

# The Doulas Radical Care For Pregnant People

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Indigenous Experiences of Pregnancy and Birth  
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The Doulas

## Own Your Glow

This collection of essays explores the gamut of Toni Morrison's novels from her earliest to her most recent. Each of the essays examines the various ways in which Morrison's work delineates and interrogates Western culture's ideological norms of mothers, motherhood, and mothering. The essays consider Morrison's female, and in some cases male, characters as challenging the concept that mothering and motherhood is a stable notion. The essays reveal both that mothering is a central concept in Morrison's work and that an examination of this pervasive notion illuminates her corpus as a whole. Toni Morrison on Mothers and Motherhood offers a wide range of scholarship that provides a compelling look at Morrison's work through an array of interdisciplinary approaches that are grounded in feminist/gender studies. This interdisciplinary collection of essays will be of interest to scholars and critics concerned with the notions of how we define mother/motherhood/mothering and the problem of its interpretation within Western society, as well as those engaged in the interpretation of African-American literature, and Morrison's work in particular.

## Everything Below the Waist

There is a global crisis in maternal health care for black women. In the United States, black women are over three times more likely to perish from pregnancy-related complications than white women; their babies are half as likely to survive the first year. Many black women experience policing, coercion, and disempowerment during pregnancy and childbirth and are disconnected from alternative birthing traditions. This book places black women's voices at the center of the debate on what should be done to fix the broken maternity system and foregrounds black women's agency in the emerging birth justice movement. Mixing scholarly, activist, and personal perspectives, the book shows readers how they too can change lives, one birth at a time.

## Nurture

Birth Work as Care Work presents a vibrant collection of stories and insights from the front lines of birth activist communities. The personal has once more become political, and birth workers, supporters, and doulas now find themselves at the fore of collective struggles for freedom and dignity. Articulating a politics of care work in and through the reproductive process, the book brings diverse voices into conversation to explore multiple possibilities and avenues for change. At a moment when agency over our childbirth experiences is increasingly centralized in the hands of professional elites, Birth Work as Care Work presents creative new ways to reimagine the trajectory of our reproductive processes. Most importantly, the contributors present new ways of thinking about the entire life cycle, providing a unique and creative entry point into the essence of all human struggle—the struggle over the reproduction of life itself.

### **Reproductive Justice**

This book empowers society to understand how to die well. It is overflowing with wisdom, offers historical context and present-day initiatives and describes how end-of-life doulas and health-care advocates can change the face of dying.

### **Full Surrogacy Now**

### **Indigenous Experiences of Pregnancy and Birth**

"This book is a major contribution to the global struggle for control of women's bodies and their giving birth and should be read by all obstetricians, midwives, obstetric nurses, pregnant women and anyone else with interest in maternity care. It documents the worldwide success of programs for pregnancy and birth which honor the women and put them in control of their own reproductive lives."—Marsden Wagner, MD, author of *Born In The USA: How a Broken Maternity System Must Be Fixed to Put Women and Children First*

### **Doulas and Intimate Labour**

This unique woman-centered text provides a vital resource for primary care maternity clinicians and trainees. It applies the powerful, proven model of patient-centered care to pregnancy and birth - an expansion beyond previous applications to various chronic illnesses.

### **A Difficult Decision**

How do we make social justice the most pleasurable human experience? How can we awaken within ourselves desires that make it impossible to settle for anything less than a fulfilling life? Editor adrienne maree brown finds the answer in something she calls "Pleasure Activism," a politics of healing and happiness that explodes the dour myth that changing the world is just another form of work. Drawing on the black feminist tradition, including Audre Lourde's invitation to use the erotic as power and Toni Cade Bambara's exhortation that we make the revolution irresistible, the contributors to this volume take up the challenge to

rethink the ground rules of activism. Writers including Cara Page of the Astraea Lesbian Foundation For Justice, Sonya Renee Taylor, founder of This Body Is Not an Apology, and author Alexis Pauline Gumbs cover a wide array of subjects—from sex work to climate change, from race and gender to sex and drugs—they create new narratives about how politics can feel good and how what feels good always has a complex politics of its own. Building on the success of her popular Emergent Strategy, brown launches a new series of the same name with this volume, bringing readers books that explore experimental, expansive, and innovative ways to meet the challenges that face our world today. Books that find the opportunity in every crisis!

### **Birth Models That Work**

This study, based on in-depth interviews with 30 self-identified radical doulas working in the US, describes the radical practices, positionality, and orientation towards reproductive justice that distinguish these care workers from mainstream doulas. Radical doulas provide nonjudgmental support in a full-spectrum of reproductive experiences from menarche to menopause according to the needs of their clients. As non-medically trained care workers, they provide informational, emotional, and physical support during abortion, birth and postpartum, fetal loss, adoption, or surrogacy, enacting individualized skill sets across settings from homes to hospitals and clinics. Radical doulas are paid professionals, but often offer a sliding-scale for fees, or volunteer their services in specific instances, like abortion or loss. Their willingness to serve pregnant people regardless of the outcome (i.e. abortion, birth, loss), or the context (i.e. medicated or non-medicated, in a hospital, or at home), and with attention to the mechanisms of social oppression and marginalization, make radical doulas unique care workers who defy the institutional logics of medicalized reproductive healthcare.

### **Radical Doulas Make "Caring a Political Act"**

Undivided Rights captures the evolving and largely unknown activist history of women of color organizing for reproductive justice—on their own behalf. Undivided Rights presents a textured understanding of the reproductive rights movement by placing the experiences, priorities, and activism of women of color in the foreground. Using historical research, original organizational case studies, and personal interviews, the authors illuminate how women of color have led the fight to control their own bodies and reproductive destinies. Undivided Rights shows how women of color—starting within their own Latina, African American, Native American, and Asian American communities—have resisted coercion of their reproductive abilities. Projected against the backdrop of the mainstream pro-choice movement and radical right agendas, these dynamic case studies feature the groundbreaking work being done by health and reproductive rights organizations led by women-of-color. The book details how and why these women have defined and implemented expansive reproductive health agendas that reject legalistic remedies and seek instead to address the wider needs of their communities. It stresses the urgency for innovative strategies that push beyond the traditional base and goals of the mainstream pro-choice movement—strategies that are broadly inclusive while being specific, strategies that speak to all women by speaking to each woman. While the authors raise tough questions about inclusion,

identity politics, and the future of women's organizing, they also offer a way out of the limiting focus on "choice." Undivided Rights articulates a holistic vision for reproductive freedom. It refuses to allow our human rights to be divided up and parceled out into isolated boxes that people are then forced to pick and choose among.

## **The Fourth Trimester**

A poet, essayist and columnist argues that abortion is a common part of a woman's reproductive life and shouldn't be vilified, but accepted as a moral right that can be a force for social good.

## **Our Heartbreaking Choices**

A guide to help support women through post-partum healing on the physical, emotional, relational, and spiritual levels. This holistic guide offers practical advice to support women through postpartum healing on the physical, emotional, relational, and spiritual levels—and provides women with a roadmap to this very important transition that can last from a few months to a few years. Kimberly Ann Johnson draws from her vast professional experience as a doula, postpartum consultant, yoga teacher, body worker, and women's health care advocate, and from the healing traditions of Ayurveda, traditional Chinese medicine, and herbalism—as well as her own personal experience—to cover

- how you can prepare your body for birth;
- how you can organize yourself and your household for the best possible transition to motherhood;
- simple practices and home remedies to facilitate healing and restore energy;
- how to strengthen relationships and aid the return to sex;
- learning to exercise safely postpartum;
- carrying your baby with comfort;
- exploring the complex and often conflicting emotions that arise postpartum;
- and much more.

## **Awake at the Bedside**

Elle's 30 BEST BOOKS OF THE SUMMER "A jaw-dropping investigation into the women's health industry." —Shelf-Awareness "A fascinating examination of the past and present of women's healthcare" —Delfina V Barbiero, USA TODAY "A must-read for women, especially any woman who might ever need to see a doctor. " —The Washington Post American women visit more doctors, have more surgery, and fill more prescriptions than men. In *Everything Below the Waist*, Jennifer Block asks: Why is the life expectancy of women today declining relative to women in other high-income countries, and even relative to the generation before them? Block examines several staples of modern women's health care, from fertility technology to contraception to pelvic surgery to miscarriage treatment, and finds that while overdiagnosis and overtreatment persist in medicine writ large, they are particularly acute for women. One third of mothers give birth by major surgery; roughly half of women lose their uterus to hysterectomy. Feminism turned the world upside down, yet to a large extent the doctors' office has remained stuck in time. Block returns to the 1970s women's health movement to understand how in today's supposed age of empowerment, women's bodies are still so vulnerable to medical control—particularly their sex organs, and as result, their sex lives. In this

urgent book, Block tells the stories of patients, clinicians, and reformers, uncovering history and science that could revolutionize the standard of care, and change the way women think about their health. *Everything Below the Waist* challenges all people to take back control of their bodies.

### **Self-Care 101**

"This book clearly lays out the barriers facing Black families, but it also offers solutions. I think every professional who works with parents and babies of any color should read this book." -Sharon Muza, BS, CD(DONA), BDT(DONA), LCCE, FACCE, CLE "Battling over Birth is a critical and timely resource for understanding black women's birthing experiences in the United States, a country where black women's lives-and the lives they create-are at much greater risk of death and injury than those of non-black women By distilling the common and diverse threads from over 100 black women, the BWBJ researchers have woven a multi-faceted tapestry that reflects what black women view as important and central to optimal birth experiences. Their recommendations for improving care and outcomes are grounded in black women's authoritative knowledge. This wonderful, important, necessary research by and for black women points in the direction that black women think we should go to ensure they have safe, healthy, and satisfying birth experiences and outcomes. We need to listen and act." -Christine Morton, PhD, author, *Birth Ambassadors: Doula's and the Re-Emergence of Woman-Supported Birth in America* Black Women Birthing Justice is a collective of African-American, African, Caribbean and multiracial women who are committed to transforming birthing experiences for black women and transfolks. Our vision is that every pregnant person should have an empowering birthing experience, free of unnecessary medical interventions and forced separation from their child. Our goals are to educate, to document birth stories and to raise awareness about birthing alternatives. We aim to challenge human rights violations, rebuild confidence in our ability to give birth, and decrease disproportionate maternal and infant mortality.

### **Pleasure Activism**

This book investigates why women choose 'birth outside the system' and makes connections between women's right to choose where they birth and violations of human rights within maternity care systems. Choosing to birth at home can force women out of mainstream maternity care, despite research supporting the safety of this option for low-risk women attended by midwives. When homebirth is not supported as a birthplace option, women will defy mainstream medical advice, and if a midwife is not available, choose either an unregulated careprovider or birth without assistance. This book examines the circumstances and drivers behind why women nevertheless choose homebirth by bringing legal and ethical perspectives together with the latest research on high-risk homebirth (breech and twin births), freebirth, birth with unregulated careproviders and the oppression of midwives who support unorthodox choices. Stories from women who have pursued alternatives in Australia, Europe, Russia, the UK, the US, Canada, the Middle East and India are woven through the research. Insight and practical strategies are shared by doctors, midwives, lawyers, anthropologists, sociologists and psychologists on how to manage the tension between professional obligations and women's right to bodily

autonomy. This book, the first of its kind, is an important contribution to considerations of place of birth and human rights in childbirth.

## **Healing: The Act of Radical Self-Care**

Finalist, 2019 PROSE Award in Biography, given by the Association of American Publishers Fifty years after the start of the women's liberation movement, a book that at last illuminates the profound impact Jewishness and second-wave feminism had on each other Jewish women were undeniably instrumental in shaping the women's liberation movement of the 1960s, 70s, and 80s. Yet historians and participants themselves have overlooked their contributions as Jews. This has left many vital questions unasked and unanswered—until now. Delving into archival sources and conducting extensive interviews with these fierce pioneers, Joyce Antler has at last broken the silence about the confluence of feminism and Jewish identity. Antler's exhilarating new book features dozens of compelling biographical narratives that reveal the struggles and achievements of Jewish radical feminists in Chicago, New York and Boston, as well as those who participated in the later, self-consciously identified Jewish feminist movement that fought gender inequities in Jewish religious and secular life. Disproportionately represented in the movement, Jewish women's liberationists helped to provide theories and models for radical action that were used throughout the United States and abroad. Their articles and books became classics of the movement and led to new initiatives in academia, politics, and grassroots organizing. Other Jewish-identified feminists brought the women's movement to the Jewish mainstream and Jewish feminism to the Left. For many of these women, feminism in fact served as a "portal" into Judaism. Recovering this deeply hidden history, *Jewish Radical Feminism* places Jewish women's activism at the center of feminist and Jewish narratives. The stories of over forty women's liberationists and identified Jewish feminists—from Shulamith Firestone and Susan Brownmiller to Rabbis Laura Geller and Rebecca Alpert—illustrate how women's liberation and Jewish feminism unfolded over the course of the lives of an extraordinary cohort of women, profoundly influencing the social, political, and religious revolutions of our era.

## **Birth Work as Care Work**

Shelley Hunter Hillesheim helps you construct Team YOU—your very own support system and personal well-being team. Through Self-Care Dares and exercises, Shelley leads you to identify what you need and how to take inspired action steps to "put your own oxygen mask on first." You will intentionally design a more complete and fulfilled life where you get to experience self-care as the center of your day-to-day living, which ultimately nourishes and flourishes every other aspect of your life. *Self-Care 101* is for YOU if you find yourself asking: \*How do I make time for ME? \*Why does life always seem so overwhelming? \*Why am I so depleted and exhausted all of the time? \*Is it possible to take care of myself without feeling guilty? \*How in the world do I get the support I need for making myself a priority? Shelley guides you through the journey to arrive at empowered awareness, sustainable practices to address your body, mind and soul, and a new story that honors Team YOU.

## **Woman-centered Care in Pregnancy and Childbirth**

Use the power of sound to bring balance, relaxation, and a sense of well-being to your mind, body, and spirit with this unprecedented and comprehensive guide to sound baths. Discover the power of sound to transform consciousness, heal the mind, and calm the body. Sound therapist and meditation teacher Sara Auster has traveled the world facilitating sound bath experiences, bringing the transformative power of sound and listening to the masses, and building diverse communities. In this comprehensive guide to Sound Baths, Sara introduces the therapeutic properties of sound, shares her personal journey to recovery from a traumatic accident, and answers the most commonly asked questions about sound therapy, meditation, deep listening, and healing. Sound Bath provides helpful tools for even the busiest skeptic who wants to achieve a reflective, self-healing state and invite calm into their daily life. Learn techniques that will support states of deep rest, focused meditation, and abundant creativity. Explore drawings, photographs, and stories that will transport you; as well as information, statistics, and essential terminology to help support your growth and ground your practice.

## **Reproductive Injustice**

An extraordinary history by one of its members, this is the first account of Jane's evolution, the conflicts within the group, and the impact its work had both on the women it helped and the members themselves. This book stands as a compelling testament to a woman's most essential freedom--control over her own body--and to the power of women helping women.

## **Why Doulas Matter**

As more feminism migrates online, full-spectrum doulas remain focused on life's physically intimate relationships: between caregivers and patients, parents and pregnancy, individuals and their own bodies. They are committed to supporting a pregnancy no matter the outcome—whether it results in birth, abortion, miscarriage, or adoption—facing the question of choice head-on.

## **Nurturing Wellness through Radical Self-Care**

Definitive guide for preparing to help a woman through childbirth, and the essential manual to have at hand during the event.

## **Indie Birth**

Reproductive Justice is a first-of-its-kind primer that provides a comprehensive yet succinct description of the field. Written by two legendary scholar-activists, Reproductive Justice introduces students to an intersectional analysis of race, class, and gender politics. Clearly showing how reproductive justice is a political movement of reproductive rights and social justice, the authors illuminate how, for example, a low-income, physically disabled woman living in West Texas with no viable public transportation, healthcare clinic, or living-wage employment opportunities faces a complex web of structural obstacles as she contemplates her

sexual and reproductive intentions. Putting the lives and lived experience of women of color at the center of the book and using a human rights analysis, Loretta J. Ross and Rickie Solinger show how the discussion around reproductive justice differs significantly from the pro-choice/anti-abortion debates that have long dominated the headlines and mainstream political conflict. In a period in which women's reproductive lives are imperiled, Reproductive Justice provides an essential guide to understanding and mobilizing around women's human rights in the twenty-first century. Reproductive Justice: A New Vision for the Twenty-First Century publishes works that explore the contours and content of reproductive justice. The series will include primers intended for students and those new to reproductive justice as well as books of original research that will further knowledge and impact society. Learn more at [www.ucpress.edu/go/reproductivejustice](http://www.ucpress.edu/go/reproductivejustice).

### **Jewish Radical Feminism**

“A necessity for 21st century living. A practical means for daily balancing.” – Indrani Maity, ND, D.Ay., Integrated Ayurvedic Naturopathic Energy Medicine Center Nurturing Wellness through Radical Self-Care: A Living in Balance Workbook guides the reader not only to emotional and physical healing, but also to lasting emotional well-being. Mental health professionals will find this complete mindfulness-based program valuable to create a well-planned and flexible holistic approach to client care. The book also gives individuals self-help tools to participate in their own recovery and achieve lasting wellness from the comfort of home. “There are a few wise women I know, and Janet is one of them. She is one truly gifted in matters of the heart. Her new book, Nurturing Wellness through Radical Self-Care, is a fitting follow-up to Pathways to Wholeness. Janet manages to embrace a complex field with a gentleness that makes the material accessible and eminently useful.” – A. T. Augoustides, MD, FAAFP, ABIHM “It took me so long to learn how to find joy, this book gives people easy to follow plans to quickly harmonize all the systems in their body and find not only joy but peace and health. I feel the major benefit is the program’s ability to help lift anyone out of the fight or flight response into a more positive balance and mindset. Thank you, Janet, for this gift. I’ll be recommending this to the parents I work with.” – Becky Henry, Founder of Hope Network, LLC, and award-winning author of Just Tell Her to Stop: Family Stories of Eating Disorders “Janet’s many years of experience working with clients as a therapist plus her in-office research and extensive studies make her a perfect guide and teacher if you are looking for ways to improve your life. The text a is timely gift to humanity!” – Anne Merkel, PhD., Energy Psychologist Coach, The Ariela Group of Wholistic Services

### **Body Battlegrounds**

Many women know, and research confirms, that having an experienced female birth companion, who is neither a health professional nor a part of their social circle, can have a tangible positive effect on their experience of childbirth. Why Doula Matter is a comprehensive discussion of how a doula can offer expectant and new parents information and practical and emotional support to improve their experience of birth and early parenting.



## **The Birth Partner**

Traditional midwifery, culture, customs, understandings, and meanings surrounding pregnancy and birth are grounded in distinct epistemologies and worldviews that have sustained Indigenous women and their families since time immemorial. Years of colonization, however, have impacted the degree to which women have choice in the place and ways they carry and deliver their babies. As nations such as Canada became colonized, traditional gender roles were seen as an impediment. The forced rearrangement of these gender roles was highly disruptive to family structures. Indigenous women quickly lost their social and legal status as being dependent on fathers and then husbands. The traditional structures of communities became replaced with colonially informed governance, which reinforced patriarchy and paternalism. The authors in this book carefully consider these historic interactions and their impacts on Indigenous women's experiences. As the first section of the book describes, pregnancy is a time when women reflect on their bodies as a space for the development of life. Foods prepared and consumed, ceremony and other activities engaged in are no longer a focus solely for the mother, but also for the child she is carrying. Authors from a variety of places and perspectives thoughtfully express the historical along with contemporary forces positively and negatively impacting prenatal behaviours and traditional practices. Place and culture in relation to birth are explored in the second half of the book from locations in Canada such as Manitoba, Ontario, British Columbia, the Northwest Territories, and Aotearoa. The reclaiming and revitalization of birthing practices along with rejuvenating forms of traditional knowledge form the foundation for exploration into these experiences from a political perspective. It is an important part of decolonization to acknowledge policies such as birth evacuation as being grounded in systemic racism. The act of returning birth to communities and revitalizing Indigenous prenatal practices are affirmation of sustained resilience and strength, instead of a one-sided process of reconciliation.

## **Battling Over Birth**

This book isn't about dying. It's about life and what life has to teach us. It's about caring and what giving care really means. In *Awake at the Bedside*, pioneers of palliative and end-of-life care as well as doctors, chaplains, caregivers and even poets offer wisdom that will challenge, uplift, comfort—and change the way we think about death. Equal parts instruction manual and spiritual testimony, it includes specific instructions and personal accounts to inspire, counsel, and teach. An indispensable resource for anyone involved in hospice work or caregiving of any kind. Contributors include Anyen Rinpoche, Coleman Barks, Craig D. Blinderman, Bhikkhu Bodhi, Joshua Bright, Ira Byock, Robert Chodo Campbell, Rafael Campo, Ajahn Chah, Ram Dass, Kirsten DeLeo, Issan Dorsey, Mark Doty, Norman Fischer, Nick Flynn, Gil Fronsdal, Joseph Goldstein, Shodo Harada Roshi, Tony Hoagland, Marie Howe, Fernando Kawai, Michael Kearney, Elisabeth Kubler-Ross, Stanley Kunitz, Stephen and Ondrea Levine, Judy Lief, Betsy MacGregor, Diane E. Meier, W. S. Merwin, Naomi Shihab Nye, Frank Ostaseski, Rachel Naomi Remen, Larry Rosenberg, Rumi, Cicely Saunders, Senryu, Jason Shinder, Derek Walcott, Radhule B. Weininger.

## **Misconceptions**

In *Misconceptions*, bestselling author Naomi Wolf she demythologizes motherhood and reveals the dangers of common assumptions about childbirth. With uncompromising honesty she describes how hormones eroded her sense of independence, ultrasounds tested her commitment to abortion rights, and the keepers of the OB/GYN establishment lacked compassion. The weeks after her first daughter's birth taught her how society, employers, and even husbands can manipulate new mothers. She had bewildering post partum depression, but learned that a surprisingly high percentage of women experience it. Wolf's courageous willingness to talk about the unexpected difficulties of childbirth will help every woman become a more knowledgeable planner of her pregnancy and better prepare her for the challenges of balancing a career, freedom, and a growing family. Invaluable in its advice to parents, *Misconceptions* speaks to anyone connected—personally, medically, or professionally—to a new mother.

## **Pro: Reclaiming Abortion Rights**

In order to become ethically acceptable, surrogacy must change beyond recognition. But we need more surrogacy, not less! The surrogacy industry is worth over 1 billion dollars a year, and many of its surrogates work in terrible conditions, while many gestate babies for no pay at all. Should it be illegal to pay someone to gestate a baby for you? *Full Surrogacy Now* brings a fresh and unique perspective to the debate. Rather than making surrogacy illegal or allowing it to continue as is, Sophie Lewis argues we should be looking to radically transform it. Surrogates should be put front and center, and their rights to the babies they gestate should be expanded to acknowledge that they are more than mere vessels. In doing so we can break down our assumptions that children necessarily belong to those whose genetics they share. This might sound like a radical proposal but expanding our idea of who children belong to would be a good thing. Taking collective responsibility for children, rather than only caring for the ones we share DNA with, would radically transform notions of kinship. Adopting this expanded concept of surrogacy helps us to see that it always, as the saying goes, takes a village to raise a child.

## **The Story of Jane**

A candid, feminist, and personal deep dive into the science and culture of pregnancy and motherhood Like most first-time mothers, Angela Garbes was filled with questions when she became pregnant. What exactly is a placenta and how does it function? How does a body go into labor? Why is breast best? Is wine totally off-limits? But as she soon discovered, it's not easy to find satisfying answers. Your obstetrician will cautiously quote statistics; online sources will scare you with conflicting and often inaccurate data; and even the most trusted books will offer information with a heavy dose of judgment. To educate herself, the food and culture writer embarked on an intensive journey of exploration, diving into the scientific mysteries and cultural attitudes that surround motherhood to find answers to questions that had only previously been given in the form of advice about what women ought to do—rather than allowing them the freedom to choose

the right path for themselves. In *Like a Mother*, Garbes offers a rigorously researched and compelling look at the physiology, biology, and psychology of pregnancy and motherhood, informed by in-depth reportage and personal experience. With the curiosity of a journalist, the perspective of a feminist, and the intimacy and urgency of a mother, she explores the emerging science behind the pressing questions women have about everything from miscarriage to complicated labors to postpartum changes. The result is a visceral, full-frontal look at what's really happening during those nine life-altering months, and why women deserve access to better care, support, and information. Infused with humor and born out of awe, appreciation, and understanding of the female body and its strength, *Like a Mother* debunks common myths and dated assumptions, offering guidance and camaraderie to women navigating one of the biggest and most profound changes in their lives.

### **Like a Mother**

### **Sound Bath**

*Own Your Glow* is an inspirational, actionable, and wildly enriching companion for change. Celebrity wellness and lifestyle guru, Latham Thomas provides soulful principles that offer an illuminated path for examining life's challenges, helping you curate your path to greatness, while embracing your uniquely feminine attributes. Packed with rituals, meditations, and snackable lifestyle tips, Thomas provides a clear framework for harnessing your passion, developing spiritual fitness, and embracing true vulnerability. This guide is for anyone who wants to witness her own life transform and contribute to the positive change of the world around her. Combining spiritual, psychological, and self-reflective tools, Thomas offers an antidote to the hustle-hard, make-it-happen mainstream culture and fosters slowing down, intentionality, and self-care as a pathway to empowerment. How much more potent and powerful would we all be if we embraced our inherent talents, strengths, and feminine edge, rather than dwelling in patterns of self-criticism, doubt, and catty competition? Thomas invites you to step into a soulful, fulfilling life of freedom, transcending self-destructive habits and creating a blueprint for a more gratifying, centered, and bountiful way of living. *Own Your Glow* is an awakening roar for women to mobilize, become the masters of their lives, and hold their crowned heads up high, letting their relentless light from within shine bright for the world.

### **Birthing Outside the System**

### **Body Kindness**

*Body Battlegrounds* explores the rich and complex lives of society's body outlaws—individuals from myriad social locations who oppose hegemonic norms, customs, and conventions about the body. Original research chapters (based on textual analysis, qualitative interviews, and participant observation) along with personal narratives provide a window into the everyday lives of people rewriting

the norms of embodiment in sites like schools, sporting events, and doctors' offices. Table of Contents Introduction | Chris Bobel and Samantha Kwan Part I: Going "Natural" • Body Hair Battlegrounds: The Consequences, Reverberations, and Promises of Women Growing Their Leg, Pubic, and Underarm Hair | Breanne Fahs • Radical Doula's, Childbirth Activism, and the Politics of Embodiment | Monica Basile • Caring for the Corpse: Embodied Transgression and Transformation in Home Funeral Advocacy | Anne Esacove Living Resistance: • Deconstructing Reconstructing: Challenging Medical Advice Following Mastectomy | Joanna Rankin • My Ten-Year Dreadlock Journey: Why I Love the "Kink" in My Hair . . . Today | Cheryl Thompson • Living My Full Life: My Rejecting Weight Loss as an Imperative for Recovery from Binge Eating Disorder | Christina Fisanick • Pretty Brown: Encounters with My Skin Color | Praveena Lakshmanan Part II: Representing Resistance • Blood as Resistance: Photography as Contemporary Menstrual Activism | Shayda Kafai • Am I Pretty Enough for You Yet?: Resistance through Parody in the Pretty or Ugly YouTube Trend | Katherine Phelps • The Infidel in the Mirror: Mormon Women's Oppositional Embodiment | Kelly Grove and Doug Schrock Living Resistance: • A Cysto's Story: Polycystic Ovarian Syndrome and the Disruption of Normative Femininity | Ledah McKellar • Old Bags Take a Stand: A Face Off with Ageism in America | Faith Baum and Lori Petchers • Making Up with My Body: Applying Cosmetics to Resist Disembodiment | Haley Gentile • I Am a Person Now: Autism, Indistinguishability, and (Non)optimal Outcome | Alyssa Hillary Part III: Creating Community, Disrupting Assumptions • Yelling and Pushing on the Bus: The Complexity of Black Girls' Resistance | Stephanie D. Sears and Maxine Leeds Craig • Big Gay Men's Performative Protest Against Body Shaming: The Case of Girth and Mirth | Jason Whitesel • "What's Love Got to Do with It?": The Embodied Activism of Domestic Violence Survivors on Welfare | Sheila M. Katz Living Resistance: • "Your Signing Is So Beautiful!": The Radical Invisibility of ASL Interpreters in Public | Rachel Kolb • Two Shakes | Rev. Adam Lawrence Dyer • "Showing Our Muslim": Embracing the Hijab in the Era of Paradox | Sara Rehman • "Doing Out": A Black Dandy Defies Gender Norms in the Bronx | Mark Broomfield • Everybody: Making Fat Radio for All of Us | Cat Pausé Part IV: Transforming Institutions and Ideologies • Embodying Nonexistence: Encountering Mono- and Cisnormativities in Everyday Life | J. E. Sumerau • Freeing the Nipple: Encoding the Heterosexual Male Gaze into Law | J. Shoshanna Ehrlich • Give Us a Twirl: Male Baton Twirlers' Embodied Resistance in a Feminized Terrain | Trenton M. Haltom • "That Gentle Somebody": Rethinking Black Female Same-Sex Practices and Heteronormativity in Contemporary South Africa | Taylor Riley Living Resistance: • Showing Up as Myself: Embodiment and Authenticity in the Classroom | Ryan Ambuter • Sitting and Resisting: How Using a Wheelchair Confronts Ideas of Normal | Margaret Stran • Against Diabetic Numerology in a Black Body, or, Why I Cannot Live by the Numbers | Anthony Ryan Hatch • My Women's Studies Professor Uses Botox? | Dana Berkowitz Afterword: Bodies of Resistance | Sonya Renee Taylor

### **Birth, Breath, and Death**

Create a healthier and happier life by treating yourself with compassion rather than shame. Imagine a graph with two lines. One indicates happiness, the other tracks how you feel about your body. If you're like millions of people, the lines do not intersect. But what if they did? This practical, inspirational, and visually lively

book shows you the way to a sense of well-being attained by understanding how to love, connect, and care for yourself—and that includes your mind as well as your body. Body Kindness is based on four principles. WHAT YOU DO: the choices you make about food, exercise, sleep, and more HOW YOU FEEL: befriending your emotions and standing up to the unhelpful voice in your head WHO YOU ARE: goal-setting based on your personal values WHERE YOU BELONG: body-loving support from people and communities that help you create a meaningful life With mind and body exercises to keep your energy spiraling up and prompts to help you identify what YOU really want and care about, Body Kindness helps you let go of things you can't control and embrace the things you can by finding the workable, daily steps that fit you best. It's the anti-diet book that leads to a more joyful and meaningful life.

### **Toni Morrison ON Mothers and Motherhood**

Scholars turn to reproduction for its ability to illuminate the practices involved with negotiating personhood for the unborn, the newborn, and the already-existing family members, community members, and the nation. The scholarship in this volume draws attention to doula work as intimate and relational while highlighting the way boundaries are created, maintained, challenged, and transformed. Intimate labour as a theoretical construct provides a way to think about the kind of care doulas offer women across the reproductive spectrum. Doulas negotiate boundaries and often blur the divisions between communities and across public and private spheres in their practice of intimate labour. This book weaves together three main threads: doulas and mothers, doulas and their community, and finally, doulas and institutions. The lived experience of doulas illustrates the interlacing relationships among all three of these threads. The essays in this collection offer a unique perspective on doulas by bringing together voices that represent the full spectrum of doula work, including the viewpoints of birth, postpartum, abortion, community based, adoption, prison, and radical doulas. We privilege this broad representation of doula experiences to emphasize the importance of a multi-vocal framing of the doula experience. As doulas move between worlds and learn to live in liminal spaces, they occupy space that allows them to generate new cultural narratives about birthing bodies.

### **Birthing Justice**

This book is about abortion, but more specifically, about abortions sought due to a poor prenatal diagnosis or due to serious maternal health complications. This book contains 46 personal stories, each one from a woman who decided to interrupt a much-wanted and oftentimes much-planned pregnancy. There is very little societal support for parents who make this decision, which leaves most parents to deal with their sadness and grief alone. The purpose of the book is to share our stories in the hopes of helping other parents who have undergone a similar loss to feel less alone, less isolated, and less stigmatized. We hope to give a voice to all who have suffered a similar loss and to show that there are situations in which abortion is the most moral option. Although the focus of the book is to provide support to those who will make or have made a similar decision, we don't cast judgment on those who choose abortion for other reasons or those who choose to carry a pregnancy to term despite a poor prenatal diagnosis. We support all parents in choosing the

path that is best for them. We support ALL choices.

## **Pushed**

A troubling study of the role that medical racism plays in the lives of black women who have given birth to premature and low birth weight infants. Black women have higher rates of premature birth than other women in America. This cannot be simply explained by economic factors, with poorer women lacking resources or access to care. Even professional, middle-class black women are at a much higher risk of premature birth than low-income white women in the United States. Dána-Ain Davis looks into this phenomenon, placing racial differences in birth outcomes into a historical context, revealing that ideas about reproduction and race today have been influenced by the legacy of ideas which developed during the era of slavery. While poor and low-income black women are often the “mascots” of premature birth outcomes, this book focuses on professional black women, who are just as likely to give birth prematurely. Drawing on an impressive array of interviews with nearly fifty mothers, fathers, neonatologists, nurses, midwives, and reproductive justice advocates, Dána-Ain Davis argues that events leading up to an infant’s arrival in a neonatal intensive care unit (NICU), and the parents’ experiences while they are in the NICU, reveal subtle but pernicious forms of racism that confound the perceived class dynamics that are frequently understood to be a central factor of premature birth. The book argues not only that medical racism persists and must be considered when examining adverse outcomes—as well as upsetting experiences for parents—but also that NICUs and life-saving technologies should not be the only strategies for improving the outcomes for black pregnant women and their babies. Davis makes the case for other avenues, such as community-based birthing projects, doulas, and midwives, that support women during pregnancy and labor are just as important and effective in avoiding premature births and mortality.

## **Accompanying the Dying: Practical, Heart-Centered Wisdom for End-Of-Life Doulas and Health Care Advocates**

Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. This beautiful and comprehensive pregnancy companion covers everything from the beginning months of pregnancy to the baby's first weeks. Including supportive and encouraging self-care and mindfulness exercises along with more than 40 charming and helpful illustrations, here's everything a modern mama would want to know: fetal development, nutrition support for every month of pregnancy, making birth choices, the basics of breastfeeding, and more.

## **Undivided Rights**

A groundbreaking narrative investigation of childbirth in the age of machines, malpractice, and managed care, *Pushed* presents the complete picture of maternity care in America. From inside the operating room of a hospital with a 44%

Cesarean rate to the living room floor of a woman who gives birth with an illegal midwife, Block exposes a system in which few women have an optimal experience. Pushed surveys the public health impact of routine labor inductions, C-sections, and epidurals, but also examines childbirth as a women's rights issue: Do women even have the right to choose a normal birth? Is that right being upheld? A wake-up call for our times, Block's gripping research reveals that while emergency obstetric care is essential, we are overusing medical technology at the expense of maternal and infant health.

### **The Doulas**

At the age of fourteen, Amy Wright Glenn began to question the Mormon faith of her family. She embarked on a life long personal and scholarly quest for truth. While teaching comparative religion and philosophy, Amy was drawn to the work of supporting women through labor and holding compassionate space for the dying. Amy shares moving tales of birth and death while drawing on her work as a birth doula, hospital chaplain, and her own experience of motherhood. We are born, we die, and in between these irrevocable facts of human existence the breath weaves all moments together. "Birth, Breath, and Death" entwines story, philosophy, and poetic reflection into transforming narratives that are full of grace.

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