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**\*NEWLY REVISED and UPDATED!\***  
**IN CELEBRATION OF THE 40<sup>TH</sup> ANNIVERSARY!**  
**THE BESTSELLING CLASSIC.**  
**INFORMING AND INSPIRING WOMEN ACROSS GENERATIONS.**  
**OUR BODIES, OURSELVES**

"This flawlessly updated edition does justice to the OBOS brand, 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, *New York Times* bestselling 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. ... My brain was fist pumping the whole way through.

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

In time for the **40th anniversary** of the book's first publication, **OUR BODIES, OURSELVES** (Touchstone Paperback / Simon & Schuster; October 4, 2011; 978-1-4391-9066-1; \$26.00) includes completely revised and updated material critical to women's health issues. Considered the gold standard for women's health books, **OUR BODIES, OURSELVES** has the most up-to-date information for a new generation of women.

The name "Our Bodies, Ourselves" has become synonymous with women's health – and protecting it. Since its original publication, **OUR BODIES, OURSELVES** has sold more than 4 million copies and inspired a women's health movement. Women's groups around the world, with support from the organization Our Bodies Ourselves, have developed resources based on the book in 25 languages in print, digital, and social interactive formats. Called "America's bestselling book on all aspects of women's health" and "a feminist classic" by *The New York Times*, this new edition addresses:

**Changes in the healthcare system**—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.

**Pregnancy & Birth** – how to increase your chances of having a safe and satisfying birth experience.

**Perimenopause & Menopause** – the latest on the safety and risks of hormone treatments.

**Body Image** – resisting negative media stereotypes and embracing healthier approaches to looking and feeling good.

**Local and global activism** – using social media and community organizing to advocate for policies that improve women's lives.

**Cosmetic surgery** – procedures and risks, including information about breast implant safety.

... as well as crucial information about gender identity, sexual orientation, birth control, abortion, and sexuality and sexual health as we age. An entire chapter, "Relationships," is both an ode to OBOS's roots and a reflection of new technologies: The text is a condensed version of a month-long, online dialogue involving more than three dozen women of all ages and backgrounds who candidly discuss sex, love, pop culture, and family/cultural expectations.

The new edition will tie in closely with the group's website, [ourbodiesourselves.org](http://ourbodiesourselves.org), one of the leading women's health resources and a recipient of citations for excellence from International Planned Parenthood Federation and Scientific American, making **OUR BODIES, OURSELVES** a one-stop resource for women of all generations.

**The organization will celebrate 40 years of "Our Bodies, Ourselves" and women's groups around the world that have developed health information resources based on the book at a day-long symposium in Boston on October 1, 2011.**

**FACT:** The 52 women on the cover of **OUR BODIES, OURSELVES** are real women who submitted their photos for the new edition along with testimonials about what they've learned from "Our Bodies, Ourselves" over the years.

Please do consider **OUR BODIES, OURSELVES** as a resource for Breast Cancer Awareness Month in October; 16 Days of Activism Against Gender Violence (November 25 - International Day Against Violence Against Women, and December 10 - International Human Rights Day); and World AIDS Day on December 1.

#### **About the Authors:**

The new edition was written and edited by the "Our Bodies, Ourselves" editorial team, including Kiki Zeldes (senior editor); Christine Cupaiuolo (managing editor); Judy Norsigian, Amy Romano, Wendy Sanford (contributing editors); Ayesha Chatterjee (OBOS Global Initiative coordinating editor) and June Tsang (editorial assistant); and hundreds of contributors who reviewed, revised, and rewrote the chapters.

#### **About the Organization:**

**OUR BODIES OURSELVES (also known as The Boston Women's Health Book Collective)** is a nonprofit organization that provides clear, unbiased information about women's health and challenges the institutions and systems that block women from exerting full control over their bodies and their lives. The organization is headquartered in Cambridge, Massachusetts. In addition to the website [ourbodiesourselves.org](http://ourbodiesourselves.org), visit the blog at [ourbodiesourblog.org](http://ourbodiesourblog.org) and follow on Twitter (@oboshealth) and at [Facebook.com/ourbodiesourselves](https://www.facebook.com/ourbodiesourselves). Our Bodies Ourselves Executive Director Judy Norsigian and other book contributors are available for interviews.

#### **OUR BODIES, OURSELVES**

**Touchstone Paperback / Simon & Schuster**

**On Sale: October 4, 2011**

**Price: \$26.00**

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For more information on **OUR BODIES, OURSELVES** please visit:  
[www.ourbodiesourselves.org](http://www.ourbodiesourselves.org) and [www.simonandschuster.com](http://www.simonandschuster.com).