

# Breasts A Natural And Unnatural History

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**Perv** - Jesse Bering 2014-02-13

In this eye-opening book, psychologist Jesse Bering argues that we are all sexual deviants on one level or another. He introduces us to the young woman who falls madly in love with the Eiffel Tower, a young man addicted to seductive sneezes, and a pair of deeply affectionate identical twins, among others. He challenges us to move beyond our attitudes towards 'deviant' sex and consider the alternative: what would happen if we rise above our fears and revulsions and accept our true natures? With his signature wit and irreverent style, Bering pulls back the curtains on the history of perversions, the biological reasons behind our distaste for unusual sexual proclivities and the latest research on desire. Armed with reason, science and an insatiable appetite for knowledge, he humanises deviants while asking some provocative questions about the nature of hypocrisy, prejudice and when sexual desire can lead to harm. A groundbreaking look at our complex relationship with our carnal urges and the ways in which we disguise, deny and shame the sexual deviant in all of us, Perv brings hidden desires into the spotlight.

**Constructions of Cancer in Early Modern England** - Alanna Skuse 2015-11-11

This book is open access under a CC-BY licence. Cancer is perhaps the modern world's most feared disease. Yet, we know relatively little about this malady's history before the nineteenth century. This book provides the first in-depth examination of perceptions of cancerous disease in early modern England. Looking to drama, poetry and polemic as well as medical texts and personal accounts, it contends that early modern people possessed an understanding of cancer which remains recognizable to us today. Many of the ways in which medical practitioners and lay people imagined cancer - as a 'woman's disease' or a 'beast' inside the body - remain strikingly familiar, and they helped to make this disease a byword for treachery and cruelty in discussions of religion, culture and politics. Equally, cancer treatments were among the era's most radical medical and surgical procedures. From buttered frog ointments to agonizing and dangerous surgeries, they raised abiding questions about the nature of disease and the proper role of the medical practitioner.

**Breasts: A Natural and Unnatural History** - Florence Williams 2012-05-07

A 2012 New York Times Notable Book A 2013 Los Angeles Times Book Award Winner in the Science & Technology category An engaging narrative about an incredible, life-giving organ and its imperiled modern fate. Did you know that breast milk contains substances similar to cannabis? Or that it's sold on the Internet for 262 times the price of oil? Feted and fetishized, the breast is an evolutionary masterpiece. But in the modern world, the breast is changing. Breasts are getting bigger, arriving earlier, and attracting newfangled chemicals. Increasingly, the odds are stacked against us in the struggle with breast cancer, even among men. What makes breasts so mercurial—and so vulnerable? In this informative and highly entertaining account, intrepid science reporter Florence Williams sets out to uncover the latest scientific findings from the fields of anthropology, biology, and medicine. Her investigation follows the life cycle of the breast from puberty to pregnancy to menopause, taking her from a plastic surgeon's office where she learns about the importance of cup size in Texas to the laboratory where she discovers the presence of environmental toxins in her own breast milk. The result is a fascinating exploration of where breasts came from, where they have ended up, and what we can do to save them.

**Count Down** - Shanna H. Swan 2021-02-23

In the tradition of Silent Spring and The Sixth Extinction, an urgent, meticulously researched, and groundbreaking book about the ways in which chemicals in the modern environment are changing—and endangering—human sexuality and fertility on the grandest scale, from renowned epidemiologist Shanna Swan. In 2017, author Shanna Swan and her team of researchers completed a major study. They found that over the past four decades, sperm levels among men in Western countries have dropped by more than 50 percent. They came to this conclusion after examining 185 studies involving close to 45,000 healthy men. The result sent shockwaves around the globe—but the story didn't end there. It turns out our sexual development is changing in broader ways, for both men and women and even other species, and that the modern world is on pace to become an infertile one. How and why could this happen? What is hijacking our fertility and our health? Count Down unpacks these questions, revealing what Swan and other researchers have learned about how both lifestyle and chemical exposures are affecting our fertility, sexual development—potentially including the increase in gender fluidity—and general health as a species. Engagingly explaining the science and repercussions of these worldwide threats and providing simple and practical guidelines for effectively avoiding chemical goods (from water bottles to shaving cream) both as individuals and societies, Count Down is at once an urgent wake-up call, an illuminating read, and a vital tool for the protection of our future.

**Your Inner Fish** - Neil Shubin 2008-01-15

Neil Shubin, the paleontologist and professor of anatomy who co-discovered Tiktaalik, the “fish with hands,” tells the story of our bodies as you've never heard it before. The basis for the PBS series. By examining fossils and DNA, he shows us that our hands actually resemble fish fins, our heads are organized like long-extinct jawless fish, and major parts of our genomes look and function like those of worms and bacteria. Your Inner Fish makes us look at ourselves and our world in an illuminating new light. This is science writing at its finest—enlightening, accessible and told with irresistible enthusiasm.

**Radical** - Kate Pickert 2019-10-01

In this "powerful and unflinching page-turner" (New York Times), a healthcare journalist examines the science, history, and culture of breast cancer. As a health-care journalist, Kate Pickert knew the emotional highs and lows of medical treatment well -- but always from a distance, through the stories of her subjects. That is, until she was unexpectedly diagnosed with an aggressive type of breast cancer at the age of 35. As she underwent more than a year of treatment, Pickert realized that the popular understanding of breast care in America bears little resemblance to the experiences of today's patients and the rapidly changing science designed to save their lives. After using her journalistic skills to navigate her own care, Pickert embarked on a quest to understand the cultural, scientific and historical forces shaping the lives of breast-cancer patients in the modern age. Breast cancer is one of history's most prolific killers. Despite billions spent on research and treatments, it remains one of the deadliest diseases facing women today. From the forests of the Pacific Northwest to an operating suite in Los Angeles to the epicenter of pink-ribbon advocacy in Dallas, Pickert reports on the turning points and people responsible for the progress that has been made against breast cancer and documents the challenges of defeating a disease that strikes one in eight American women and has helped shape the country's medical culture. Drawing on interviews with doctors, economists, researchers, advocates and patients, as well as on journal entries and recordings

collected over the author's treatment, Radical puts the story of breast cancer into context, and shows how modern treatments represent a long overdue shift in the way doctors approach cancer -- and disease -- itself.

*The Story of More* - Hope Jahren 2020-03-03

The essential pocket primer on climate change that will leave an indelible impact on everyone who reads it. "Hope Jahren asks the central question of our time: how can we learn to live on a finite planet?" (Elizabeth Kolbert, author of *The Sixth Extinction*). "Hope Jahren is the voice that science has been waiting for."

—Nature Hope Jahren is an award-winning scientist, a brilliant writer, a passionate teacher, and one of the seven billion people with whom we share this earth. In *The Story of More*, she illuminates the link between human habits and our imperiled planet. In concise, highly readable chapters, she takes us through the science behind the key inventions—from electric power to large-scale farming to automobiles—that, even as they help us, release greenhouse gases into the atmosphere like never before. She explains the current and projected consequences of global warming—from superstorms to rising sea levels—and the actions that we all can take to fight back. At once an explainer on the mechanisms of global change and a lively, personal narrative given to us in Jahren's inimitable voice, *The Story of More* is "a superb account of the deadly struggle between humanity and what may prove the only life-bearing planet within ten light years" (E. O. Wilson).

*Parasite Rex* - Carl Zimmer 2001-11-09

A look inside the often hidden world of parasites turns the clock back to the beginning of life on Earth to answer key questions about these highly evolved and resilient life forms.

*Free and Natural* - Sarah Schrank 2019-06-14

From Naked Juice® to nude yoga, contemporary society is steeped in language that draws a connection from nudity to nature, wellness, and liberation. This branding promotes a "free and natural" lifestyle to mostly white and middle-class Americans intent on protecting their own bodies—and those of society at large—from overwork, environmental toxins, illness, conformity to body standards, and the hyper-sexualization of the consumer economy. How did the naked body come to be associated with "naturalness," and how has this notion influenced American culture? *Free and Natural* explores the cultural history of nudity and its impact on ideas about the body and the environment from the early twentieth century to the present. Sarah Schrank traces the history of nudity, especially public nudity, across the unusual eras and locations where it thrived—including the California desert, Depression-era collectives, and 1950s suburban nudist communities—as well as the more predictable beaches and resorts. She also highlights the many tensions it produced. For example, the blurry line between wholesome nudity and sexuality became impossible to sustain when confronted by the cultural challenges of the sexual revolution. Many longtime free and natural lifestyle enthusiasts, fatigued by decades of legal battles, retreated to private homes and resorts while the politics of gay rights, sexual liberation, environmentalism, and racial equality of the 1970s inspired a new generation of radical advocates of public nudity. By the dawn of the twenty-first century, Schrank demonstrates, a free and natural lifestyle that started with antimaterialist, back-to-the-land rural retreats had evolved into a billion-dollar wellness marketplace where "Naked™" sells endless products promising natural health, sexual fulfilment, organic food, and hip authenticity. *Free and Natural* provides an in-depth account of how our bodies have become tethered so closely to modern ideas about nature and identity and yet have been consistently subjected to the excesses of capitalism.

*History of the Franks* - Gregory Bishop of Tours 2019

*Slow Death by Rubber Duck* - Rick Smith 2009-12-10

A look at the chemicals surrounding us that's "hard-hitting . . . yet also instills hope for a future in which consumers make safer, more informed choices" (*The Washington Post*). Pollution is no longer just about belching smokestacks and ugly sewer pipes—now, it's personal. The most dangerous pollution, it turns out, comes from commonplace items in our homes and workplaces. To prove this point, for one week Rick Smith and Bruce Lourie ingested and inhaled a host of things that surround all of us. Using their own bodies as the reference point to tell the story of pollution in our modern world, they expose the corporate giants who manufacture the toxins, the government officials who let it happen, and the effects on people and families

across the globe. This book—the testimony of their experience—also exposes the extent to which we are poisoned every day of our lives, from the simple household dust that is polluting our blood to the toxins in our urine that are created by run-of-the-mill shampoos and toothpaste. Ultimately hopeful, the book empowers readers with some simple ideas for protecting themselves and their families, and changing things for the better. "Undertaking a cheeky experiment in self-contamination, professional Canadian environmentalists Smith and Lourie expose themselves to hazardous everyday substances, then measure the consequences . . . Throughout, the duo weave scientific data and recent political history into an amusing but unnerving narrative, refusing to sugarcoat any of the data while maintaining a welcome sense of humor." —Publishers Weekly (starred review)

**Gulp: Adventures on the Alimentary Canal** - Mary Roach 2014-04

The humorous science writer offers a tour of the human digestive system, explaining why the stomach doesn't digest itself and whether constipation can kill you.

**Flat** - Catherine Guthrie 2018-09-25

"A darn good read." —Christiane Northrup, M.D., ob/gyn physician and New York Times bestselling author A feminist breast cancer memoir of medical trauma, love, and how she found the strength to listen to her body. As a young, queer woman, Catherine Guthrie had worked hard to feel at home in her body. However, after years writing about women's health and breast cancer, Guthrie is thrust into the role of the patient after a devastating diagnosis at age thirty-eight. At least, she thinks, I know what I'm up against. She was wrong. In one horrifying moment after another, everything that could go wrong does—the surgeon gives her a double mastectomy but misses the cancerous lump, one of the most effective drug treatments fails, and a doctor's error may have unleashed millions of breast cancer cells into her body. Flat is Guthrie's story of how two bouts of breast cancer shook her faith in her body, her relationship, and medicine. Along the way, she challenges the view that breasts are essential to femininity and paramount to a woman's happiness. Ultimately, she traces an intimate portrayal of how cancer reshapes her relationship with Mary, her partner, revealing—in the midst of crisis—a love story. Filled with candor, vulnerability, and resilience, Guthrie upends the "pink ribbon" narrative and offers a unique perspective on womanhood, what it means to be "whole," and the importance of women advocating for their desires. Flat is a story about how she found the strength to forge an unconventional path—one of listening to her body—that she'd been on all along.

*An Edible History of Humanity* - Tom Standage 2010-05-03

A lighthearted chronicle of how foods have transformed human culture throughout the ages traces the barley- and wheat-driven early civilizations of the near East through the corn and potato industries in America.

*Doctored: The Disillusionment of an American Physician* - Sandeep Jauhar 2014-08-19

In his acclaimed memoir *Intern*, Sandeep Jauhar chronicled the formative years of his residency at a prestigious New York City hospital. *Doctored*, his harrowing follow-up, observes the crisis of American medicine through the eyes of an attending cardiologist. Hoping for the stability he needs to start a family, Jauhar accepts a position at a massive teaching hospital on the outskirts of Queens. With a decade's worth of elite medical training behind him, he is eager to settle down and reap the rewards of countless sleepless nights. Instead, he is confronted with sobering truths. Doctors' morale is low and getting lower. Blatant cronyism determines patient referrals, corporate ties distort medical decisions, and unnecessary tests are routinely performed in order to generate income. Meanwhile, a single patient in Jauhar's hospital might see fifteen specialists in one stay and still fail to receive a full picture of his actual condition. Provoked by his unsettling experiences, Jauhar has written an introspective memoir that is also an impassioned plea for reform. With American medicine at a crossroads, *Doctored* is the important work of a writer unafraid to challenge the establishment and incite controversy.

*The Unnatural History of the Nanny* - Jonathan Gathorne-Hardy 1973

**Nature's Nether Regions** - Menno Schilthuizen 2015-04-28

A tour of evolution's most inventive—and essential—creations: animal genitalia Forget opposable thumbs and canine teeth: the largest anatomical differences between humans and chimps are found below the belt.

In Nature's Nether Regions, ecologist and evolutionary biologist Menno Schilthuis invites readers to discover the wondrous diversity of animalian reproductive organs. Schilthuis packs this delightful read with astonishing scientific insights while maintaining an absorbing narrative style reminiscent of Mary Roach and Jerry Coyne. With illustrations throughout and vivid field anecdotes—among them laser surgery on a fruit fly's privates and a snail orgy—Nature's Nether Regions is a celebration of life in all shapes and sizes.

**Evolution** - Carl Zimmer 2010-11-23

This remarkable book presents a rich and up-to-date view of evolution that explores the far-reaching implications of Darwin's theory and emphasizes the power, significance, and relevance of evolution to our lives today. After all, we ourselves are the product of evolution, and we can tackle many of our gravest challenges -- from lethal resurgence of antibiotic-resistant diseases to the wave of extinctions that looms before us -- with a sound understanding of the science.

**Our Babies, Ourselves** - Meredith Small 2011-09-07

A thought-provoking combination of practical parenting information and scientific analysis, *Our Babies, Ourselves* is the first book to explore why we raise our children the way we do--and to suggest that we reconsider our culture's traditional views on parenting. New parents are faced with innumerable decisions to make regarding the best way to care for their baby, and, naturally, they often turn for guidance to friends and family members who have already raised children. But as scientists are discovering, much of the trusted advice that has been passed down through generations needs to be carefully reexamined. In this ground-breaking book, anthropologist Meredith Small reveals her remarkable findings in the new science of ethnopediatrics. Professor Small joins pediatricians, child-development researchers, and anthropologists across the country who are studying to what extent the way we parent our infants is based on biological needs and to what extent it is based on culture--and how sometimes what is culturally dictated may not be what's best for babies. Should an infant be encouraged to sleep alone? Is breast-feeding better than bottle-feeding, or is that just a myth of the nineties? How much time should pass before a mother picks up her crying infant? And how important is it really to a baby's development to talk and sing to him or her? These are but a few of the important questions Small addresses, and the answers not only are surprising, but may even change the way we raise our children.

**The Natural Mother of the Child** - Krys Malcolm Belc 2021-06-15

Krys Malcolm Belc's visual memoir-in-essays explores how the experience of gestational parenthood—conceiving, birthing, and breastfeeding his son Samson—eventually clarified his gender identity. Krys Malcolm Belc has thought a lot about the interplay between parenthood and gender. As a nonbinary, transmasculine parent, giving birth to his son Samson clarified his gender identity. And yet, when his partner, Anna, adopted Samson, the legal documents listed Belc as “the natural mother of the child.” By considering how the experiences contained under the umbrella of “motherhood” don't fully align with Belc's own experience, *The Natural Mother of the Child* journeys both toward and through common perceptions of what it means to have a body and how that body can influence the perception of a family. With this visual memoir in essays, Belc has created a new kind of life record, one that engages directly with the documentation often thought to constitute a record of one's life—childhood photos, birth certificates—and addresses his deep ambivalence about the “before” and “after” so prevalent in trans stories, which feels apart from his own experience. *The Natural Mother of the Child* is the story of a person moving past societal expectations to take control of his own narrative, with prose that delights in the intimate dailiness of family life and explores how much we can ever really know when we enter into parenting.

**Mummies, Cannibals and Vampires** - Richard Sugg 2015-11-06

*Mummies, Cannibals and Vampires* charts in vivid detail the largely forgotten history of European corpse medicine, which saw kings, ladies, gentlemen, priests and scientists prescribe, swallow or wear human blood, flesh, bone, fat, brains and skin in an attempt to heal themselves of epilepsy, bruising, wounds, sores, plague, cancer, gout and depression. In this comprehensive and accessible text, Richard Sugg shows that, far from being a medieval therapy, corpse medicine was at its height during the social and scientific revolutions of early-modern Britain, surviving well into the eighteenth century and, amongst the poor,

lingering stubbornly on into the time of Queen Victoria. Ranging from the execution scaffolds of Germany and Scandinavia, through the courts and laboratories of Italy, France and Britain, to the battlefields of Holland and Ireland, and on to the tribal man-eating of the Americas, *Mummies, Cannibals and Vampires* argues that the real cannibals were in fact the Europeans. Picking our way through the bloodstained shadows of this remarkable secret history, we encounter medicine cut from bodies living and dead, sacks of human fat harvested after a gun battle, gloves made of human skin, and the first mummy to appear on the London stage. Lit by the uncanny glow of a lamp filled with human blood, this second edition includes new material on exo-cannibalism, skull medicine, the blood-drinking of Scandinavian executions, Victorian corpse-stroking, and the magical powers of candles made from human fat. In our quest to understand the strange paradox of routine Christian cannibalism we move from the Catholic vampirism of the Eucharist, through the routine filth and discomfort of early modern bodies, and in to the potent, numinous source of corpse medicine's ultimate power: the human soul itself. Now accompanied by a companion website with supplementary articles, interviews with the author, related images, summaries of key topics, and a glossary, the second edition of *Mummies, Cannibals and Vampires* is an essential read for anyone interested in the history of medicine, early modern history, and the darker, hidden past of European Christendom.

**Forest Bathing** - Dr. Qing Li 2018-04-17

The definitive guide to the therapeutic Japanese practice of *shinrin-yoku*, or the art and science of how trees can promote health and happiness. Notice how a tree sways in the wind. Run your hands over its bark. Take in its citrusy scent. As a society we suffer from nature deficit disorder, but studies have shown that spending mindful, intentional time around trees--what the Japanese call *shinrin-yoku*, or forest bathing--can promote health and happiness. In this beautiful book--featuring more than 100 color photographs from forests around the world, including the forest therapy trails that criss-cross Japan--Dr. Qing Li, the world's foremost expert in forest medicine, shows how forest bathing can reduce your stress levels and blood pressure, strengthen your immune and cardiovascular systems, boost your energy, mood, creativity, and concentration, and even help you lose weight and live longer. Once you've discovered the healing power of trees, you can lose yourself in the beauty of your surroundings, leave everyday stress behind, and reach a place of greater calm and wellness.

**Blood Orchid** - Charles Bowden 2018-09-19

Through stark observations and visceral experiences, *Blood Orchid* begins Charles Bowden's dizzying excavation of the brutal, systemic violence and corruption at the roots of American society. Like a nightmarish fever dream that turns out to be our own reality, Bowden visits dying friends in skid row apartments in Los Angeles, traverses San Francisco byways lined with clubs and joints, and roams through village bars and streets in the Sierra Madre mountains. In these wanderings resides a yearning for the understanding of past and present sins, the human penchant for warfare, abuse, and oppression, and the true war between humanity, the industrialized world, and the immense tolls of our shared land. Deeply personal, hauntingly prophetic, and bracingly sharp, the start to Bowden's harrowed quest to unearth our ugly truths remains strikingly poignant today.

**Ghosts** - Roger Clarke 2014-10-07

A New York Times Book Review Editor's Choice "Roger Clarke tells this [the story that inspired Henry James' *The Turn of the Screw*] and many other gloriously weird stories with real verve, and also a kind of narrative authority that tends to constrain the skeptical voice within... [an] erudite and richly entertaining book." —New York Times Book Review "Is there anybody out there?" No matter how rationally we order our lives, few of us are completely immune to the suggestion of the uncanny and the fear of the dark. What explains sightings of ghosts? Why do they fascinate us? What exactly do those who have been haunted see? What did they believe? And what proof is there? Taking us through the key hauntings that have obsessed the world, from the true events that inspired Henry James's classic *The Turn of the Screw* right up to the present day, Roger Clarke unfolds a story of class conflict, charlatans, and true believers. The cast list includes royalty and prime ministers, Samuel Johnson, John Wesley, Harry Houdini, and Adolf Hitler. The chapters cover everything from religious beliefs to modern developments in neuroscience, the medicine of ghosts, and the technology of ghosthunting. There are haunted WWI submarines, houses so blighted by

phantoms they are demolished, a seventeenth-century Ghost Hunter General, and the emergence of the Victorian flash mob, where hundreds would stand outside rumored sites all night waiting to catch sight of a dead face at a window. Written as grippingly as the best ghost fiction, *A Natural History of Ghosts* takes us on an unforgettable hunt through the most haunted places of the last five hundred years and our longing to believe.

*A History of the Breast* - Marilyn Yalom 1997

A cultural history of the breast focusing on its erotic, religious, political and commercial associations - from medieval Madonnas to 1950's torpedo cups and today's emaciated waif models. It demonstrates how reactions to the breast - the ultimate symbol of femininity - have acted as a barometer for the political and social positions of women in each era.

**The Poisoning of an American High School** - Joy Horowitz 2007-07-19

If it can happen in Beverly Hills, it can happen anywhere. *The Poisoning of an American High School* is a feat of investigative reportage and the product of four years of research by award-winning journalist Joy Horowitz. Making lucid the tangled issues of public health, regulation, and the political power of industry, it tells a riveting tale ripped from newspaper headlines--a cancer cluster affecting graduates of one of America's most affluent schools, Beverly Hills High. *The Poisoning of an American High School* presents the behind-the-scenes saga of the 2003 landmark toxic tort suit, in which more than one thousand plaintiffs, with the sensational Erin Brockovich as their champion, claimed their illnesses could be traced to exposure to the oil derricks just yards from school grounds.

*Safety of Silicone Breast Implants* - Institute of Medicine 2000-01-06

The Dow Corning case raised serious questions about the safety of silicone breast implants and about larger issues of medical device testing and patient education. *Safety of Silicone Breast Implants* presents a well-documented, thoughtful exploration of the safety of these devices, drawing conclusions from the available research base and suggesting further questions to be answered. This book also examines the sensitive issues surrounding women's decisions about implants. In reaching conclusions, the committee reviews: The history of the silicone breast implant and the development of its chemistry. The wide variety of U.S.-made implants and their regulation by the Food and Drug Administration. Frequency and consequences of local complications from implants. The evidence for and against links between implants and autoimmune disorders, connective tissue disease, neurological problems, silicone in breast milk, or a proposed new syndrome. Evidence that implants may be associated with lower frequencies of breast cancer. *Safety of Silicone Breast Implants* provides a comprehensive, well-organized review of the science behind one of the most significant medical controversies of our time.

*Geriatric Psycho-Oncology* - Jimmie C. Holland 2015-02-03

*Geriatric Psycho-Oncology* is a comprehensive handbook that provides best practice models for the management of psychological, cognitive, and social outcomes of older adults living with cancer and their families. Chapters cover a wide range of topics including screening tools and interventions, psychiatric emergencies and disorders, physical symptom management, communication issues, and issues specific to common cancer sites. A resource section is appended to provide information on national services and programs. This book features contributions from experts designed to help clinicians review, anticipate and respond to emotional issues that often arise in the context of treating older cancer patients. Numerous cross-references and succinct tables and figures make this concise reference easy to use. *Geriatric Psycho-Oncology* is an ideal resource for helping oncologists and nurses recognize when it may be best to refer patients to their mental health colleagues and for those who are establishing or adding psychosocial components to existing clinics.

**Revolutionizing Women's Healthcare** - Hannah Dudley-Shotwell 2020-03-13

Winner of the 2021 Frances Richardson Keller-Sierra Prize from the Western Association of Women Historians (WAWH) *Revolutionizing Women's Healthcare* is the story of a feminist experiment: the self-help movement. This movement arose out of women's frustration, anger, and fear for their health. Tired of visiting doctors who saw them as silly little girls, suffering shame when they asked for birth control, seeking abortions in back alleys, and holding little control over their own reproductive lives, women took action. Feminists created "self-help groups" where they examined each other's bodies and read medical

literature. They founded and ran clinics, wrote books, made movies, undertook nationwide tours, and raided and picketed offending medical institutions. Some performed their own abortions. Others swore off pharmaceuticals during menopause. Lesbian women found "at home" ways to get pregnant. Black women used self-help to talk about how systemic racism affected their health. Hannah Dudley-Shotwell engagingly chronicles these stories and more to showcase the creative ways women came together to do for themselves what the mainstream healthcare system refused to do.

*Is Breast Best?* - Joan B. Wolf 2013-07-19

"Wolf offers a powerful and important cultural critique...this is an insightful and eye-opening book that will be of interest to sociologists of gender, medical sociologists, and science studies scholars."—*American Journal of Sociology* "Wolf notes the 'insular and unidimensional zealotry' of breastfeeding campaigners and skillfully uncovers elements of racism and elitism in their behavior toward working women who do not have the luxury to breastfeed."—*Choice* "Beautifully written, powerfully argued. . . . Challenges the science prescription that all infants must be breastfed."—Linda Blum, author of *At the Breast: Ideologies of Breastfeeding and Motherhood in the Contemporary United States* Why has breastfeeding re-asserted itself over the last twenty years, and why are the government, the scientific and medical communities, and so many mothers so invested in the idea? In *Is Breast Best?* Joan B. Wolf challenges the widespread belief that breastfeeding is medically superior to bottle-feeding. Despite the fact that breastfeeding has become the ultimate expression of maternal dedication, Wolf writes, the conviction that breastfeeding provides babies unique health benefits and that formula feeding is a risky substitute is unsubstantiated by the evidence. In accessible prose, Wolf argues that a public obsession with health and what she calls "total motherhood" has made breastfeeding a cause célèbre, and that public discussions of breastfeeding say more about infatuation with personal responsibility and perfect mothering in America than they do about the concrete benefits of the breast. Parsing the rhetoric of expert advice, including the recent National Breastfeeding Awareness Campaign, and rigorously questioning the scientific evidence, *Is Breast Best?* uncovers a path by which a mother can feel informed and confident about how best to feed her thriving infant—whether flourishing by breast or by bottle. Joan B. Wolf is Associate Professor of Women's Studies at Texas A&M University and author of *Harnessing the Holocaust: The Politics of Memory in France*. In the Biopolitics series

**Anatomies: A Cultural History of the Human Body** - Hugh Aldersey-Williams 2014-05-19

Combining science, history, and culture, explores every aspect of human anatomy from ancient body art to modern plastic surgery, discussing why some people are left-handed and why some cultures think the soul resides in the liver.

**A Natural** - Ross Raisin 2017-10-17

From dreams of soccer glory to the realities of the minor leagues, the high-stakes world of English football comes to life in this vivid coming-of-age novel for fans of Nick Hornby and *The Art of Fielding*. After his unceremonious release from a Premier League academy at nineteen, Tom feels his bright future slipping away. The only contract offer he receives is from a lower-level club. Away from home for the first time, Tom struggles on and off the field, anxious to avoid the cruel pranks and hazing rituals of his teammates. Then a taboo encounter upends what little stability he has, forcing Tom to reconcile his suppressed desires with his drive to succeed. Meanwhile, the team's popular captain, Chris, is in denial about the state of his marriage. His wife, Leah, has almost forgotten the dreams she once held for her career. As her husband is transferred from club to club, and raising their first child practically on her own, she is lost, disillusioned with where life has taken her. *A Natural* delves into the heart of a professional soccer club: the pressure, the loneliness, the threat of scandal, the fragility of the body, and the struggle of conforming to the person everybody else expects you to be. Praise for *A Natural* "This is a bold novel. [Raisin has a] deep and unwavering empathy for others, and an ability to find flashes of beauty in life's unforgiving ugliness. His language might be spare, but his turn of phrase is strikingly elegant. . . . The way is lit by his keen perceptions; the novel suggests the frustrations that arise when lived experience fails to align with what was imagined, and analyzes the gap between spectatorship and participation. . . . If Raisin has chosen to focus on that which stifles rather than frees us, he has done so to demonstrate precisely why we need all the things that society and circumstance suppress. . . . The confidence and skill with which he pursues his vision is not just

persuasive, it's powerful."—The New York Times Book Review "Raisin's transporting and acutely observed novel speaks to us all. First-rate."—Booklist (starred review) "An intimate picture of life in the lower reaches of professional British football . . . a bold theme . . . is rendered with restraint and sympathy. . . . [A Natural] is a sensitive treatment of very different kinds of solitude and pain."—Kirkus Reviews

*Heartbreak: A Personal and Scientific Journey* - Florence Williams 2022-02-01

Florence Williams explores the fascinating, cutting-edge science of heartbreak while seeking creative ways to mend her own. When her twenty-five-year marriage unexpectedly falls apart, journalist Florence Williams expects the loss to hurt. What she doesn't expect is that she'll end up in the hospital, examining close-up the way our cells listen to loneliness. She travels to the frontiers of the science of "social pain" to learn why heartbreak hurts so much and why so much of the conventional wisdom about it is wrong. Searching for insight as well as personal strategies to game her way back to health, Williams tests her blood for genetic markers of grief, undergoes electrical shocks in a laboratory while looking at pictures of her ex, and ventures to the wilderness in search of awe as an antidote to loneliness. For readers of *Wild and Lab Girl*, *Heartbreak* is a remarkable merging of science and self-discovery that will change the way we think about loneliness, health, and what it means to fall in and out of love.

*A Little History of the World* - E. H. Gombrich 2014-10-01

E. H. Gombrich's *Little History of the World*, though written in 1935, has become one of the treasures of historical writing since its first publication in English in 2005. The Yale edition alone has now sold over half a million copies, and the book is available worldwide in almost thirty languages. Gombrich was of course the best-known art historian of his time, and his text suggests illustrations on every page. This illustrated edition of the *Little History* brings together the pellucid humanity of his narrative with the images that may well have been in his mind's eye as he wrote the book. The two hundred illustrations—most of them in full color—are not simple embellishments, though they are beautiful. They emerge from the text, enrich the author's intention, and deepen the pleasure of reading this remarkable work. For this edition the text is reset in a spacious format, flowing around illustrations that range from paintings to line drawings, emblems, motifs, and symbols. The book incorporates freshly drawn maps, a revised preface, and a new index. Blending high-grade design, fine paper, and classic binding, this is both a sumptuous gift book and an enhanced edition of a timeless account of human history.

**The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative** - Florence Williams 2017-02-07

"Highly informative and remarkably entertaining." —Elle From forest trails in Korea, to islands in Finland, to eucalyptus groves in California, Florence Williams investigates the science behind nature's positive effects on the brain. Delving into brand-new research, she uncovers the powers of the natural world to improve health, promote reflection and innovation, and strengthen our relationships. As our modern lives shift dramatically indoors, these ideas—and the answers they yield—are more urgent than ever.

*Breasts: The Owner's Manual* - Kristi Funk 2018-05-01

A national bestseller! Breast cancer surgeon Dr. Kristi Funk offers a comprehensive and encouraging approach to breast care and breast cancer. Empower yourself with facts and strategies to understand your breasts, reduce your cancer risk, and open your eyes to interventions and treatments. Most women don't want to hear about breast cancer unless they have it and need to make some decisions, but these days news about breast cancer—the number one killer of women ages twenty to fifty-nine—is everywhere. Chances are you know someone who has had it. But did you know that choices you make every day bring you closer to breast cancer—or move you farther away? That there are ways to reduce your risk factors? And that many of the things you've heard regarding the causes of breast cancer are flat-out false? Based on Dr. Kristi Funk's experience as a board-certified breast cancer surgeon, she knows for a fact that women have the power to reduce breast cancer risk in dramatic ways. Many women believe that family history and genetics determine who gets breast cancer, but that's not true for most people. In fact, 87 percent of women diagnosed with breast cancer do not have a single first-degree relative with breast cancer. This book will help you: Learn the breast-health basics that every woman should know Reduce your cancer risk and recurrence risk based on food choices and healthy lifestyle changes backed by rigorous scientific research Understand the controllable and uncontrollable risk factors for breast cancer Outline your medical choices

if you're at elevated risk for or are already navigating life with breast cancer There have been few solid guidelines on how to improve your breast health, lower your risk of getting cancer, and make informed medical choices after treatment—until now. With her book available in 10 languages and in more than 30 countries, Dr. Funk is passionate about her mission of educating as many women as possible about what they can do to stop breast cancer before it starts. Praise for *Breasts: The Owner's Manual*: "Dr. Funk writes *Breasts: The Owner's Manual* just like she talks: with conviction, passion, and a laser focus on you."—Dr. Mehmet Oz, Host of *The Dr. Oz Show* "Breasts: The Owner's Manual will become an indispensable and valued guide for women looking to optimize health and minimize breast illness."—Debu Tripathy, MD, Professor and Chair, Department of Breast Medical Oncology, University of Texas MD Anderson Cancer Center "Breasts: The Owner's Manual not only provides a clear path to breast health, but a road that leads straight to your healthiest self. As someone who has faced breast cancer, I suggest you follow it."—Robin Roberts, Co-anchor, *Good Morning America*

*The Outside Boy* - Jeanine Cummins 2010-06-01

A poignant, coming of age novel about an Irish gypsy boy's childhood in the 1950's from the national bestselling author of *A Rip in Heaven* and *American Dirt*. Ireland, 1959: Young Christopher Hurley is a tinker, a Pavee gypsy, who roams with his father and extended family from town to town, carrying all their worldly possessions in their wagons. Christy carries with him a burden of guilt as well, haunted by the story of his mother's death in childbirth. The wandering life is the only one Christy has ever known, but when his grandfather dies, everything changes. His father decides to settle briefly, in a town, where Christy and his cousin can receive proper schooling and prepare for their first communions. But still, always, they are treated as outsiders. As Christy struggles to find his way amid the more conventional lives of his new classmates, he starts to question who he is and where he belongs. But then the discovery of an old newspaper photograph, and a long-buried secret from his mother's mysterious past, changes his life forever....

**Lessons** - Gisele Bündchen 2018-10-02

The instant New York Times bestseller *Supermodel* and philanthropist Gisele Bündchen shares personal stories, insights, and photos to explore lessons that have helped shape her life. Gisele Bündchen's journey began in southern Brazil, growing up with five sisters, playing volleyball, and rescuing the dogs and cats around her hometown. In fact, she wanted to become either a professional volleyball player or a veterinarian. But at the age of 14, fate suddenly intervened in the form of a modeling scout, who spotted her in São Paulo. Four years later, Gisele's appearance in Alexander McQueen's memorably rain-soaked London runway show in the spring 1998 launched her spectacular career as a fashion model, and put an end to the "heroin chic" era of fashion. Since then, Gisele has appeared in almost 400 ad campaigns and on over 1200 magazine covers. She has walked in more than 470 fashion shows for the most influential brands in the world. Gisele has become an icon, leaving a lasting mark on the fashion industry. But until now, few people have gotten to know the real Gisele, a woman whose private life stands in dramatic contrast to her public image. In *Lessons*, she reveals for the first time who she really is and what she's learned over the past 37 years to help her live a meaningful life—a journey that takes readers from a childhood spent barefoot in small-town Brazil, to an internationally successful career, motherhood and marriage to quarterback Tom Brady. A work of great openness and vulnerability, *Lessons* reveals the inner life of a very public woman.

**Deal With It** - Esther Drill 1999-09

Addresses common questions on topics such as sexuality, peer pressure, and eating disorders

**Breasts** - Florence Williams 2012-05-23

Feted and fetishised, the breast is an evolutionary masterpiece. But in the modern world, the breast is changing. Breasts are getting bigger, developing earlier and attracting newfangled chemicals. Increasingly, the odds are stacked against us in the struggle against breast cancer—even among men. So what makes breasts so mercurial—and so vulnerable? As part of the research for this book, science journalist Florence Williams underwent tests on her own breasts and breast milk. She was shocked to learn that she was feeding her baby not just milk but also fire retardants and a whole host of other chemicals, all ingested throughout her life and stored in her breast tissue. At its heart, *Breasts: a natural and unnatural history* is the story of how our breasts went from being honed by the environment to being harmed by it; a revealing

and at times alarming look at the way the changes in our environments, diets and lifestyles have altered our breasts, our health and, ultimately, the health of future generations. Accessible and entertaining—part biology, part anthropology and part medical journalism—Breasts is a wake-up call for all women.