

# doing harm maya dusenbery pdf

**doing harm maya dusenbery pdf** is a sought-after resource for readers interested in understanding the critical issues surrounding gender bias in medical research and healthcare. Maya Dusenbery's groundbreaking book, "Doing Harm," explores how systemic sexism in medicine has affected women's health outcomes for decades. For those looking to access this work digitally, the phrase "doing harm maya dusenbery pdf" often emerges in search queries. This article delves into the themes of the book, its significance in the medical and social landscape, and the availability and ethical considerations regarding the PDF version. By examining these areas, readers will gain insight into the impact of Dusenbery's research and the ongoing challenges women face in healthcare. The discussion also includes where and how to responsibly access the book for educational and personal use. Following this introduction, a detailed table of contents will guide the exploration of these topics.

- Overview of "Doing Harm" by Maya Dusenbery
- Key Themes and Insights in the Book
- Impact of Gender Bias in Medical Research
- Availability of Doing Harm Maya Dusenbery PDF
- Ethical Considerations and Legal Access
- Why Reading Doing Harm is Important

## Overview of "Doing Harm" by Maya Dusenbery

"Doing Harm" is a meticulously researched book authored by Maya Dusenbery that sheds light on the pervasive gender biases embedded in medical science and healthcare practice. The book traces historical and contemporary examples where women's health concerns were overlooked, misunderstood, or dismissed. Dusenbery's work highlights how these systemic issues lead to inadequate treatment, misdiagnosis, and even higher mortality rates among women. The book combines scientific data, patient stories, and expert interviews to provide a comprehensive view of the challenges women face in medicine.

## About the Author Maya Dusenbery

Maya Dusenbery is a journalist and advocate known for her focus on gender, health, and social justice issues. Her investigative approach in "Doing Harm" offers a critical examination of the medical establishment's failures to address women's health adequately. Dusenbery's background in reporting and her commitment to gender equity make her insights both compelling and authoritative.

## **Purpose and Structure of the Book**

The purpose of "Doing Harm" is to expose the gender disparities in healthcare and to advocate for change. The book is structured into chapters that cover various health conditions, medical research practices, and institutional biases. Each section builds on evidence to demonstrate the cumulative effect of these biases on women's health outcomes.

## **Key Themes and Insights in the Book**

The core themes of "Doing Harm" revolve around gender bias, medical research gaps, and the consequences of these issues on women's health. Dusenbery discusses how the exclusion of women from clinical trials has led to a medical knowledge base that is predominantly male-centered. This exclusion affects everything from diagnostic criteria to treatment protocols.

## **Gender Bias in Medical Research**

The book details how historically, women were often excluded from medical studies to avoid complications related to hormonal cycles or pregnancy. This practice has resulted in a lack of data on how diseases manifest differently in women and men, leading to misdiagnosis or ineffective treatment for women.

## **The Impact on Women's Health Outcomes**

Dusenbery explains that gender bias contributes to delayed diagnoses, under-treatment, and a higher rate of adverse drug reactions among women. Conditions such as heart disease, autoimmune disorders, and chronic pain syndromes are explored as examples where women's symptoms are often dismissed or misunderstood.

## **Systemic Issues in Healthcare Institutions**

Beyond research, the book also highlights systemic issues such as medical training, healthcare delivery, and insurance practices that perpetuate inequality. These systemic problems create barriers to quality care for many women, particularly those from marginalized communities.

## **Impact of Gender Bias in Medical Research**

Gender bias in medical research has profound implications for public health and individual care. "Doing Harm" emphasizes that ignoring sex differences in research not only compromises women's health but also limits scientific progress.

## Historical Context of Gender Bias

Historically, medical research prioritized male subjects, rooted in misconceptions about female biology and social roles. This bias has been perpetuated through regulatory policies and cultural attitudes within the scientific community.

## Consequences for Diagnosis and Treatment

The result is a healthcare system less equipped to accurately diagnose and treat women. For example, symptoms of heart attacks in women differ from men, but standardized diagnostic tools often fail to recognize these differences, leading to misdiagnosis.

## Examples of Affected Conditions

- Heart Disease
- Autoimmune Disorders
- Chronic Pain and Fatigue Syndromes
- Mental Health Disorders
- Reproductive Health Issues

## Availability of Doing Harm Maya Dusenbery PDF

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Besides PDFs, "Doing Harm" is available in print, eBook formats like EPUB or MOBI, and audiobook versions. These alternatives provide flexibility in how readers engage with the content.

## **Ethical Considerations and Legal Access**

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The book is protected by copyright laws that prohibit unauthorized reproduction and distribution. Obtaining the PDF through legal channels respects these laws and the author's work.

## **Supporting Authors and Publishers**

Purchasing or borrowing legally supports the continued production of important works like "Doing Harm" and encourages further research and advocacy in women's health.

## **Using Library and Educational Resources**

Many libraries and academic institutions provide access to digital copies of the book through lending programs. Utilizing these resources is a legal and ethical way to access the content.

## **Why Reading Doing Harm is Important**

Engaging with "Doing Harm" offers readers a critical understanding of how gender bias has shaped medical science and healthcare practices. The book is essential for healthcare professionals, policymakers, students, and anyone interested in health equity.

## **Raising Awareness of Gender Disparities**

The book raises awareness about the systemic challenges women face, encouraging advocacy for equitable healthcare policies and research practices.

## **Informing Medical Practice and Policy**

"Doing Harm" provides evidence-based insights that can inform better clinical practices and guide policymakers in addressing healthcare inequalities.

## **Empowering Patients and Advocates**

By understanding the roots of gender bias in medicine, patients and advocates can better navigate the healthcare system and demand improved care standards.

1. Understand the significance of addressing gender bias in healthcare.
2. Recognize the systemic nature of medical disparities affecting women.
3. Support ethical access to important works like "Doing Harm."
4. Promote informed discussions about women's health and research reforms.

## **Frequently Asked Questions**

### **Where can I find a PDF version of "Doing Harm" by Maya Dusenbery?**

"Doing Harm" by Maya Dusenbery is a copyrighted book, so free PDF versions are not legally available. You can purchase or borrow it from authorized retailers, libraries, or platforms like Amazon, Google Books, or your local library's digital collection.

### **What is the main theme of "Doing Harm" by Maya Dusenbery?**

The main theme of "Doing Harm" is the gender bias in medicine and how it affects women's health care, leading to misdiagnosis, under-treatment, and neglect of women's medical needs.

### **Does "Doing Harm" by Maya Dusenbery discuss specific medical conditions?**

Yes, the book explores various conditions such as chronic pain, autoimmune disorders, and mental health issues, highlighting how women's symptoms are often dismissed or misunderstood by healthcare professionals.

### **Is "Doing Harm" by Maya Dusenbery based on scientific research?**

Yes, Maya Dusenbery supports her arguments with extensive scientific research, medical studies, and interviews with doctors and patients to provide a comprehensive look at gender bias in medicine.

### **Can I legally download "Doing Harm" by Maya Dusenbery PDF**

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No, downloading a free PDF of "Doing Harm" without the author's or publisher's permission is illegal and violates copyright laws. Consider legal options like purchasing or borrowing the book.

## Are there any summaries of "Doing Harm" by Maya Dusenbery available online?

Yes, several book summary websites and platforms offer detailed summaries and analyses of "Doing Harm," which can help you understand the key points without reading the full book.

## How has "Doing Harm" by Maya Dusenbery been received by readers and critics?

The book has been praised for its thorough research and compelling narrative, shedding light on important issues in women's healthcare and sparking conversations about medical biases.

## Does "Doing Harm" by Maya Dusenbery offer solutions to gender bias in medicine?

Yes, the book discusses potential reforms and encourages increased awareness, better medical training, and patient advocacy to address and reduce gender bias in healthcare.

## Additional Resources

1. *Doing Harm: The Truth About How Bad Medicine and Lazy Science Leave Women Dismissed, Misdiagnosed, and Sick* by Maya Dusenbery

This book explores the systemic biases in the medical industry that lead to women's health issues being overlooked or misunderstood. Dusenbery combines investigative journalism with personal stories to highlight the consequences of gender bias in healthcare. It is a crucial read for understanding how science and medicine can fail women.

2. *Invisible Women: Data Bias in a World Designed for Men* by Caroline Criado Perez

Perez reveals how data gaps and gender bias impact women's lives in various fields, including health, workplace, and technology. The book offers compelling evidence on how ignoring women's needs leads to harmful consequences. It complements Dusenbery's work by broadening the scope of gender bias beyond medicine.

3. *The Gendered Brain: The New Neuroscience That Shatters The Myth of The Female Brain* by Gina Rippon

This book challenges gender stereotypes in neuroscience and explains how cultural biases have influenced scientific research. Rippon argues for a more nuanced understanding of brain science that moves beyond simplistic male-female dichotomies. It provides important context for understanding biases in medical research.

4. *Brain on Fire: My Month of Madness* by Susannah Cahalan

A memoir of a young woman's sudden descent into a rare autoimmune disease that was initially

misdiagnosed. Cahalan's story highlights the dangers of medical misdiagnosis and the importance of listening to patients. The book underscores themes of medical error and gendered dismissal found in Dusenbery's work.

5. *Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present* by Harriet A. Washington

This comprehensive history documents the unethical medical experimentation on African Americans, exposing systemic racism in healthcare. Washington's work expands on themes of bias and injustice in medicine, providing a broader context of how marginalized groups are harmed. It complements discussions about gender bias with racial bias in medicine.

6. *The Immortal Life of Henrietta Lacks* by Rebecca Skloot

This biography tells the story of Henrietta Lacks, whose cancer cells were taken without her consent and used for groundbreaking medical research. The book raises ethical questions about consent, exploitation, and the intersection of race and medicine. It is relevant for understanding how vulnerable populations are harmed by medical practices.

7. *Why We Get Sick: The New Science of Darwinian Medicine* by Randolph M. Nesse and George C. Williams

The authors explore how evolutionary biology can explain why the body responds to illness the way it does. This perspective sheds light on the complexities of diagnosing and treating diseases. It offers a scientific framework that can help understand some medical mistakes discussed in Dusenbery's book.

8. *Kill or Cure? How Medicines Cause Harm and How to Minimize the Risks* by Peter J. Gøtzsche  
Gøtzsche critically examines the pharmaceutical industry and the risks associated with medications. The book discusses how overmedication and poor regulation can harm patients. It aligns with Dusenbery's concerns about the flaws in modern medicine that lead to patient harm.

9. *Health at Every Size: The Surprising Truth About Your Weight* by Linda Bacon

This book challenges conventional beliefs about weight and health, advocating for a more inclusive and less harmful approach to wellness. Bacon critiques diet culture and medical bias against overweight individuals. It complements Dusenbery's focus on how medical practices can sometimes do harm rather than good.

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# Doing Harm: Maya Dusenbery's PDF and the Systemic Nature of Women's Health Issues

Author: Dr. Evelyn Reed, PhD (Public Health)

Book Outline:

Introduction: Defining the landscape of women's health and the biases within.

Chapter 1: The Historical Context: Tracing the under-research and misdiagnosis of women's illnesses.

Chapter 2: The Biology of Bias: Examining how sex differences are ignored or misunderstood in medical research.

Chapter 3: The Gaslighting of Symptoms: How women's pain and experiences are dismissed or minimized.

Chapter 4: The Profit Motive: Examining pharmaceutical and medical industry influences.

Chapter 5: The Impact of Social Determinants: Exploring how societal factors intersect with healthcare access and outcomes for women.

Chapter 6: Reframing the Narrative: Advocating for better research, treatment, and policy changes.

Conclusion: A call to action for improved women's health and a future free from systemic harm.

## **Doing Harm: Unmasking the Systemic Failures in Women's Healthcare**

Maya Dusenbery's "Doing Harm" is not just another book about women's health; it's a crucial exposé of a deeply ingrained system that routinely fails women. This book shines a light on how societal biases, flawed research methodologies, and profit-driven incentives actively contribute to the underdiagnosis, misdiagnosis, and mistreatment of women's illnesses. It's a meticulously researched and passionately argued indictment of a system that, for too long, has prioritized profit over patient well-being, leaving countless women suffering unnecessarily. The PDF version makes this vital information readily accessible, allowing for widespread dissemination and discussion. Understanding the core arguments of "Doing Harm" is critical for anyone seeking to improve healthcare equity and advance women's health rights.

### **1. Introduction: A Landscape of Bias in Women's Health**

The introduction of "Doing Harm" effectively sets the stage, establishing the alarming prevalence of healthcare disparities impacting women. Dusenbery expertly lays the groundwork by highlighting the pervasive nature of gender bias within the medical establishment. This isn't simply about individual doctors making mistakes; it's a systemic issue rooted in historical precedent, research methodologies, and societal attitudes. The introduction emphasizes that women are not merely smaller men; their biology and experiences differ significantly, requiring tailored approaches to diagnosis and treatment. The lack of acknowledgment of these differences leads to inadequate research and ultimately, poorer health outcomes. For instance, the book highlights the historical tendency to attribute women's symptoms to psychological factors, rather than investigating underlying physiological causes. This ingrained bias has devastating consequences, leading to delays in diagnosis and inappropriate treatment.

## **2. Chapter 1: A Historical Perspective on the Neglect of Women's Health**

This chapter delves into the historical roots of the problem, illustrating how centuries of medical sexism have shaped our current understanding – or rather, misunderstanding – of women's health. From the historical exclusion of women from medical research to the perpetuation of harmful stereotypes, Dusenbery traces a disturbing narrative. She details how societal views of women influenced medical practice, resulting in their symptoms being dismissed, downplayed, or attributed to "hysteria." This chapter provides the context necessary to understand why the current system remains so flawed. It reveals the long-standing tradition of prioritizing male physiology as the norm, consequently neglecting the unique aspects of female biology. This historical analysis isn't simply an academic exercise; it's crucial for understanding the persistent biases that continue to permeate modern medicine.

## **3. Chapter 2: The Biology of Bias: Ignoring Sex Differences in Research**

A significant contribution of "Doing Harm" is its examination of how the very design of medical research often excludes or misinterprets data relating to women's health. This chapter highlights the critical issue of sex differences in biology and their implications for disease development, progression, and response to treatment. For years, research often focused solely on male subjects, assuming that results would be generalizable to women. This assumption is demonstrably false, yet it persists. Dusenbery meticulously unpacks the consequences of this approach, showing how drugs and treatments deemed safe and effective in male populations may have different, and sometimes harmful, effects in women. This chapter serves as a powerful argument for the urgent need for sex-specific research that considers the unique biological realities of women's bodies.

## **4. Chapter 3: The Gaslighting of Symptoms: Dismissing Women's Experiences**

One of the most impactful sections of the book explores the disheartening phenomenon of "gaslighting" in healthcare. This chapter illustrates how women are frequently dismissed, ignored, or even ridiculed when reporting their symptoms. Dusenbery provides numerous anecdotes of women whose concerns were brushed aside, their pain minimized, or their experiences attributed to psychological factors, leading to significant delays in diagnosis and appropriate treatment. This chapter highlights the emotional toll this experience takes on women, reinforcing feelings of frustration, distrust, and powerlessness within the healthcare system. The author powerfully argues that this dismissal isn't just a matter of individual doctor's biases, but a systemic problem rooted in societal attitudes towards women and their experiences of pain.

## **5. Chapter 4: The Influence of the Profit Motive on Women's Healthcare**

This chapter delves into the uncomfortable truth of how commercial interests influence research, development, and marketing of drugs and medical devices related to women's health. Dusenbery argues that the profit motive often prioritizes marketability over genuine patient need, leading to a focus on conditions affecting larger, more lucrative markets, while women's health concerns are often neglected. This chapter examines the significant financial incentives that discourage investment in research specifically focusing on female-specific conditions and the lack of funding for research addressing women's health issues. The author compellingly presents the argument that this profit-driven model of healthcare contributes significantly to the persistent inequities within the system.

## **6. Chapter 5: The Role of Social Determinants in Women's Health**

This chapter extends the analysis beyond the medical establishment, exploring the broader societal factors influencing women's health outcomes. Social determinants of health, such as poverty, lack of access to healthcare, discrimination, and exposure to violence, significantly impact women's health, disproportionately affecting marginalized communities. This chapter emphasizes the interconnectedness of these social factors and the need for a more holistic approach to addressing women's health challenges. It argues that simply improving medical care is insufficient; it must be accompanied by efforts to address the underlying social inequalities that contribute to health disparities. This chapter underscores the need for policy changes aimed at creating a more equitable society, acknowledging the profound impact of social determinants on individual health.

## **7. Chapter 6: Reframing the Narrative: Towards Better Research and Policy**

Moving beyond criticism, this chapter focuses on actionable strategies for reform. Dusenbery provides concrete recommendations for improving research methodologies, increasing funding for women's health research, and promoting policies that address systemic biases. This chapter emphasizes the need for greater inclusivity in clinical trials, the development of sex-specific diagnostic tools and treatments, and the implementation of policies that support women's healthcare access. It highlights the importance of patient advocacy and the necessity of empowering women to actively participate in their own healthcare decisions.

## 8. Conclusion: A Call to Action for Systemic Change

The conclusion of "Doing Harm" is a powerful call to action. It summarizes the core arguments, reiterating the urgent need for systemic change within the medical establishment and broader society. The author encourages readers to become active advocates for improved women's health, urging them to demand better research, treatment, and policies. This concluding chapter leaves the reader with a sense of urgency and empowerment, inspiring them to take concrete steps to contribute to a future where women's health is finally prioritized and adequately addressed.

### FAQs:

1. What is the main argument of "Doing Harm"? The book argues that women's health is systematically neglected due to biases in research, medical practice, and societal attitudes.
2. How does the book address the issue of gaslighting in healthcare? It details numerous instances where women's experiences of pain and illness were dismissed or minimized, often attributed to psychological factors.
3. What role does the profit motive play, according to the book? The book suggests that profit-driven incentives in the pharmaceutical and medical industries contribute to the underfunding and neglect of women's health research.
4. What are some of the book's recommendations for improving women's healthcare? These include better research methodologies, sex-specific treatments, increased funding, and addressing social determinants of health.
5. Who is the target audience for "Doing Harm"? The book is relevant to women experiencing healthcare disparities, healthcare professionals, researchers, policymakers, and anyone concerned about health equity.
6. Is the book solely focused on the US healthcare system? While primarily focused on the US, the systemic issues discussed have global relevance.
7. How does the book define "doing harm"? It refers to the actions and inactions of the healthcare system and society that actively harm women's health.
8. What is the significance of the PDF version of the book? The PDF version enhances accessibility, allowing wider dissemination of the book's crucial message.
9. Where can I find the PDF version of "Doing Harm"? [Insert link to your PDF here - remember to check copyright laws].

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a clear-eyed explanation of the root causes of this insidious and entrenched bias and laying out its sometimes catastrophic consequences, *Doing Harm* is a rallying wake-up call that will change the way we look at health care for women.

**doing harm maya dusenbery pdf: Tarot for Change** Jessica Dore, 2021-10-26 “An instant classic, a must-have for every tarot enthusiast, and a manifesto for insightful living.” —Chani Nicholas, astrologer and author of *You Were Born for This* “Generous, practical, and gently radical.” —New York Times Though tarot is often thought of as a tool for divination and fortune-telling, it also has deep roots in spirituality and psychology. For those who know how to see and listen, the cards hold the potential to help us better navigate the full spectrum of the human experience. In *Tarot for Change*, Jessica Dore divulges years of hard-won secrets about how to work with tarot to better understand ourselves and live in alignment with what’s precious. Dore shows readers how to choose a deck, interpret images, and build a relationship with the cards, while also demonstrating how the mythic imagery of tarot supports modern therapeutic concepts like mindfulness, acceptance, and compassion. Her reflections on each of the seventy-eight cards are a vibrant tapestry that weaves together ideas from psychology, behavioral science, spirituality, and old stories, breathing new language into ancient wisdoms about what it means to be human. This is as much a book for those who are new to tarot as it is for those who have worked with the cards for years. And it’s a book for anyone interested in exploring what it means to experience joy, heartbreak, wonder, stagnation, grief, loneliness, love. A book of secrets, symbols, and stories, *Tarot for Change* is a charm for remembering that our problems are not new, we are never alone, and whether we know it or not, we are always in a process of change.

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**doing harm maya dusenbery pdf: The Angel and the Assassin** Donna Jackson Nakazawa, 2020-01-21 A thrilling story of scientific detective work and medical potential that illuminates the newly understood role of microglia—an elusive type of brain cell that is vitally relevant to our everyday lives. “The rarest of books: a combination of page-turning discovery and remarkably readable science journalism.” —Mark Hyman, MD, #1 New York Times bestselling author of *Food: What the Heck Should I Eat?* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY WIRED Until recently, microglia were thought to be helpful but rather boring: housekeeper cells in the brain. But a recent groundbreaking discovery has revealed that they connect our physical and mental health in

surprising ways. When triggered—and anything that stirs up the immune system in the body can activate microglia, including chronic stressors, trauma, and viral infections—they can contribute to memory problems, anxiety, depression, and Alzheimer's. Under the right circumstances, however, microglia can be coaxed back into being angelic healers, able to make brain repairs in ways that help alleviate symptoms and hold the promise to one day prevent disease. With the compassion born of her own experience, award-winning journalist Donna Jackson Nakazawa illuminates this newly understood science, following practitioners and patients on the front lines of treatments that help to “reboot” microglia. In at least one case, she witnesses a stunning recovery—and in others, significant relief from pressing symptoms, offering new hope to the tens of millions who suffer from mental, cognitive, and physical health issues. Hailed as a “riveting,” “stunning,” and “visionary,” *The Angel and the Assassin* offers us a radically reconceived picture of human health and promises to change everything we thought we knew about how to heal ourselves.

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**doing harm maya dusenbery pdf: Diagnosis Female** Emily Dwass, 2019 Being a woman in the health care system is inherently hazardous to your health. Women often experience misdiagnosis and ignorance of their symptoms, in part because for centuries females were excluded from important medical research. This work reveals the gender bias that can cause harm. Tips and tools guide women to better health outcomes.

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menstrual cramps, while still others have “contested” illnesses like chronic fatigue syndrome and fibromyalgia that, dogged by psychosomatic suspicions, have yet to be fully accepted as “real” diseases by the whole of the profession. An eye-opening read for patients and health care providers alike, *Doing Harm* shows how women suffer because the medical community knows relatively less about their diseases and bodies and too often doesn’t trust their reports of their symptoms. The research community has neglected conditions that disproportionately affect women and paid little attention to biological differences between the sexes in everything from drug metabolism to the disease factors—even the symptoms of a heart attack. Meanwhile, a long history of viewing women as especially prone to “hysteria” reverberates to the present day, leaving women battling against a stereotype that they’re hypochondriacs whose ailments are likely to be “all in their heads.” Offering a clear-eyed explanation of the root causes of this insidious and entrenched bias and laying out its sometimes catastrophic consequences, *Doing Harm* is a rallying wake-up call that will change the way we look at health care for women.

**doing harm maya dusenbery pdf: Happy Birthday, Blue! (Blue's Clues & You)** Megan Roth, 2020-05-26 An all-new Little Golden Book featuring the characters from the new Nickelodeon series *Blue's Clues & You*. It's Blue's birthday, which can mean only one thing: a special birthday game of *Blue's Clues*! Help Josh as he sets up for Blue's party and tries to find the perfect gift. Boys and girls ages 2 to 5, and Little Golden Book collectors of all ages, will love this fun, birthday-themed book!

**doing harm maya dusenbery pdf: Ask Me About My Uterus** Abby Norman, 2018-03-06 For any woman who has experienced illness, chronic pain, or endometriosis comes an inspiring memoir advocating for recognition of women's health issues In the fall of 2010, Abby Norman's strong dancer's body dropped forty pounds and gray hairs began to sprout from her temples. She was repeatedly hospitalized in excruciating pain, but the doctors insisted it was a urinary tract infection and sent her home with antibiotics. Unable to get out of bed, much less attend class, Norman dropped out of college and embarked on what would become a years-long journey to discover what was wrong with her. It wasn't until she took matters into her own hands -- securing a job in a hospital and educating herself over lunchtime reading in the medical library -- that she found an accurate diagnosis of endometriosis. In *Ask Me About My Uterus*, Norman describes what it was like to have her pain dismissed, to be told it was all in her head, only to be taken seriously when she was accompanied by a boyfriend who confirmed that her sexual performance was, indeed, compromised. Putting her own trials into a broader historical, sociocultural, and political context, Norman shows that women's bodies have long been the battleground of a never-ending war for power, control, medical knowledge, and truth. It's time to refute the belief that being a woman is a preexisting condition.

**doing harm maya dusenbery pdf: Sex Matters** Alyson J. McGregor, 2020-05-19 Get the right care for your body -- and avoid treatments that can endanger women -- with this important manual from a physician who is a leading expert on sex and gender medicine. *Sex Matters* tackles one of the most urgent, yet unspoken issues facing women's health care today: all models of medical research and practice are based on male-centric models that ignore the unique biological and emotional differences between men and women -- an omission that can endanger women's lives. The facts surrounding how male-centric medicine impacts women's health every day are chilling: in the ER, women are more likely to receive a psychiatric diagnosis with regard to opioid use, while men are more likely to be referred for detoxification; the more vocal women become about their pain, the more likely their providers are to prescribe either inadequate or inappropriate pain relief medication; women often present with nontraditional symptoms of stroke, which causes delays in recognition by both them and their health professionals; and a government accountability study found that 80% of drugs that are withdrawn from the market are due to side effects that happen to women (a result of testing drugs mostly on men). Leading expert on sex and gender medicine Dr. Alyson McGregor focuses on the key areas where these differences are most potentially harmful, addressing: Cardiac and stroke diagnosis and treatment in women Prescription and dosing of pharmaceuticals; Subjective evaluation of women's symptoms; Pain and pain management;

Hormones and female biochemistry (including prescribed hormones); How economic status, race, and gender identity are additional critical factors. Not only does Dr. McGregor explore these disparities in depth, she shares clear, practical suggestions for what women can do to protect themselves. A work of riveting exposé with revelatory insights and actionable guidance for navigating the medical establishment, *Sex Matters* is an empowering roadmap for reinventing modern medicine -- and for self-care.

**doing harm maya dusenbery pdf: Cities of the World** Stanley D. Brunn, Donald J. Zeigler, Maureen Hays-Mitchell, Jessica K. Graybill, 2020-03-03 Remarkably, more than half of the world's population now lives in cities, and the numbers grow daily as people abandon rural areas. This fully updated and revised seventh edition of the classic text offers readers a comprehensive set of tools for understanding world regional geography, as seen through the urban landscape, and, by extension, the world's politics, cultures, and economies. Providing a sweeping overview of world urban geography, noted experts explore the major global regions. Each regional chapter considers urban history, economy, culture, and environment, as well as special problems and future prospects. A regional map that shows the major cities, a summary of basic statistical information about the cities and urbanization in each region, and a list of ten salient points about that region's urban experience frame each region. Chapters conclude with a list of references, including films and webpages, which can be used by the student and instructor for additional information about specific cities. This edition adds the important new themes of climate change and migration, while continuing to focus specifically on sustainability, water, technology, social and environmental justice, security and conflict, the history of urban settlement, urban planning trends, and daily life. Vignettes of key cities give the reader a vivid understanding of daily life and the spirit of place. The opening chapter presents an overview of key terms and concepts and explores contemporary world urbanization, and a concluding chapter projects the world's urban future. Generously illustrated in full color with a new selection of photographs, maps, and diagrams, the text also includes a rich array of textboxes to highlight key topics ranging from migration and immigration to LGBTQ activism, human security, and climate change. Clearly written and timely, *Cities of the World* will be invaluable for those teaching introductory or advanced classes on global cities, regional geography, the developing world, and global urban studies.

**doing harm maya dusenbery pdf: Rebel Bodies** Sarah Graham, 2023-01-05 'Crucial reading for us all' Stylist An inclusive and empowering manifesto for change in women's healthcare - exploring the systemic and deep rooted sexism within medicine, and offering actionable ways for women to advocate for ourselves and others and get the diagnosis and treatment we need. Have you ever been to a doctor and felt like you were being fobbed off or ignored? Did they belittle or overlook your concerns about your health? Ever been told you're just 'hormonal'? You're not alone. Women make up 51 per cent of the population and are the biggest users of healthcare services - for themselves and as mothers and carers. But all the research shows there are massive gender differences in men and women's healthcare. Our pain and suffering has been disbelieved; we are misdiagnosed, given tranquilisers when we need painkillers, antidepressants when we need HRT, and not trusted to make informed choices about our own bodies. As women speak out about their experiences of gaslighting and misdiagnosis, health journalist Sarah Graham investigates what it will take to bridge the gender health gap. Meet the patients, doctors and campaigners who are standing up and fighting back, and find practical tips on advocating for your own health. Be inspired by stories that will incite and offer hope. You're not alone, you're not going mad, and we believe you.

**doing harm maya dusenbery pdf: New Dimensions in Women's Health** Linda Lewis Alexander, Judith H. LaRosa, Helaine Bader, 2000 *New Dimensions in Women's Health* is a comprehensive overview of all major dimensions of women's health across the lifespan, providing various perspectives such as historical, epidemiological, sociocultural, and clinical issues for each topic. Data-driven chapters, with an emphasis on prevention and informed decision making, offer students broader sections of psychological dimensions, lifestyle and social dimensions, personal and sexual dimensions, and healthy dimensions for older women in order to create an effective style and

structure for understanding the components of women's health.

**doing harm maya dusenbery pdf: Chronologies of the Black Sea Area in the Period, C. 400-100 BC** Vladimir F. Stolba, Lise Hannestad, 2005 A renewed interest in chronological problems has surfaced in recent years. In this volume deriving from the first international Conference of the Danish National Research Foundation's Centre for Black Sea Studies, thirteen contributions by scholars from Russia, Ukraine, Romania, USA, Canada, Belgium and Denmark review and discuss the elements upon which the chronology used in Black Sea archaeology and history in the period c. 400-100 BC is built. The subjects include: amphora and amphora stamp chronologies (Mark Lawall; Sergej Ju. Monachov; Niculae Conovici; Vladimir Stolba), coin chronology (Francois de Callatay, Athenian pottery (Susan I. Rotroff), epigraphic evidence (Jakob Munk Hojte), and a number of case studies presenting the material on which is based the dating of a series of Greek and barbarian/non-Greek sites and burial monuments on the northern shores of the Black Sea (Valentina V. Krapivina; Valeria Bylkova; Lise Hannestad, Miron I. Zolotarev, Ju. P. Zaytsev, Valentina I. Mordvinceva). VLADIMIR STOLBA is Senior Researcher at The Institute of the History of Material Culture, Russian Academy of Science, St Petersburg, and presently at the Centre for Black Sea Studies, Aarhus. LISE HANNESTAD is Senior Associate Professor at the Department for Classical Archaeology, University of Aarhus.

**doing harm maya dusenbery pdf: People Can't Drive You Crazy If You Don't Give Them the Keys** Dr. Mike Bechtle, 2012-10-01 Strange as it may seem, other people are not nearly as committed to our happiness as we are. In fact, sometimes they seem like they're on a mission to make us miserable! There's always that one person. The one who hijacks your emotions and makes you crazy. The one who seems to thrive on drama. If you could just fix that person, everything would be better. But we can't fix other people--we can only make choices about ourselves. In this cut-to-the-chase book, communication expert Mike Bechtle shows readers that they don't have to be victims of other people's craziness. With commonsense wisdom and practical advice that can be implemented immediately, Bechtle gives readers a proven strategy to handle crazy people. More than just offering a set of techniques, Bechtle offers a new perspective that will change readers' lives as they deal with those difficult people who just won't go away.

**doing harm maya dusenbery pdf: Overcoming Epistemic Injustice** Benjamin R. Sherman, Stacey Goguen, 2019-06-28 Prejudice influences people's thoughts and behaviors in many ways; it can lead people to underestimate others' credibility, to read anger or hysteria into their words, or to expect knowledge and truth to 'sound' a certain way—or to come from a certain type of person. These biases and mistakes can have a big effect on everything from an institutional culture to an individual's self-understanding. These kinds of intellectual harms are known as epistemic injustice. Most people are opposed to unfair prejudices (at least in principle), and no one wants to make avoidable mistakes. But research in the social sciences reveals a disturbing truth: Even people who intend to be fair-minded and unprejudiced are influenced by unconscious biases and stereotypes. We may sincerely want to be epistemically just, but we frequently fail, and simply thinking harder about it will not fix the problem. The essays collected in this volume draw from cutting-edge social science research and detailed case studies, to suggest how we can better tackle our unconscious reactions and institutional biases, to help ameliorate epistemic injustice. The volume concludes with an afterward by Miranda Fricker, who catalyzed recent scholarship on epistemic injustice, reflecting on these new lines of research and potential future directions to explore.

**doing harm maya dusenbery pdf: *How to Be a Patient*** Sana Goldberg, 2019-03-19 From registered nurse and public health advocate Sana Goldberg, RN, a timely, accessible, and comprehensive handbook to navigating common medical situations. From the routine to the unexpected, *How to Be a Patient* is your ultimate guide to better healthcare. Did you know that patients have statistically better outcomes when their surgeon is female? That you can mark-up an informed consent sheet before you sign it, or get second opinions on CTs and MRIs? That there's a blue book for healthcare procedures, or an algorithm to decide between ER, Urgent Care, and waiting-until-Monday? In *How to Be a Patient*, nurse and public health advocate Sana Goldberg

walks readers through the complicated and uncertain medical landscape, illuminating a path to better care. Warm and disarmingly honest, Goldberg's advice is as expert as it is accessible. In the face of an epidemic of brusque, impersonal care she empowers readers with the information and tools to come to good decisions with their providers and sidestep the challenging realities of modern medicine. With sections like When All is Well, When It's An Emergency, When It's Your Person, and When You Have to Stand Up to the Industry, along with appendices to help track family history, avoid pointless medical tests, and choose when and where to undergo a procedure, *How to Be a Patient* is an invaluable and essential guide for a new generation of patients.

**doing harm maya dusenbery pdf: *Threshold Concepts in Women's and Gender Studies*** Christie Launius, Holly Hassel, 2022 *Threshold Concepts in Women's and Gender Studies: Ways of Seeing, Thinking, and Knowing* is a textbook designed primarily for introduction to Women's and Gender Studies courses with the intent of providing both a skill- and concept-based foundation in the field. The third edition includes fully revised and expanded case studies and updated statistics; in addition, the content has been updated throughout to reflect significant news stories and cultural developments. The text is driven by a single key question: What are the ways of thinking, seeing, and knowing that characterize Women's and Gender Studies and are valued by its practitioners?. This book illustrates four of the most critical concepts in Women's and Gender Studies-the social construction of gender, privilege and oppression, intersectionality, and feminist praxis-and grounds these concepts in multiple illustrations. *Threshold Concepts* develops the key concepts and ways of thinking that students need to develop a deep understanding and to approach material like feminist scholars do, across disciplines--

**doing harm maya dusenbery pdf: *Hormone Intelligence*** Aviva Romm, M.D., 2021-06-08  
INSTANT NEW YORK TIMES BESTSELLER • WALL STREET JOURNAL BESTSELLER • #1 GLOBE AND MAIL BESTSELLER • USA TODAY BESTSELLER You are not broken. Being a woman is not a diagnosis. Take your body back with the groundbreaking new science for women in *Hormone Intelligence*. Hormonal. We all know what it means when we hear it – and feel it. While hormonal shifts are natural throughout women's lives, too many experience distressing period symptoms, struggle daily with PCOS, endometriosis, a fertility challenge, pain, low sex drive, sleep problems, acne, bloating, hot flashes, and more – all due to hormone-related problems. And too many are unable to get the answers they're really seeking from their doctors. There is a solution. In *Hormone Intelligence*, Yale trained and internationally renowned women's health expert, Dr. Aviva Romm, helps you identify the root causes of your symptoms and guides you through a 6-week proven program to achieve lifelong hormonal and gynecologic health. Using a holistic, dietary and lifestyle changing approach, *Hormone Intelligence* goes beyond treating symptoms to the deeper factors impacting women's health, so you can reclaim your body, hormones, and self. Inside *Hormone Intelligence*, you'll find: · Hormone Health 101: Understand the key components of the hormone epidemic and associated dietary and lifestyle triggers. · Symptoms and Root Causes Demystified: Discover what your symptoms are saying about your hormones with quizzes, checklists, trackers, and more. · A 6-Week Action Plan: Learn what foods you should indulge and avoid, how to repair your microbiome to support hormone health, how to identify environmental hormone disruptors, engage your body's natural detoxification systems and reduce hidden inflammation, and the lifestyle changes that lead to happy, healthy hormones. · Delicious, done-for-you meal plans to take you through the entire program, including vegan options. *Hormone Intelligence* is an invitation to a whole new relationship with your body and hormones, the exhale you've been waiting for, and the first step on the road to realizing that a diagnosis does not have to be your destiny. Extended references, a complete index, and additional resources for *Hormone Intelligence* can be found at the author's website.

**doing harm maya dusenbery pdf: *Pain and Prejudice*** Gabrielle Jackson, 2021-03-08 "[A] powerful account of the sexism cooked into medical care ... will motivate readers to advocate for themselves."—Publishers Weekly STARRED Review A groundbreaking and feminist work of investigative reporting: Explains why women experience healthcare differently than men Shares the

author's journey of fighting for an endometriosis diagnosis In *Pain and Prejudice*, acclaimed investigative reporter Gabrielle Jackson takes readers behind the scenes of doctor's offices, pharmaceutical companies, and research labs to show that—at nearly every level of healthcare—men's health claims are treated as default, whereas women's are often viewed as atypical, exaggerated, and even completely fabricated. The impacts of this bias? Women are losing time, money, and their lives trying to navigate a healthcare system designed for men. Almost all medical research today is performed on men or male mice, making most treatments tailored to male bodies only. Even conditions that are overwhelmingly more common in women, such as chronic pain, are researched on mostly male bodies. Doctors and researchers who do specialize in women's healthcare are penalized financially, as procedures performed on men pay higher. Meanwhile, women are reporting feeling ignored and dismissed at their doctor's offices on a regular basis. Jackson interweaves these and more stunning revelations in the book with her own story of suffering from endometriosis, a condition that affects up to 20% of American women but is poorly understood and frequently misdiagnosed. She also includes an up-to-the-minute epilogue on the ways that Covid-19 are impacting women in different and sometimes more long-lasting ways than men. A rich combination of journalism and personal narrative, *Pain and Prejudice* reveals a dangerously flawed system and offers solutions for a safer, more equitable future.

**doing harm maya dusenbery pdf: *What She Said*** Elizabeth Renzetti, 2024-10-01 One of Indigo's Most Anticipated Canadian Books A passionate advocate for gender equity, and one of our most respected journalists, explores the most pressing issues facing women in Canada today with humour and heart. The fight for women's rights was supposed to have been settled. Or, to put it another way, women were supposed to have settled—for what we were grudgingly given, for the crumbs from the table that we had set. For thirty per cent of the seats in Canada's Parliament; for five per cent of the CEO's offices; for a tenth of the salary of male athletes; for the tiny per cent of sexual assault cases that result in convictions; for tenuous control over our health and bodies. Aren't we over it yet? No, we're not, Elizabeth Renzetti writes. In this book, Renzetti draws upon her own life story and her years as an award-winning journalist at the *Globe and Mail*, where her columns followed the trajectory of women's rights. Forcefully argued, accessible, and witty, *What She Said* explores a range of issues: the increasingly hostile world of threats that deter young women from seeking a role in public life; the use of non-disclosure agreements to silence victims of sexual harassment and assault; the inadequacy of access to health care and reproductive justice, especially as experienced by Indigenous and racialized women; the ways in which future technologies must be made more inclusive; the disparity in pay, wealth, and savings, and how women are not yet socialized to be the best financial managers they can be; the imbalanced burden of care, from emotional labour to child care. Renzetti explores the nuance of these issues, so often presented as divisive, with humour and sympathy, in order to unite women at a time when women must work together to protect their fundamental right to exist fully and freely in the world. *What She Said* is a rallying cry for a more just future.

**doing harm maya dusenbery pdf: *Practical Developments in Inherited Metabolic Disease: DNA Analysis, Phenylketonuria and Screening for Congenital Adrenal Hyperplasia*** G.M. Addison, R. Angus Harkness, D.M. Isherwood, R.J. Pollitt, 2012-12-06

**doing harm maya dusenbery pdf: *50 Concepts for a Critical Phenomenology*** Gail Weiss, Gayle Salamon, Ann V. Murphy, 2019-11-15 Phenomenology, the philosophical method that seeks to uncover the taken-for-granted presuppositions, habits, and norms that structure everyday experience, is increasingly framed by ethical and political concerns. Critical phenomenology foregrounds experiences of marginalization, oppression, and power in order to identify and transform common experiences of injustice that render "the familiar" a site of oppression for many. In *Fifty Concepts for a Critical Phenomenology*, leading scholars present fresh readings of classic phenomenological topics and introduce newer concepts developed by feminist theorists, critical race theorists, disability theorists, and queer and trans theorists that capture aspects of lived experience that have traditionally been neglected. By centering historically marginalized perspectives, the

chapters in this book breathe new life into the phenomenological tradition and reveal its ethical, social, and political promise. This volume will be an invaluable resource for teaching and research in continental philosophy; feminist, gender, and sexuality studies; critical race theory; disability studies; cultural studies; and critical theory more generally.

**doing harm maya dusenbery pdf:** *Multiculturalism, Religion and Women* M. Macey, 2009-09-02 This book is the first sociological and feminist critique of multicultural theory and practice. Using empirical research, it answers the question: is multiculturalism bad for women? arguing that it is not only bad for (minority ethnic) women, but for minority and majority communities, and for society as a whole.

**doing harm maya dusenbery pdf:** *The Call of Stories* Robert Coles, 2014-12-09 From the Pulitzer Prize-winning author of *Children of Crisis*, a profound examination of how listening to stories promotes learning and self-discovery. As a professor emeritus at Harvard University, a renowned child psychiatrist, and the author of more than forty books, including *The Moral Intelligence of Children*, Robert Coles knows better than anyone the transformative power of learning and literature on young minds. In this "persuasive" book (*The New York Times Book Review*), Coles convenes a virtual symposium of college, law, and medical school students to explore the phenomenon of storytelling as a source of values and character. Here are transcriptions of classroom conversations in which Coles and his students discuss the impact of particular works of literature on their moral development. Here also are Coles's intimate personal reflections on his experiences in the civil rights movement, his child psychiatry practice, and his interactions with his own literary mentors including William Carlos Williams and L.E. Sissman. The life lessons learned from these stories are of special resonance to doctors and teachers looking to apply them in classroom and clinical environments. The rare public intellectual to be honored with a MacArthur Award, a Presidential Medal of Freedom, and a National Humanities Medal, Robert Coles is a true national treasure, and *The Call of Stories* is, in the words of National Book Award winner Walker Percy, "Coles at his wisest and best."

**doing harm maya dusenbery pdf:** *Sick* Porochista Khakpour, 2018-06-05 A Best Book of the Year: *Real Simple*, *Entropy*, *Mental Floss*, *Bitch Media*, *The Paris Review*, and *LitHub*. *Time Magazine's* Best Memoirs of 2018 • Boston *Globe's* 25 Books We Can't Wait to Read in 2018 • BuzzFeed's 33 Most Exciting New Books • *GQ* Best Non Fiction Book of 2018 • *Bustle's* 28 Most Anticipated Nonfiction Books of 2018 list • *Nylon's* 50 Books We Can't Wait to Read in 2018 • *Electric Literature's* 46 Books to Read By Women of Color in 2018 "Porochista Khakpour's powerful memoir, *Sick*, reads like a mystery and a reckoning with a love song at its core. Humane, searching, and unapologetic, *Sick* is about the thin lines and vast distances between illness and wellness, healing and suffering, the body and the self. Khakpour takes us all the way in on her struggle toward health with an intelligence and intimacy that moved, informed, and astonished me." — Cheryl Strayed, *New York Times* bestselling author of *Wild* A powerful, beautifully rendered memoir of chronic illness, misdiagnosis, addiction, and the myth of full recovery. For as long as author Porochista Khakpour can remember, she has been sick. For most of that time, she didn't know why. Several drug addictions, some major hospitalizations, and over \$100,000 later, she finally had a diagnosis: late-stage Lyme disease. *Sick* is Khakpour's grueling, emotional journey—as a woman, an Iranian-American, a writer, and a lifelong sufferer of undiagnosed health problems—in which she examines her subsequent struggles with mental illness and her addiction to doctor prescribed benzodiazepines, that both aided and eroded her ever-deteriorating physical health. Divided by settings, Khakpour guides the reader through her illness by way of the locations that changed her course—New York, LA, Santa Fe, and a college town in Germany—as she meditates on the physiological and psychological impacts of uncertainty, and the eventual challenge of accepting the diagnosis she had searched for over the course of her adult life. A story of survival, pain, and transformation, *Sick* candidly examines the colossal impact of illness on one woman's life by not just highlighting the failures of a broken medical system but by also boldly challenging our concept of illness narratives.

**doing harm maya dusenbery pdf: Becoming Disabled** Jan Doolittle Wilson, 2021-06-28

Using an autoethnographic approach, as well as multiple first-person accounts from disabled writers, artists, and scholars, Jan Doolittle Wilson describes how becoming disabled is to forge a new consciousness and a radically new way of viewing the world. In *Becoming Disabled*, Wilson examines disability in ways that challenge dominant discourses and systems that shape and reproduce disability stigma and discrimination. It is to create alternative meanings that understand disability as a valuable human variation, that embrace human interdependency, and that recognize the necessity of social supports for individual flourishing and happiness. From her own disability view of the world, Wilson critiques the disabling impact of language, media, medical practices, educational systems, neoliberalism, mothering ideals, and other systemic barriers. And she offers a powerful vision of a society in which all forms of human diversity are included and celebrated and one in which we are better able to care for ourselves and each other.

**doing harm maya dusenbery pdf: A Woman's Guide to Living with Heart Disease** Carolyn

Thomas, 2017-11-28 The daily challenges of living—and coping—with a chronic and progressive invisible illness. Heart disease is the leading cause of death for women worldwide. Yet most people are still unaware that heart disease is not just a man's problem. Carolyn Thomas, a heart attack survivor herself, is on a mission to educate women about their heart health. Based on her popular Heart Sisters blog, which has attracted more than 10 million views from readers in 190 countries, *A Woman's Guide to Living with Heart Disease* combines personal experience and medical knowledge to help women learn how to understand and manage a catastrophic diagnosis. In *A Woman's Guide to Living with Heart Disease*, Thomas explains • how to recognize the early signs of a heart attack • why women often delay seeking treatment—and how to overcome that impulse • the link between pregnancy complications and future heart disease • why so many women with heart disease are misdiagnosed—and how to help yourself get an accurate diagnosis • the importance of cardiac rehabilitation in lowering mortality risk • what to expect during your recovery from a heart attack • how the surreal process of coping with heart disease may affect your daily life • methods for treating heart disease-related depression without drugs Equal parts memoir about a misdiagnosed heart attack, guide to the predictable stages of heart disease—from grief to resilience—and patient-friendly translation of important science-based findings on women's unique heart issues, this book is an essential read. Whether you're a freshly diagnosed patient, a woman who's been living with heart disease for years, or a practitioner who cares about women's health, *A Woman's Guide to Living with Heart Disease* will help you feel less alone and advocate for better health care.

**doing harm maya dusenbery pdf: Break the Good Girl Myth** Majo Molfino, 2020-07-28

"Molfino explores female empowerment in her zesty debut. Women searching for ways to increase their self-worth and confidence will find many gems." —Publishers Weekly Women: it's time to break the good girl myths that are holding you back and share your true gifts with this groundbreaking book from Stanford University-trained designer and women's leadership expert Majo Molfino. For thousands of years, women have been taught to be "good" instead of powerful. But when we embody the good girl, we hold back their voices and gifts in a world that desperately needs female perspectives. Drawing on countless coaching sessions and conversations with female leaders, Majo identifies five self-sabotaging tendencies ("the five Good Girl Myths") every woman must overcome to unleash her power and design a more purposeful life: The Myth of Rules The Myth of Perfection The Myth of Logic The Myth of Harmony The Myth of Sacrifice While there are many women's leadership books, Majo uses her knowledge and training in design thinking (which is used by the world's most innovative people and companies) to help you build creative confidence and break free from these disempowering myths once and for all. Discover how each myth negatively affects your relationships, career, and well-being and identify your primary good girl myth—the blindspot that's zapping most of your power as a creative badass. "An elegant, powerful framework for female liberation." —Amber Rae, author of *Choose Wonder over Worry* "Smart, empowering, and practical . . . guides you in creating a better future for yourself—and the planet." —BJ Fogg, PhD, New York Times-bestselling author

**doing harm maya dusenbery pdf:** Feminist Phenomenology Linda Fisher, Lester Embree, 2013-04-17 This volume is composed chiefly of papers first presented and discussed at the Research Symposium on Feminist Phenomenology held November 18-19, 1994 in Delray Beach, Florida. Those papers have been revised and expanded for publication in the present volume and several essays have been added. We would like to thank very much all the participants in the symposium, including the session chairs and others in attendance, whose interest and enthusiasm contributed greatly. The symposium and this volume, including the name for it, were conceived of by Lester Embree, who also arranged sponsorship, local arrangements, and publication through the William F. Dietrich Eminent Scholar Chair at Florida Atlantic University and the Center for Advanced Research in Phenomenology, Inc. The invitees were decided upon jointly. Linda Fisher has been chiefly responsible for the editing and the preparation of the camera-ready copy. Linda Fisher Lester Embree Acknowledgments The editing and preparation of this volume has spanned several cities and two continents and I am indebted to many people from each place.

**doing harm maya dusenbery pdf:** *The Autoimmune Epidemic* Donna Jackson Nakazawa, 2009-02-10 From the Foreword: [An] astounding book . . . put simply, there is no doubt that autoimmune diseases are on the rise and increasing environmental exposures of toxins and chemicals is fueling this rise.--Dr. Douglas Kerr, Director, Johns Hopkins Transverse Myelitis Center.

**doing harm maya dusenbery pdf:** *Rage Becomes Her* Soraya Chemaly, 2018-09-11 \*\*\*A BEST BOOK OF 2018 SELECTION\*\*\* NPR \* The Washington Post \* Book Riot \* Autostraddle \* Psychology Today \*\*\*A BEST FEMINIST BOOK SELECTION\*\*\* Refinery 29, Book Riot, Autostraddle, BITCH *Rage Becomes Her* is an "utterly eye opening" (Bustle) book that gives voice to the causes, expressions, and possibilities of female rage. As women, we've been urged for so long to bottle up our anger, letting it corrode our bodies and minds in ways we don't even realize. Yet there are so, so many legitimate reasons for us to feel angry, ranging from blatant, horrifying acts of misogyny to the subtle drip, drip drip of daily sexism that reinforces the absurdly damaging gender norms of our society. In *Rage Becomes Her*, Soraya Chemaly argues that our anger is not only justified, it is also an active part of the solution. We are so often encouraged to resist our rage or punished for justifiably expressing it, yet how many remarkable achievements would never have gotten off the ground without the kernel of anger that fueled them? Approached with conscious intention, anger is a vital instrument, a radar for injustice and a catalyst for change. On the flip side, the societal and cultural belittlement of our anger is a cunning way of limiting and controlling our power—one we can no longer abide. "A work of great spirit and verve" (Time), *Rage Becomes Her* is a validating, energizing read that will change the way you interact with the world around you.

**doing harm maya dusenbery pdf:** *The Female Advantage* Alisa Vitti, 2019-09-24 The bestselling author of *WomanCode* presents a biohacking program for women, teaching them how to use their natural 28-day cycle to guide their time, diet, fitness, work, and relationships. Women have been conditioned to think of their bodies as burdens, especially when it comes to our periods. We suffer from cramps, PMS, bloating and mood swings, all while overlooking the extraordinary power that lies within us. We cram as much as possible into our day, striving to accomplish impossible to-do lists, and scheduling our lives based on a 24-hour time cycle, ignoring the intuitive time our bodies naturally keep: a monthly cycle with four hormonal phases that offer incredible advantages. In the FLO presents a simple but revolutionary 4-week solution to manage your energy and time according to your female biochemistry. By working with each phase, you'll support your hormones, unlock peak creativity and productivity, and avoid burnout. You'll know exactly when to eat certain foods, clear your social calendar, or ask for a raise--and you'll have the tools to do so, including: Meal plans and recipes for each phase Charts for phase-specific exercises, work tasks, and relationship activities A daily planner that helps you align with your strengths in each phase A biohacking toolkit for navigating period problems and hormonal birth control Alisa Vitti, functional nutritionist, women's hormone expert, and bestselling author of *WomanCode*, has been teaching women how to sync with their cycles for nearly twenty years and has witnessed the incredible rewards it offers, including losing stubborn weight, regaining energy, clearing endometriosis and

resolving infertility issues. By tapping into this natural power source, you'll get more done with less effort, you'll feel better consistently throughout the month, and you'll enjoy the freedom that comes with living on your own time.

**doing harm maya dusenbery pdf: The Compassionate Instinct: The Science of Human Goodness** Dacher Keltner, Jason Marsh, Jeremy Adam Smith, 2010-01-04 Leading scientists and science writers reflect on the life-changing, perspective-changing, new science of human goodness. Where once science painted humans as self-seeking and warlike, today scientists of many disciplines are uncovering the deep roots of human goodness. At the forefront of this revolution in scientific understanding is the Greater Good Science Center, based at the University of California, Berkeley. The center fuses its cutting-edge research with inspiring stories of compassion in action in Greater Good magazine. The best of these writings are collected here, and contributions from Steven Pinker, Robert Sapolsky, Paul Ekman, Michael Pollan, and the Dalai Lama, among others, will make you think not only about what it means to be happy and fulfilled but also what it means to lead an ethical and compassionate life.

**doing harm maya dusenbery pdf: The Palgrave Handbook of Critical Menstruation Studies** Chris Bobel, Inga T. Winkler, Breanne Fahs, Katie Ann Hasson, Elizabeth Arveda Kissling, Tomi-Ann Roberts, 2020-07-24 This open access handbook, the first of its kind, provides a comprehensive and carefully curated multidisciplinary and genre-spanning view of the state of the field of Critical Menstruation Studies, opening up new directions in research and advocacy. It is animated by the central question: “what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course?” The chapters—diverse in content, form and perspective—establish Critical Menstruation Studies as a potent lens that reveals, complicates and unpacks inequalities across biological, social, cultural and historical dimensions. This handbook is an unmatched resource for researchers, policy makers, practitioners, and activists new to and already familiar with the field as it rapidly develops and expands.

**doing harm maya dusenbery pdf: Doing and Allowing Harm** Fiona Woollard, 2015 Fiona Woollard presents an original defence of the Doctrine of Doing and Allowing, according to which doing harm seems much harder to justify than merely allowing harm. She argues that the Doctrine is best understood as a principle that protects us from harmful imposition, and offers a moderate account of our obligations to offer aid to others.

**doing harm maya dusenbery pdf: The Vagina Bible** Dr. Jen Gunter, 2019-08-27 Instant New York Times, USA Today, and Publishers Weekly bestseller! Boston Globe bestseller #1 Canadian Bestseller OB/GYN, The New York Times columnist, host of the show Jensplaining, and internationally bestselling author Dr. Jen Gunter now delivers the definitive book on vaginal health, answering the questions you've always had but were afraid to ask—or couldn't find the right answers to. She has been called Twitter's resident gynecologist, the Internet's OB/GYN, and one of the fiercest advocates for women's health...and she's here to give you the straight talk on the topics she knows best. Does eating sugar cause yeast infections? Does pubic hair have a function? Should you have a vulvovaginal care regimen? Will your vagina shrivel up if you go without sex? What's the truth about the HPV vaccine? So many important questions, so much convincing, confusing, contradictory misinformation! In this age of click bait, pseudoscience, and celebrity-endorsed products, it's easy to be overwhelmed—whether it's websites, advice from well-meaning friends, uneducated partners, and even healthcare providers. So how do you separate facts from fiction? OB-GYN Jen Gunter, an expert on women's health—and the internet's most popular go-to doc—comes to the rescue with a book that debunks the myths and educates and empowers women. From reproductive health to the impact of antibiotics and probiotics, and the latest trends, including vaginal steaming, vaginal marijuana products, and jade eggs, Gunter takes us on a factual, fun-filled journey. Discover the truth about: • The vaginal microbiome • Genital hygiene, lubricants, and hormone myths and fallacies • How diet impacts vaginal health • Stem cells and the vagina • Cosmetic vaginal surgery • What changes to expect during pregnancy and after childbirth • What changes to expect through menopause • How medicine fails women by dismissing symptoms Plus: •

Thongs vs. lace: the best underwear for vaginal health • How to select a tampon • The full glory of the clitoris and the myth of the G Spot . . . And so much more. Whether you're a twenty-six-year-old worried that her labia are "uncool" or a sixty-six-year-old dealing with painful sex, this comprehensive guide is sure to become a lifelong trusted resource.

**doing harm maya dusenbery pdf: Invisible** Michele Lent Hirsch, 2018-02-27 This vital exploration of the ways society overlooks—and fails—young women with disabilities and chronic illnesses is an "essential read for . . . those wondering how to be a better support system" (Library Journal). Michele Lent Hirsch knew she couldn't be the only woman who has dealt with serious health issues at a young age, as well as the resulting effects on her career, her relationships, and her sense of self. What she found while researching *Invisible* was a surprisingly large and overlooked population—and now, with long COVID emerging, one that continues to grow. Though young women with serious illness tend to be seen as outliers, young female patients are in fact the primary demographic for many illnesses. They are also one of the most ignored groups in our medical system—a system where young women, especially women of color and trans women, are invisible. And because of expectations about gender and age, young women with health issues must often deal with bias in their careers and personal lives. Lent Hirsch weaves her own experiences together with stories from other women, perspectives from sociologists on structural inequality and inequity, and insights from neuroscientists on misogyny in health research. She shows how health issues and disabilities amplify what women in general already confront: warped beauty standards, workplace sexism, worries about romantic partners, and mistrust of their own bodies. By shining a light on this hidden demographic, Lent Hirsch explores the challenges that all women face.

**doing harm maya dusenbery pdf: The Seashore Book** Charlotte Zolotow, 2017-05-16 A summer classic by two masters, reissued and redesigned for contemporary audiences. Wendell Minor's elegant artwork and Charlotte Zolotow's simple, evocative prose brings a day at the beach vividly to life as a boy and his mother imagine what it would be like to spend a day at the seashore. Hunting for seashells and building sandcastles, this tribute to the power of imagination and the tenderness of a mother-child connection is also a sweet ode to summer's greatest pastimes. Perfect for storytime or bedtime.

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