

Preface	p. 11
Earlier Prefaces	p. 13
Taking Care of Ourselves	
Introduction	p. 19
Body Image	p. 23
Food	p. 30
Alcohol, Mood-Altering Drugs and Smoking	p. 55
Women in Motion	p. 65
Health and Healing: Holistic Practices and Systems	p. 79
Psychotherapy	p. 100
Environmental and Occupational Health	p. 105
Violence Against Women	p. 131
Relationships and Sexuality	
Introduction	p. 153
Working Toward Mutuality: Our Relationships with Men	p. 157
Loving Women: Lesbian Life and Relationships	p. 177
Sexuality	p. 204
Controlling Our Fertility	
Introduction	p. 239
Anatomy and Physiology of Sexuality and Reproduction	p. 241
Birth Control	p. 259
Sexually Transmitted Diseases	p. 308
AIDS, HIV Infection and Women	p. 327
If You Think You Are Pregnant: Finding Out and Deciding What to Do	p. 343
Abortion	p. 353
New Reproductive Technologies	p. 386
Childbearing	
Introduction	p. 397
Pregnancy	p. 401
Childbirth	p. 435
Postpartum	p. 474
Infertility and Pregnancy Loss	p. 499
Women Growing Older	
Women Growing Older	p. 515
Some Common and Uncommon Health and Medical Problems	
Some Common and Uncommon Health and Medical Problems	p. 561
Women and the Medical System	
The Politics of Women and Medical Care	p. 651
Organizing for Change: U.S.A.	p. 699
Developing an International Awareness	p. 713

Table of Contents provided by Blackwell's Book Services and R.R. Bowker. Used with permission.