

EPISODE 32

# UNAPOLOGETICALLY YOU: SELF-HELP BOOK RECS

PART 2

the **LitJoy**  
Podcast  
with Kelly & Ali



# Advanced Self Help

**Lei Huang**



## **Advanced Self Help:**

Advance, 1994      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      **Looking through the Speculum** Judith A. Houck, 2024-01-19 Highlights local history to tell a national story about the evolution of the women's health movement illuminating the struggles and successes of bringing feminist dreams into clinical spaces The women's health movement in the United States beginning in 1969 and taking hold in the 1970s was a broad based movement seeking to increase women's bodily knowledge reproductive control and well being It was a political movement that insisted that bodily autonomy provided the key to women's liberation It was also an institution building movement that sought to transform women's relationships with medicine it was dedicated to increasing women's access to affordable health care without the barriers of homophobia racism and sexism But the movement did not only focus on women's bodies It also encouraged activists to reimagine their relationships with one another to develop their relationships in the name of personal and political change and eventually to discover and confront the limitations of the bonds of womanhood This book examines historically the emergence development travails and triumphs of the women's health movement in the United States By bringing medical history and the history of women's bodies into our emerging understandings of second wave feminism the author sheds light on the understudied efforts to shape health care and reproductive control beyond the hospital and the doctor's office in the home the women's center the church basement the bookshop and the clinic Lesbians straight women and women of color all play crucial roles in this history At its center are the politics institutions and relationships created by and within the women's health movement depicted primarily from the perspective of the activists who shaped its priorities fought its battles and grappled with its shortcomings      **Women and Their Health** Virginia L. Olesen, 1975      **Handbook of Self-Help Therapies** Patti Lou Watkins, George A. Clum, 2007-11-28 This volume constitutes the first solidly research grounded guide for practitioners wending their way through the new maze of self help approaches The Handbook of Self Help Therapies

summarizes the current state of our knowledge about what works and what does not disorder by disorder and modality by modality Among the covered topics are self regulation theory anxiety disorders depression childhood disorders eating disorders sexual dysfunctions insomnia problem drinking smoking cessation dieting and weight loss Comprehensive in its scope this systematic objective assessment of self help treatments will be invaluable for practitioners researchers and students in counseling psychology psychiatry and social work health psychology and behavioral medicine *DHEW Publication ,1975* *Service operation* Great Britain. Office of Government Commerce,2007-05-30 This publication provides best practice advise on all aspects of managing the day to day operation of an organisation s IT services It encompasses and supersedes the operational aspects of the ITIL Service Support and Service Delivery publications and covers most of the scope of ICT Infrastructure Management it also incorporates operational aspects from the Planning to Implement Application Management Software Asset Management and Security Management publications *Deep Care* Angela Hume,2023-11-14 The story of the radical feminist networks who worked outside the law to defend abortion Starting in the 1970s small groups of feminist activists met regularly to study anatomy practice pelvic exams on each other and learn how to safely perform a procedure known as menstrual extraction which can empty the contents of the uterus in case of pregnancy using equipment that can be easily bought and assembled at home This self help movement grew into a robust national and international collaboration of activists and health workers determined to ensure access to reproductive healthcare including abortion at all costs to the point of learning how to do the necessary steps themselves Even after abortion was legalized in 1973 with Roe v Wade activists continued meeting studying and teaching these skills reshaping their strategies alongside decades of changing legal medical and cultural landscapes such as the legislative war against abortion rights the AIDS epidemic and the rise of anti abortion domestic terrorism in the 1980s and 90s The movement s drive to keep abortion accessible led to the first clinic defense mobilizations against anti abortion extremists trying to force providers to close their doors From the self help movement sprang a constellation of licensed feminist healthcare clinics community programs to promote reproductive health even the nation s first known donor sperm bank all while fighting the oppression of racism poverty and gender violence Deep Care follows generations of activists and clinicians who orbited the Women s Choice clinic in Oakland from the early 1970s until 2010 as they worked underground and above ground in small cells and broad coalitions and across political movements with grit conviction and allegiances of great trust to do what they believed needed to be done despite the law when required Grounded in interviews of activists sharing details of their work for the first time Angela Hume retells three decades of this critical if under recognized story of the radical edge of the abortion movement These lessons are more pertinent than ever following the Supreme Court s 2022 Dobbs v Jackson decision and the devastation to abortion access nationwide **Embracing Mindfulness for Sustainable Self-Care and Lasting Mental Wellbeing** , Are you ready to dive into a new area of knowledge or explore the world of Mindfulness Whether you are seeking to expand your

understanding of Self Care or master a new skill this book is your ultimate guide From Darkness to Radiant Happiness A Comprehensive Guide to Overcoming Depression and Living a Fulfilling Life offers a comprehensive journey through themes like Mindfulness Mental Wellbeing Sustainable providing a clear roadmap to help you succeed Whether you are just starting out or looking to deepen your expertise this resource will equip you with essential tools for growth and success Embracing Mindfulness for Sustainable Self Care and Lasting Mental Wellbeing is the ideal resource for anyone eager to enhance their understanding of Self Care through the valuable insights provided by Mindfulness Mental Wellbeing Sustainable Whether your goal is to learn heal or grow the knowledge you gain through Self Care will empower you on your journey Discover more about Embracing Mindfulness for Sustainable Self Care and Lasting Mental Wellbeing delve into related topics such as Mindfulness Mental Wellbeing Sustainable and explore deeper themes within Mindfulness embracing mindfulness for sustainable self care and lasting mental wellbeing mindfulness self care mindfulness mental wellbeing sustainable

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