

# Praise for **OUR BODIES, OURSELVES**

“The best women’s health reference book I’ve ever seen.”

- **Julianne Moore**

“This flawlessly updated edition does justice to the legacy of *Our Bodies, Ourselves*, which has been synonymous with women's empowerment for the past 40 years. Incredibly detailed, empowering, and enriched by the extremely diverse opinions and positions of its collaborators, this should be on the bookshelves of women young and old worldwide!”

- **Nancy Redd, author of *Body Drama* and *Diet Drama***

“The new edition of *Our Bodies, Ourselves* offers a relatable voice to help make the very confusing reality of health and sexuality as a girl easier to navigate. In a world that doesn't always offer girls such honesty, the new edition of *OBOS* makes me optimistic about the awareness and attitude of this generation of women and girls. My brain was fist pumping the whole way through.”

- **Tavi Gevinson, [thestylerookie.com](http://thestylerookie.com) and editor-in-chief of *Rookie Magazine***

“This revamped edition of *Our Bodies, Ourselves* shows just how far we've come in the women's health movement. The level of inclusiveness of my community--those of us who are queer, trans or gender non-conforming-- is remarkable. If this had been the edition that my mom gave me as a pre-teen, my life and coming-of-age would have been so different and much less confusing. It also artfully lays out the reality of women's health as a political issue--one that goes way beyond simply understanding how our bodies work. The 40th anniversary edition proves that education is a radical act and that sharing our struggles, triumphs and stories can ultimately change the world.”

- **Miriam Zoila Pérez, Editor, [Feministing.com](http://Feministing.com), Founder, [Radicaldoula.com](http://Radicaldoula.com) and recipient of the Barbara Seaman Award for Activism in Women's Health**

“OBOS is the most important resource on women’s health ever written by and for women. It teaches every woman how to take charge of her own body and helps us all become well-informed health care consumers.”

- **Loretta Ross, founder and the National Coordinator of the SisterSong Women of Color Reproductive Health Collective**

“This is truly the bible on women’s health! It has been completely revised and updated for a new generation of women who will need its guidance more than ever as they attempt to take control of their health.”

- **Susan Love, M.D., author of *Dr. Susan Love’s Breast Book* and *Dr. Susan Love’s Menopause and Hormone Book* and co-author of *Live a Little!***

“If only every little girl were born with a copy of *Our Bodies, Ourselves* in her hands, we would raise a society filled with healthy, confident women. And if women could have only one book on their shelves, let it be this classic tome filled to the brim with practical and empowering information.”

- **Toni Weschler, M.P.H., author of *Taking Charge of Your Fertility***