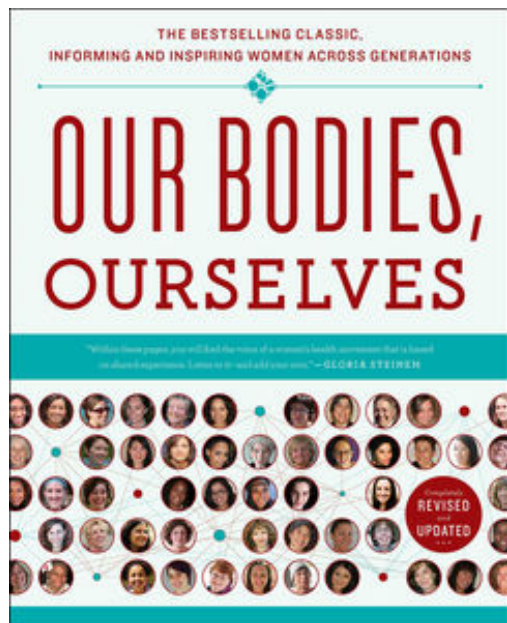


Our Bodies, Ourselves Read EBooks PDF

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- **CHANGES IN THE HEALTH CARE SYSTEM**—especially how health care reform affects women and how to get the care you need.
 - **SAFER SEX**—how to engage in pleasurable, satisfying sexual experiences while protecting your health and the health of your partner.
 - **ENVIRONMENTAL HEALTH RISKS**—including minimizing exposure to everyday pollutants that endanger reproductive health.
 - **BODY IMAGE**—resisting negative media stereotypes and embracing healthier approaches to looking and feeling good.
 - **LOCAL AND GLOBAL ACTIVISM**—using social media and organizing tactics to build community and advocate for policies that improve women's lives.
- As well as crucial information about gender identity, sexual orientation, birth control, abortion, pregnancy and birth, perimenopause, and sexuality and sexual health as we age.

Together with its companion website, ourbodiesourselves.org, *Our Bodies, Ourselves* is a one-stop resource for women of all generations.

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