second, alphabetical section includes more than 100 concise articles that cover specific concepts (e.g., data, intellectual property, privacy); formats and genres (books, databases, maps, newspapers, scrolls, social media); people (archivists, diplomats and spies, readers, secretaries, teachers); practices (censorship, forecasting, learning, surveilling, translating); processes (digitization, quantification, storage and search); systems (bureaucracy, platforms, telecommunications); technologies (algorithms, cameras, computers), and much more. The book concludes with an informative glossary, defining terms from "analog/digital" to "World Wide Web."--

As Long as the Rivers Flow - Larry Loyie 2020-07-03

Winner of the Norma Fleck Award for Canadian Children's Non-Fiction From the mid-1800s to the late 1990s, the education of Indigenous children was taken on by various churches in government-sponsored residential schools. More than 150,000 children were forcibly taken from their families in order to erase their traditional languages and cultures. *As Long as the Rivers Flow* is the story of Larry Loyie's last traditional summer before entering residential school. It is a time of adventure and learning from his Elders. He cares for an abandoned baby owl, watches his kokom (grandmother) make winter moccasins, and helps his family prepare for summer camp, where he will pick berries, fish and swim. While searching for medicine plants in the bush with Kokom, he encounters a giant grizzly bear. Gently but truthfully written, the book captivates its readers and reveals a hidden history. Correlates to the Common Core State Standards in English Language Arts: CCSS.ELA-LITERACY.RL.3.7 Explain how specific aspects of a text's illustrations contribute to what is conveyed by the words in a story (e.g., create mood, emphasize aspects of a character or setting) CCSS.ELA-LITERACY.RL.4.3 Describe in depth a character, setting, or event in a story or drama, drawing on specific details in the text (e.g., a character's thoughts, words, or actions). CCSS.ELA-LITERACY.RL.5.5 Explain how a series of chapters, scenes, or stanzas fits together to provide the overall structure of a particular story, drama, or poem.

The Making of a Highlander - Elisa Braden 2020-04-14

In Elisa Braden's enchanting new *Midnight in Scotland* series, the unlikeliest matches generate the greatest heat. All it takes is a spark of Highland magic. "Make me a lady, and I'll make ye a Highlander." --Mad Annie Tulloch, Scottish lass "Challenge accepted." --John Huxley, English gentleman No lady can tempt him more than the next shore Everyone wants handsome adventurer John Huxley to settle down--family, friends, London society. Everyone except John. He's evaded too many scheming title huntresses to trust in happily-ever-after. Now, a vow made to a dying friend has him locked in a land dispute with a stubborn Scot who offers one way out: Win the Highland Games. John likes a challenge, but this one's impossible. Still, with training from the Scot's stepdaughter, victory might be within reach. He only has to teach the fiery, foul-mouthed, breeches-wearing lass how to land a lord. It seems "impossible" is just getting started. She's no lady--she's Mad Annie Tulloch Everyone calls her Mad Annie. True, her best friend is a ghost. And yes, her greatest talents involve cooking for giants and taunting ridiculously handsome Englishmen. But she's not mad--she's desperate. To save her friend, Annie must marry a lord. The trouble is no lord will look twice at a hoyden like her. This calls for "Lady Lessons," and she knows just the uptight Englishman to provide them. When did a simple bargain become a battle of desire? Amidst cursed castles, caber tossing, and questionable chaperones, John and Annie's wildfire attraction threatens to send their plans up in flames. And when Annie's family is targeted by a dangerous enemy, John is tempted to stay, to fight, and to win the greatest prize of all: A fiery lass's tender, loyal heart.

Leading with Cultural Intelligence - David A. Livermore 2010

What is CQ? And why do leaders need it in our increasingly connected world?

Malibu Rising - Taylor Jenkins Reid 2021-06-01

NEW YORK TIMES BESTSELLER • Read with Jenna Book Club Pick as Featured on Today • From the author of *Daisy Jones & The Six* and *The Seven Husbands of Evelyn Hugo* . . . ONE OF THE BEST BOOKS OF THE YEAR: The Washington Post, Time, Marie Claire, PopSugar, Parade, Teen Vogue, Self, She Reads • "Irresistible . . . High drama at the beach, starring four sexy, surfing siblings and their deadbeat, famous-crooner dad."—People Four famous siblings throw an epic party to celebrate the end of the summer. But over the course of twenty-four hours, the family drama that ensues will change their lives forever. Malibu: August 1983. It's the day of Nina Riva's annual end-of-summer party, and anticipation is at a fever pitch. Everyone wants to be around the famous Rivas: Nina, the talented surfer and supermodel; brothers Jay and Hud, one a championship surfer, the other a renowned photographer; and their adored baby sister, Kit. Together the siblings are a source of fascination in Malibu and the world over—especially as the offspring of the legendary singer Mick Riva. The only person not looking forward to the party of the year is Nina herself, who never wanted to be the center of attention, and who has also just been very publicly abandoned by her pro tennis player husband. Oh, and maybe Hud—because it is long past time for him to confess something to the brother from whom he's been inseparable since birth. Jay, on the other hand, is counting the minutes until nightfall, when the girl he can't stop thinking about promised she'll be there. And Kit has a couple secrets of her own—including a guest she invited without consulting anyone. By midnight the party will be completely out of control. By morning, the Riva mansion will have gone up in flames. But before that first spark in the early hours before dawn, the alcohol will flow, the music will play, and the loves and secrets that shaped this family's generations will all come rising to the surface. *Malibu Rising* is a story about one unforgettable night in the life of a family: the night they each have to choose what they will keep from the people who made them . . . and what they will leave behind.

Community - Peter Block 2009-09

This inspiring work explores various ways communities can emerge from the fragmentation that plagues modern society. Block examines a way of thinking that creates an opening for authentic communities to exist, and details what each individual can do to make that happen.

Awfully Wedded - Elissa Stein 2014-03-11

Unbelievable tales. Fashion that defies the imaginations. Weddings that have made headlines, and scene stealers from the movies and TV. *AWFULLY WEDDED* by Elissa Stein and Daniel Mailliard examines every aspect of wedding culture with hilarious results. Find out about the Southern Belle bridesmaid who fainted during the ceremony--only to be carried out of the church with the entire congregation aware that she wasn't wearing any panties. Or revisit the TV weddings we could never forget, from Di and Charles to Luke and Laura. Learn interesting facts like the grand total of bridesmaids that Elizabeth Taylor went through to the worst wedding gifts ever...it's all here. *AWFULLY WEDDED* is a must for anyone with a sense of humor about life's absurd scenarios and the often-ridiculous situations we find ourselves in.

The Image of the City - Kevin Lynch 1964-06-15

The classic work on the evaluation of city form. What does the city's form actually mean to the people who live there? What can the city planner do to make the city's image more vivid and memorable to the city dweller? To answer these questions, Mr. Lynch, supported by studies of Los Angeles, Boston, and Jersey City, formulates a new criterion—imageability—and shows its potential value as a guide for the building and rebuilding of cities. The wide scope of this study leads to an original and vital method for the evaluation of city form. The architect, the planner, and certainly the city dweller will all want to read this book.

Don't Just Stand There - Elissa Stein 2013-10-01

Don't Just Stand There delivers! Written by a husband and wife team, this guidebook outlines everything an expectant father needs to know to navigate the big day. Dads get clear direction on what to bring, how to calm and soothe, what to say and, more important, what to definitely not say. A chapter on the stages of labor makes it easy to track what's happening when, while guiding mom to mention her preferences ahead of time. With witty illustrations and confidence-inspiring advice throughout, it's an essential for expecting parents.

Vespa - Elissa Stein 2004

More than one thousand full-color and black-and-white illustrations celebrate one of the most recognizable

pop culture icons of the twentieth century, looking at the enduring popularity of the Vespa scooter, tracing its history from its origins after World War II to the Granturismo model of today, and offering a definitive reference of all forty-one models. Original.

The Saffron Kitchen - Yasmin Crowther 2007-08-28

In a powerful debut novel that moves between the crowded streets of London and the desolate mountains of Iran, Yasmin Crowther paints a stirring portrait of a family shaken by events from decades ago and worlds away. On a rainy day in London the dark secrets and troubled past of Maryam Mazar surface violently, with tragic consequences for her daughter, Sara, and her newly orphaned nephew. Maryam leaves her English husband and family and returns to the remote Iranian village where her story began. In a quest to piece their life back together, Sara follows her mother and finally learns the terrible price Maryam once had to pay for her freedom, and of the love she left behind. Set against the breathtaking beauty of two very different places, this stunning family drama transcends culture and is, at its core, a rich and haunting narrative about mothers and daughters.

We Have Never Been Modern - Bruno Latour 2012-11-01

With the rise of science, we moderns believe, the world changed irrevocably, separating us forever from our primitive, premodern ancestors. But if we were to let go of this fond conviction, Bruno Latour asks, what would the world look like? His book, an anthropology of science, shows us how much of modernity is actually a matter of faith. What does it mean to be modern? What difference does the scientific method make? The difference, Latour explains, is in our careful distinctions between nature and society, between human and thing, distinctions that our benighted ancestors, in their world of alchemy, astrology, and phrenology, never made. But alongside this purifying practice that defines modernity, there exists another seemingly contrary one: the construction of systems that mix politics, science, technology, and nature. The ozone debate is such a hybrid, in Latour's analysis, as are global warming, deforestation, even the idea of black holes. As these hybrids proliferate, the prospect of keeping nature and culture in their separate mental chambers becomes overwhelming—and rather than try, Latour suggests, we should rethink our distinctions, rethink the definition and constitution of modernity itself. His book offers a new explanation of science that finally recognizes the connections between nature and culture—and so, between our culture and others, past and present. Nothing short of a reworking of our mental landscape. *We Have Never Been Modern* blurs the boundaries among science, the humanities, and the social sciences to enhance understanding on all sides. A summation of the work of one of the most influential and provocative interpreters of science, it aims at saving what is good and valuable in modernity and replacing the rest with a broader, fairer, and finer sense of possibility.

Code Red - Lisa Lister 2020-08-18

Your period has power. Embrace your natural cycle, work with your hormones and connect to the innate feminine wisdom of your menstrual cycle. Your period is way more than PMS, carb cravings and lady rage - it's actually a 4-part lady code that, once cracked, will uncover a series of monthly superpowers that can be used to enhance your relationships with others, build a better business, have incredible sex and create a 'bloody' amazing life. *Code Red*, from the Creatrix of www.thesassyshe.com, Lisa Lister, is a call to action. A rallying cry that dares you to explore, navigate and most importantly, love your lady landscape. You'll learn how to live and work in complete alignment with the rhythms of nature, the moon and your menstrual cycle, be inspired by insights from Wise + Wild Women like Meggan Watterson, Alexandra Pope and Uma Dinsmore Tuli, and gain access to easy-to-follow strategies and SHE Flow yoga practices. You'll be invited to connect with your true nature as a woman, tap into the transformational power of your innate feminine wisdom and use your menstrual cycle as an ever-unfolding map to crack your lady code.

The Unbearable Lightness of Being - Milan Kundera 2004-05-04

When *The Unbearable Lightness of Being* was first published in English, it was hailed as "a work of the boldest mastery, originality, and richness" by critic Elizabeth Hardwick and named one of the best books of 1984 by the New York Times Book Review. It went on to win the Los Angeles Times Book Prize for Fiction and quickly became an international bestseller. Twenty years later, the novel has established itself as a modern classic. To commemorate the anniversary of its first English-language publication, HarperCollins is proud to offer a special hardcover edition. A young woman in love with a man torn between his love for her

and his incorrigible womanizing; one of his mistresses and her humbly faithful lover -- these are the two couples whose story is told in this masterful novel. Controlled by day, Tereza's jealousy awakens by night, transformed into ineffably sad death-dreams, while Tomas, a successful surgeon, alternates loving devotion to the dependent Tereza with the ardent pursuit of other women. Sabina, an independent, free-spirited artist, lives her life as a series of betrayals -- of parents, husband, country, love itself -- whereas her lover, the intellectual Franz, loses all because of his earnest goodness and fidelity. In a world in which lives are shaped by irrevocable choices and by fortuitous events, a world in which everything occurs but once, existence seems to lose its substance, its weight. Hence we feel, says the novelist, "the unbearable lightness of being" -- not only as the consequence of our private acts but also in the public sphere, and the two inevitably intertwine. This magnificent novel encompasses the extremes of comedy and tragedy, and embraces, it seems, all aspects of human existence. It juxtaposes geographically distant places (Prague, Geneva, Paris, Thailand, the United States, a forlorn Bohemian village); brilliant and playful reflections (on "eternal return," on kitsch, on man and animals -- Tomas and Tereza have a beloved doe named Karenin); and a variety of styles (from the farcical to the elegiac) to take its place as perhaps the major achievement of one of the world's truly great writers.

Period Power - Nadya Okamoto 2018-10-16

PERIOD founder and Harvard College student Nadya Okamoto offers a manifesto on menstruation and why we can no longer silence those who bleed—and how to engage in youth activism. Throughout history, periods have been hidden from the public. They're taboo. They're embarrassing. They're gross. And due to a crumbling or nonexistent national sex ed program, they are misunderstood. Because of these stigmas, a status quo has been established to exclude people who menstruate from the seat at the decision-making table, creating discriminations like the tampon tax, medicines that favor male biology, and more. *Period Power* aims to explain what menstruation is, shed light on the stigmas and resulting biases, and create a strategy to end the silence and prompt conversation about periods.

The Immortal Life of Henrietta Lacks - Rebecca Skloot 2010-02-02

#1 NEW YORK TIMES BESTSELLER • "The story of modern medicine and bioethics—and, indeed, race relations—is refracted beautifully, and movingly."—Entertainment Weekly NOW A MAJOR MOTION PICTURE FROM HBO® STARRING OPRAH WINFREY AND ROSE BYRNE • ONE OF THE "MOST INFLUENTIAL" (CNN), "DEFINING" (LITHUB), AND "BEST" (THE PHILADELPHIA INQUIRER) BOOKS OF THE DECADE • ONE OF ESSENCE'S 50 MOST IMPACTFUL BLACK BOOKS OF THE PAST 50 YEARS • WINNER OF THE CHICAGO TRIBUNE HEARTLAND PRIZE FOR NONFICTION NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • Entertainment Weekly • O: The Oprah Magazine • NPR • Financial Times • New York • Independent (U.K.) • Times (U.K.) • Publishers Weekly • Library Journal • Kirkus Reviews • Booklist • Globe and Mail Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her cells—taken without her knowledge—became one of the most important tools in medicine: The first "immortal" human cells grown in culture, which are still alive today, though she has been dead for more than sixty years. HeLa cells were vital for developing the polio vaccine; uncovered secrets of cancer, viruses, and the atom bomb's effects; helped lead to important advances like in vitro fertilization, cloning, and gene mapping; and have been bought and sold by the billions. Yet Henrietta Lacks remains virtually unknown, buried in an unmarked grave. Henrietta's family did not learn of her "immortality" until more than twenty years after her death, when scientists investigating HeLa began using her husband and children in research without informed consent. And though the cells had launched a multimillion-dollar industry that sells human biological materials, her family never saw any of the profits. As Rebecca Skloot so brilliantly shows, the story of the Lacks family—past and present—is inextricably connected to the dark history of experimentation on African Americans, the birth of bioethics, and the legal battles over whether we control the stuff we are made of. Over the decade it took to uncover this story, Rebecca became enmeshed in the lives of the Lacks family—especially Henrietta's daughter Deborah. Deborah was consumed with questions: Had scientists cloned her mother? Had they killed her to harvest her cells? And if her mother was so important to medicine, why couldn't her children afford health insurance? Intimate in feeling, astonishing in scope, and impossible to put down, *The Immortal Life of*

Henrietta Lacks captures the beauty and drama of scientific discovery, as well as its human consequences.

Baby Beaver Rescue - 2009-07-14

The Wonder Pets are back in a brand new animal rescue adventure based on a favorite episode. This time, the Wonder Pets have to rescue a baby beaver. Giggles are guaranteed when kids read about what the Wonder Pets use to plug the hole in the dam!

The Curse - Karen Houppert 2000-05-24

A provocative look at the way our culture deals with menstruation. The Curse examines the culture of concealment that surrounds menstruation and the devastating impact such secrecy has on women's physical and psychological health. Karen Houppert combines reporting on the potential safety problems of sanitary products--such as dioxin-laced tampons--with an analysis of the way ads, movies, young-adult novels, and women's magazines foster a "menstrual etiquette" that leaves women more likely to tell their male colleagues about an affair than brazenly carry an unopened tampon down the hall to the bathroom. From the very beginning, industry-generated instructional films sketch out the parameters of acceptable behavior and teach young girls that bleeding is naughty, irrepressible evidence of sexuality. In the process, confident girls learn to be self-conscious teens. And the secrecy has even broader implications. Houppert argues that industry ad campaigns have effectively stymied consumer debate, research, and safety monitoring of the sanitary-protection industry. By telling girls and women how to think and talk about menstruation, the mostly male-dominated media have set a tone that shapes women's experiences for them, defining what they are allowed to feel about their periods, their bodies, and their sexuality.

Brain Camp - Susan Kim 2010-08-03

Lucas and Jenna are chosen to attend a camp that promises to turn delinquents into high achieving students, but when they arrive, they realize that the camp is not what it seems.

On Female Body Experience - Iris Marion Young 2005-01-27

Written over a span of more than two decades, the essays by Iris Marion Young collected in this volume describe diverse aspects of women's lived body experience in modern Western societies. Drawing on the ideas of several twentieth century continental philosophers--including Simone de Beauvoir, Martin Heidegger, Luce Irigaray, Julia Kristeva, and Maurice Merleau-Ponty--Young constructs rigorous analytic categories for interpreting embodied subjectivity. The essays combine theoretical description of experience with normative evaluation of the unjust constraints on their freedom and opportunity that continue to burden many women. The lead essay rethinks the purpose of the category of "gender" for feminist theory, after important debates have questioned its usefulness. Other essays include reflection on the meaning of

being at home and the need for privacy in old age residences as well as essays that analyze aspects of the experience of women and girls that have received little attention even in feminist theory--such as the sexuality of breasts, or menstruation as punctuation in a woman's life story. Young describes the phenomenology of moving in a pregnant body and the tactile pleasures of clothing. While academically rigorous, the essays are also written with engaging style, incorporating vivid imagery and autobiographical narrative. *On Female Body Experience* raises issues and takes positions that speak to scholars and students in philosophy, sociology, geography, medicine, nursing, and education.

Womancode - Alisa Vitti 2013

Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, *WomanCode* educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called *WomanCode* the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

Flow - Elissa Stein 2009-11-10

In this hip, hilarious and truly eye-opening cultural history, menstruation is talked about as never before. *Flow* spans its fascinating, occasionally wacky and sometimes downright scary story: from mikvahs (ritual cleansing baths) to menopause, hysteria to hysterectomies--not to mention the Pill, cramps, the history of underwear, and the movie about puberty they showed you in 5th grade. *Flow* answers such questions as: What's the point of getting a period? What did women do before pads and tampons? What about new drugs that promise to end periods--a hot idea or not? Sex during your period: gross or a turn-on? And what's normal, anyway? With color reproductions of (campy) historical ads and early (excruciating) femcare devices, it also provides a fascinating (and mind-boggling) gallery of this complex, personal and uniquely female process. As irreverent as it is informative, *Flow* gives an everyday occurrence its true props - and eradicates the stigma placed on it for centuries.