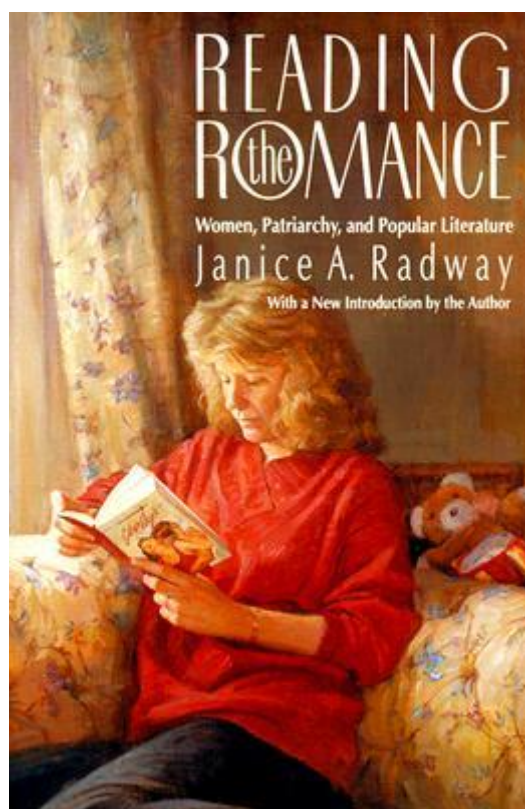



READING THE ROMANCE: WOMEN, PATRIARCHY, AND POPULAR LITERATURE

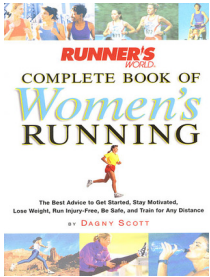


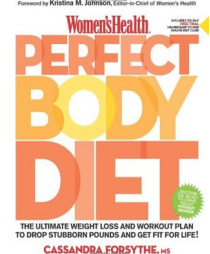
What do you think about reading the romance: women, patriarchy, and popular literature by Janice A. Radway originally published in 1984, "Reading the Romance" challenges popular (and often demeaning) myths about why romantic fiction, one of publishing's most lucrative categories, captivates millions of women readers. Among those who have disparaged romance reading are feminists, literary critics, and theorists of mass culture. They claim that romances enforce the woman reader's originally published in 1984, "Reading the Romance" challenges popular (and often demeaning) myths about why romantic fiction, one of publishing's most lucrative categories, captivates millions of women readers. Among those who have disparaged romance reading are feminists, literary critics, and theorists of mass culture. They claim that romances enforce the woman reader's dependence on men and acceptance of the repressive ideology purveyed by popular culture. Radway questions such claims, arguing that critical attention "must shift from the text itself, taken in isolation, to the complex social event of reading." She examines that event, from the complicated business of


publishing and distribution to the individual reader's engagement with the text. radway's provocative approach combines reader-response criticism with anthropology and feminist psychology. asking readers themselves to explore their reading motives, habits, and rewards, she conducted interviews in a midwestern town with forty-two romance readers whom she met through dorothy evans, a chain bookstore employee who has earned a reputation as an expert on romantic fiction. evans defends her customers' choice of entertainment; reading romances, she tells radway, is no more harmful than watching sports on television. "we read books so we won't cry" is the poignant explanation one woman offers for her reading habit. indeed, radway found that while the women she studied devote themselves to nurturing their families, these wives and mothers receive insufficient devotion or nurturance in return. in romances the women find not only escape from the demanding and often tiresome routines of their lives but also a hero who supplies the tenderness and admiring attention that they have learned not to expect. the heroines admired by radway's group defy the expected stereotypes; they are strong, independent, and intelligent. that such characters often find themselves to be victims of male aggression and almost always resign themselves to accepting conventional roles in life has less to do, radway argues, with the women readers' fantasies and choices than with their need to deal with a fear of masculine dominance. these romance readers resent not only the limited choices in their own lives but the patronizing attitude that men especially express toward their reading tastes. in fact, women read romances both to protest and to escape temporarily the narrowly defined role prescribed for them by a patriarchal culture. paradoxically, the books that they read make conventional roles for women seem desirable. it is this complex relationship between culture, text, and woman reader that radway urges feminists to address. romance readers, she argues, should be encouraged to deliver their protests in the arena of actual social relations rather than to act them out in the solitude of the imagination. in a new introduction, janice radway places the book within the context of current scholarship and offers both an explanation and critique of the study's limitations. ...more

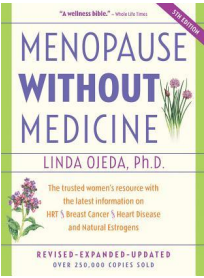

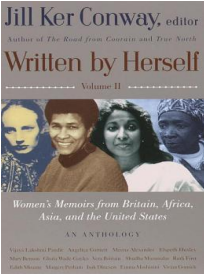
[Download: reading-the-romance-women-patriarchy-and-popular-literature.pdf](#)

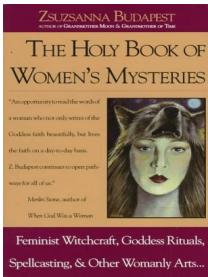
Cover	Title & Description	Status
	<p>GREAT MOMENTS IN WOMEN'S SPORTS (GREAT MOMENTS IN SPORTS) women's sports -- including golf, basketball, soccer, ice skating, tennis, track and field, and baseball -- are rich in special moments that will live on for generations. the sheer athleticism of babe didrikson zaharias and the artistry of sonja henie, the glory of the women's world cup competition and the stunning achievements of martina navratilova and steffi graf -- the women's sports -- including golf, basketball, soccer, ice skating, tennis, track and field, and baseball -- are rich in special moments that will live on for generations. the sheer athleticism of babe didrikson zaharias and the artistry of sonja henie, the glory of the women's world cup competition and the stunning achievements of martina navratilova and steffi graf -- these are just a few examples of the energy and competitive spirit in women's sports that are brought to life in this book. ...more</p>	<p>Readable/Downloadable</p>

	<p>RUNNER'S WORLD COMPLETE BOOK OF WOMEN'S RUNNING: THE BEST ADVICE TO GET STARTED, STAY MOTIVATED, LOSE WEIGHT, RUN INJURY-FREE, BE SAFE, AND TRAIN FOR ANY DISTANCE</p> <p>"listen to those millions of women runners. listen to their quiet breaths as they talk in predawn pairs, before the rest of the family wakes-- the lessons and questions they share to the rhythm of steady footsteps. 'i never thought i could...' 'i feel so much stronger.' 'i'm ready to take on a new challenge.' women develop a special sorority on the roads. this bond is a "listen to those millions of women runners. listen to their quiet breaths as they talk in predawn pairs, before the rest of the family wakes-- the lessons and questions they share to the rhythm of steady footsteps. 'i never thought i could.' 'i feel so much stronger.' 'i'm ready to take on a new challenge.' women develop a special sorority on the roads. this bond is an understanding based on acceptance, an appreciation of how far they have come, a knowing wink that says how much is yet to be gained. and so they talk and share and grow-- and run. singly and in groups, swiftly and slowly, they run." --dagny scott choose the best clothes and accessories * lose weight permanently * train for any race, from a 5-k to a marathon * run through menopause * be safe wherever you run * deal with self-consciousness and body image * prevent and treat injuries * run during pregnancy * eat for maximum energy .more</p>	<p>Readable/Downloadable</p>
---	--	--

	<p>WOMEN'S HEALTH PERFECT BODY DIET: THE ULTIMATE WEIGHT LOSS AND WORKOUT PLAN TO DROP STUBBORN POUNDS AND GET FIT FOR LIFE</p> <p>let's face it-women simply do not shed pounds or build muscle as easily as men do. drawing on fascinating recent research that has shed new light on the gender differences in food metabolism and the effect of exercise, the editors of women's health, the healthy lifestyle magazine for today's active woman on the go, have devised a weight-loss plan that works especially well let's face it-women simply do not shed pounds or build muscle as easily as men do. drawing on fascinating recent research that has shed new light on the gender differences in food metabolism and the effect of exercise, the editors of women's health, the healthy lifestyle magazine for today's active woman on the go, have devised a weight-loss plan that works especially well for women who would like to lose 5-25 pounds. key features of women's health perfect body plan include: -glucomannan, a soluble fiber that helps dieters feel full faster-and therefore eat less throughout the day -meal plans that contain at least 40 grams of fiber per day -an adjustment for the impact of female hormones on weight loss (women need a higher protein diet than men to increase lean body tissue and decrease body fat) -dieting techniques that revolve around psychological needs and personal goals and lifestyle -two diet plans to choose from-one higher in fats and lower in carbs; the other higher in carbs and lower in fats (simple food tests help women choose the type they need) in addition to the customized eating plan-complete with 75 easy-to-prepare recipes-there is a vigorous customized fitness program consisting of 50 exercises that brings results in just three weeks. ...more</p>	<p>Readable/Downloadable</p>
---	--	--

	<p>THE WOMEN'S HEALTH BODY CLOCK DIET: RESET YOUR BRAIN-BELLY SIGNAL TO DEFEAT CRAVINGS AND DROP POUNDS!</p> <p>the women's health body clock diet provides you with round-the-clock calorie control to finally eliminate the guesswork around dieting and the inadvertent cheating that so often sabotages good intentions. researchers have identified four key times of the day after 11 a.m. when women's hormones cause significant fluctuations in energy and metabolism, revving it high or leavi the women's health body clock diet provides you with round-the-clock calorie control to finally eliminate the guesswork around dieting and the inadvertent cheating that so often sabotages good intentions. researchers have identified four key times of the day after 11 a.m. when women's hormones cause significant fluctuations in energy and metabolism, revving it high or leaving it sluggish, triggering extreme hunger or allowing satisfaction on fewer calories. large surveys show that women who understand their hunger cues and can tailor their eating and exercising routines to specific times of the day will lose twice as much weight as those who don't follow a weight-loss timing plan. the women's health body clock diet offers you a 3-step plan to reprogram your metabolism for fast initial weight-loss and the tools to improve blood sugar stability for long-term body shape maintenance. the women's health body clock diet also provides an hour-by-hour analysis of hormone-driven fluctuations in hunger and lays out a step-by-step food-based solution: an innovative mindful eating plan that helps you overcome the cravings that lead to high-calorie overeating. the 30-day meal plan offers recipes, shopping lists, and a daily exercise to-do list, virtually guaranteeing compliance and 10 or more pounds of weight-loss, mostly from the tummy and thighs.more</p>	<p>Readable/Downloadable</p>
---	--	--

	<p>MENOPAUSE WITHOUT MEDICINE: THE TRUSTED WOMEN'S RESOURCE WITH THE LATEST INFORMATION ON HRT, BREAST CANCER, HEART DISEASE, AND NATURAL ESTROGENS</p> <p>this book is needed more than ever. the national institute of health interrupted their huge hrt (hormone replacement therapy) study in july 2002 after they found that prempo, a combination of estrogen and progesterin, had detrimental health effects which include an increased risk for breast cancer, heart disease, and stroke. this new edition examines the latest information a this book is needed more than ever. the national institute of health interrupted their huge hrt (hormone replacement therapy) study in july 2002 after they found that prempo, a combination of estrogen and progesterin, had detrimental health effects which include an increased risk for breast cancer, heart disease, and stroke. this new edition examines the latest information about hrt and the safer alternatives. it completely validates the author's long-held bias against hrt and shows women, whether perimenopausal, menopausal, or postmenopausal, how they can maintain and improve their health and well-being without the use of synthetic hormones. the book offers complete information on menopausal symptoms and effects and ways to alleviate them. updated sections cover heart disease (including hormonal effects, the role of cholesterol, diet, and supplements), osteoporosis, and breast cancer. the section on exercise and nutrition for health and weight is completely rewritten. the latest information on non-hormonal remedies to balance hormones is what is needed by every woman wanting to avoid hrt. ...more</p>	<p>Readable/Downloadable</p>
	<p>BIRTH IN FOUR CULTURES: A CROSSCULTURAL INVESTIGATION OF CHILDBIRTH IN YUCATAN, HOLLAND, SWEDEN, AND THE UNITED STATES (MONOGRAPHS IN WOMEN'S STUDIES)</p> <p>while the process of childbirth is, in some sense, everywhere the same, it is also everywhere different in that each culture has produced a birthing system that is strikingly dissimilar from the others. based on her fieldwork in the united states, sweden, holland, and yucatan, jordan develops a framework for the discussion and investigation of different birthing systems. i while the process of childbirth is, in some sense, everywhere the same, it is also everywhere different in that each culture has produced a birthing system that is strikingly dissimilar from the others. based on her fieldwork in the united states, sweden, holland, and yucatan, jordan develops a framework for the discussion and investigation of different birthing systems. illustrated with useful examples and lively anecdotes from jordan's own fieldwork, the fourth edition of this innovative comparative ethnography brings the reader to a deeper understanding of childbirth as a culturally grounded, biosocially mediated, and interactionally achieved event. ...more</p>	<p>Readable/Downloadable</p>
	<p>WRITTEN BY HERSELF: VOLUME 2: WOMEN'S MEMOIRS FROM BRITAIN, AFRICA, ASIA AND THE UNITED STATES (WRITTEN BY HERSELF #2)</p> <p>in this powerful new collection, the author of two of the most celebrated memoirs in recent years presents the autobiographical writings of 14 of her english-speaking predecessors and contemporaries. the women who tell their stories in written by herself, vol. ii represent three generations, four continents, and a range of experience that is equaled only by the diversity w in this powerful new collection, the author of two of the most celebrated memoirs in recent years presents the autobiographical writings of 14 of her english-speaking predecessors and contemporaries. the women who tell their stories in written by herself, vol. ii represent three generations, four continents, and a range of experience that is equaled only by the diversity with which they transform life into literature. here are england's vera brittain, commemorating the deaths of the men she loved in the carnage of world war i; emma mashinini, who endured imprisonment and torture as a labor organizer in south africa; vijaya lakshmi pandit, the daughter of indian aristocracy who became an architect of her country's independence; and edith mirante, the wisecracking american whose passion for justice took her to the opium trails of burma. collected in this stirring volume, their voices demonstrate the ways in which women strive for power, inclusion, and autonomy-- and never fail to move, inspire, and instruct us. contributors include: margery perham, isak dinesen, shudha mazumdar, vivian gornick, vera brittain, elspeth huxley, vijaya lakshmi pandit, gloria wade-gayles, angelica garnett, emma mashinini, meena alexander, edith mirante, mary benson, and ruth first. ...more</p>	<p>Readable/Downloadable</p>



THE HOLY BOOK OF WOMEN'S MYSTERIES: FEMINIST WITCHCRAFT, GODDESS RITUALS, SPELLCASTING AND OTHER WOMANLY ARTS

women's rights and rites merge in this complete guide to the principles and practices of matriarchal religion.

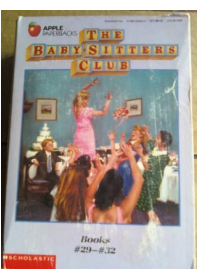
[Readable/Downloadable](#)



SHIT TEST MASTERY: PASS WOMEN'S SHIT TESTS WITH FLYING COLORS

like most men, you don't enjoy being shit tested by women. in fact, you get slightly anxious when the pretty woman you're talking to at a bar asks you to buy her a drink. give in to her demand and you're no better than one of her many beta male admirers. refuse to buy her a drink and she might think that you're a jackass. unfortunately (or fortunately), you know that the s like most men, you don't enjoy being shit tested by women. in fact, you get slightly anxious when the pretty woman you're talking to at a bar asks you to buy her a drink. give in to her demand and you're no better than one of her many beta male admirers. refuse to buy her a drink and she might think that you're a jackass. unfortunately (or fortunately), you know that the shit testing will never stop; a woman who is attracted to you will shit test you till the day you die. you don't look forward to the day when you have a significant other, and she casually mentions how much she would love to have that expensive necklace she showed you at at the jewelry store. in fact, you fear that your future wife's "i would love to have it" might turn into "you better buy it for me or else ..." if you don't keep her shit testing under control. in the past, women's shit tests flummoxed the author as well. about 13 years ago, he and a sexy blonde stopped by a sorority party after sharing a romantic kiss on their second date. to the author's dismay, the bombshell ignored him at the party and talked only to her friends while observing the author from afar. after repeatedly failing to get her attention, the author left the party. a few days later, he was dumbfounded by the blonde's refusal to go on a third date with him. thankfully, the author is no longer as naive about women and their shit tests as he was in the past. late last year, when he approached a thai runway model at a nightclub, she told him that he looked like will smith, except that will smith was much bigger and taller than him, in addition to being far more handsome than him. the author responded by nonchalantly saying "hmm, interesting ..." and continued talking to her. the next day, the model did everything in her power to try to prevent him from leaving her place including cooking him breakfast and lunch, running to the convenience store to buy him protein shakes, and a few other things that are probably illegal in some parts of the world. what if you knew exactly how to execute the author's recommended strategy for dealing with women's shit tests? what would you do if you could easily deflect or sidestep the nastiest shit tests that make most men want to tear their hair out? how much more enjoyable would dating beautiful women be for you? would you ever buy a woman a drink again? unless you already know how to use verbal jujitsu to prevent women from emotionally manipulating you, 'shit test mastery' will transform your love life. in it, the author explains why using one of the six strategies men use to respond to women's shit tests gives the average man the best chance to respond to a shit test quickly and appropriately. to make sure that you never get bullied by a woman again, the author even executes his recommended strategy to respond to 72 shit tests that most heterosexual men will face at least once in their lifetimes. buy this book to learn how to pass women's shit tests with flying colors. ...more

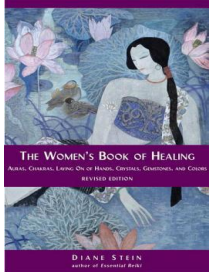
[Readable/Downloadable](#)



BABY-SITTERS CLUB BOXED SET #8: MALLORY AND THE MYSTERY DIARY/MARY ANNE AND THE GREAT ROMANCE/DAWN'S WICKED STEPSISTER/KRISTY AND THE SECRET BOXED SET #29-#32 (THE BABY-SITTERS CLUB #29-32)

book by martin, ann m.

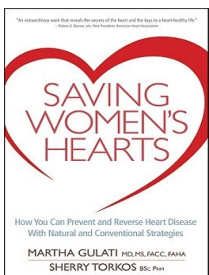
[Readable/Downloadable](#)



THE WOMEN'S BOOK OF HEALING: AURAS, CHAKRAS, LAYING ON OF HANDS, CRYSTALS, GEMSTONES, AND COLORS

women are naturally healers. throughout time, they have performed curative roles as mothers, midwives, caregivers, and wisewomen, but modern medicine has suppressed this important tradition. ancient women healers knew that the body is more than what is seen: through body, emotions, mind, and spirit, we can connect with the goddess and actively choose to heal ourselves and women are naturally healers. throughout time, they have performed curative roles as mothers, midwives, caregivers, and wisewomen, but modern medicine has suppressed this important tradition. ancient women healers knew that the body is more than what is seen: through body, emotions, mind, and spirit, we can connect with the goddess and actively choose to heal ourselves and others. by relearning and using ancient skills like aura and chakra work, creative visualization, meditation, laying on of hands, psychic healing, and working with crystals and gemstones, women can prevent or transform many dis-eases of the body and spirit before they become matters for modern medicine. in the women's book of healing, diane stein, author of the best-selling essential reiki, demystifies, explains, and teaches these skills in ways that modern women can learn and use. she first introduces basic healing, then applies those skills to healing with crystals and gemstones-a beautiful, effective, and empowering aspect of the ancient woman's healing methods. a comprehensive guide from a knowledgeable healer, the woman's book of healing proves that well-being is within a woman's choice and natural abilities, and reaffirms her timeless role as healer of herself and others. an affirmation of woman's traditional role as healer, speaking to a national trend toward alternative medicine and natural healing methods. demystifies, explains, and teaches the healing capabilities of auras, chakras, laying on of hands, crystals, gemstones, and colors. thoroughly revised and updated, with a new introduction. diane stein's books have sold more than 600,000 copies. from the trade paperback edition. ...more



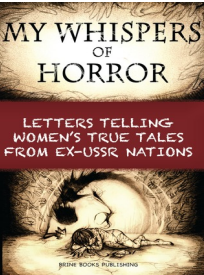
[Readable/Downloadable](#)



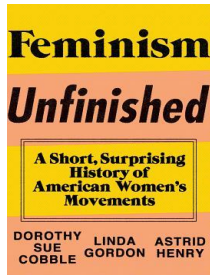
SAVING WOMEN'S HEARTS: HOW YOU CAN PREVENT AND REVERSE HEART DISEASE WITH NATURAL AND CONVENTIONAL STRATEGIES

mention the term "heart disease" and most people picture an overweight, middle-aged man. yet the reality is that heart disease is the number one killer of women in north america, accounting for a third of all deaths in women and far surpassing the prevalence of breast cancer. cardiologist dr. martha gulati and holistic pharmacist sherry torkos separate the facts from the m mention the term "heart disease" and most people picture an overweight, middle-aged man. yet the reality is that heart disease is the number one killer of women in north america, accounting for a third of all deaths in women and far surpassing the prevalence of breast cancer. cardiologist dr. martha gulati and holistic pharmacist sherry torkos separate the facts from the many myths surrounding heart disease and offer the latest information on both the conventional medical approach and the role of natural medicine in understanding this illness. saving women's hearts examines the unique gender differences for women and provides valuable insight into the screening procedures, diagnosis, treatment options, and most importantly, prevention of heart disease. written by the leading experts in this field, this practical guide covers: how the heart works and the various types of heart disease why heart disease is different and unique for women the known and emerging risk factors for heart disease what you need to know about tests and screening procedures medications - the good, the bad, the ugly, the noteworthy nature's pharmacy - the role of vitamins and other supplements nutritional strategies for better heart health the latest exercise guidelines for women the impact of stress and practical tips on managing stress the role of sleep and heart health and much more... .more

[Readable/Downloadable](#)

	<p>SUSAN B ANTHONY: CHAMPION OF WOMEN'S RIGHTS [WITH PAPERBACK BOOK] (CHILDHOOD OF FAMOUS AMERICANS)</p> <p>six-year old susan helps her grandmother in the kitchen and begins to learn the role of women in the household. it is 1825. women are not allowed to vote and by law must obey their husbands. seeing how hard the women of her family work, she is struck by the unfairness of such a law. susan's lifelong dedication culminates in the 1920 election wherein women first gain the ri six-year old susan helps her grandmother in the kitchen and begins to learn the role of women in the household. it is 1825. women are not allowed to vote and by law must obey their husbands. seeing how hard the women of her family work, she is struck by the unfairness of such a law. susan's lifelong dedication culminates in the 1920 election wherein women first gain the right to vote. this story gives children a historical sense of how one woman helped to bring about the civil rights that are enjoyed today. by focusing on the childhood of famous americans, this special series of audiobooks allows the subjects to come alive for children. the everyday details of family life, the time period in which they lived, what they wore and the challenges they faced in school create a window through which children can access history. the early evidence of character, responsibility, ability and courage are showcased in common situations to which every child can relate. geared for children ages eight and up, the childhood of young americans series is lively and inspirational. it's an ideal way to sweep today's young reader right into the past. ...more</p>	<p>Readable/Downloadable</p>
	<p>YOUR PREGNANCY & BIRTH: INFORMATION YOU CAN TRUST FROM THE LEADING EXPERTS IN WOMEN'S HEALTH CARE</p> <p>the collective wisdom of more than 47,000 trusted ob-gyn experts.completely updated fourth edition follows clinical practice guidelines from the american college of obstetricians and gynecologists. empowers expectant couples with essential information to make choices and discuss concerns with doctors. speaks to women in a warm, inviting tone, but also with the authority that the collective wisdom of more than 47,000 trusted ob-gyn experts.completely updated fourth edition follows clinical practice guidelines from the american college of obstetricians and gynecologists. empowers expectant couples with essential information to make choices and discuss concerns with doctors. speaks to women in a warm, inviting tone, but also with the authority that is the hallmark of the book and the organization. easy-to-read format. providing women all they want to know about their pregnancy. answers to hundreds of questions women ask ob-gynas before, during, and after pregnancy, ranging from weight gain to postpartum. ...more</p>	<p>Readable/Downloadable</p>
	<p>MY WHISPERS OF HORROR: LETTERS TELLING WOMEN'S TRUE TALES FROM EX-USSR NATIONS</p> <p>"if he hits me, then he must love me." "i am a cow and i am a bull. i am a woman and i am a man." "if you don't find an ideal man by your age... it doesn't mean that you like girls. don't worry, you can find a man! you will not be an old maid." "that was also when these police officers, who were meant to protect the public, became my pimps." what can be more deep and personal "if he hits me, then he must love me." "i am a cow and i am a bull. i am a woman and i am a man." "if you don't find an ideal man by your age. it doesn't mean that you like girls. don't worry, you can find a man! you will not be an old maid." "that was also when these police officers, who were meant to protect the public, became my pimps." what can be more deep and personal than reading what a woman wrote of her experiences? cases such as domestic violence, forced prostitution, rape, and more. you won't be able to tear your eyes away as you read their quiet whispers of horror, while trying to understand why this still happens in other cultures today. having these real women explain to the world what happened to them will help to raise awareness on why we still need to fight and stand up for them. much of the world is still stuck within sadistic patriarchal standards that oppresses women. and for a woman to survive in such a culture she must have enormous strength to defend her own or her children's lives from violence and oppression. read what these brave women wish to confess. book's homepage: http://brinebooks.com/go/mwoh publisher's homepage: http://brinebooks.com/.more</p>	<p>Readable/Downloadable</p>

	<p>WOMEN'S DAILY DECLARATIONS FOR SPIRITUAL WARFARE: BIBLICAL PRINCIPLES TO DEFEAT THE DEVIL</p> <p>defeat the devil and rout his demons...every day of the year. with the same bold, declarative style as the best-selling book prayers that rout demons, this daily guide gives you inspiration, understanding, and direction for actively confronting demonic strongholds. you are god's beloved daughter, and each day's text is written from his point of view, giving you the power defeat the devil and rout his demons. every day of the year. with the same bold, declarative style as the best-selling book prayers that rout demons, this daily guide gives you inspiration, understanding, and direction for actively confronting demonic strongholds. you are god's beloved daughter, and each day's text is written from his point of view, giving you the power and wisdom to pray for your needs or the needs of others. each day includes: my call to battle--wisdom and counsel from god's perspective on a specific topic prayer declaration--a scripture-based prayer and an opportunity to identify someone to pray for word from god--a specific bible verse focused on the day's topic .more</p>	Readable/Downloadable
	<p>THE QUOTIDIAN MYSTERIES: LAUNDRY, LITURGY AND WOMEN'S WORK (MADELEVA LECTURE IN SPIRITUALITY)</p> <p>the bestselling author of the cloister walk reflects on the sanctifying possibilities of everyday work and how god is present in worship and liturgy as well as in ordinary life. definitely not "for women only."</p>	Readable/Downloadable
	<p>THE RELIGION OF THINNESS: SATISFYING THE SPIRITUAL HUNGERS BEHIND WOMEN'S OBSESSION WITH FOOD AND WEIGHT</p> <p>with so many women approaching their diets, body image, and pursuit of a slender figure with slavish devotion, the religion of thinness is a timely addition to the discussion of our cultural obsession with weight loss. at the heart of this obsession is the belief that in order to be happy, one must be slim, and the attendant myths, rituals, images, and moral codes can leav with so many women approaching their diets, body image, and pursuit of a slender figure with slavish devotion, the religion of thinness is a timely addition to the discussion of our cultural obsession with weight loss. at the heart of this obsession is the belief that in order to be happy, one must be slim, and the attendant myths, rituals, images, and moral codes can leave some women with severe emotional damage. idealized images in the media inspire devotees of this "religion" to experience guilt for behaviors that are biologically normal and necessary, and lelwica offers two ways to combat this dangerous cultural message. advising readers to look hard at the societal cues that cause them to obsess about their weight, and to remain mindful about their actions and needs, this book will not only help stop the cycle of guilt and shame associated with food, it will help readers to grow and accept their bodies as they are. ...more</p>	Readable/Downloadable
	<p>THE DANCE OF DECEPTION: A GUIDE TO AUTHENTICITY AND TRUTH-TELLING IN WOMEN'S RELATIONSHIPS</p> <p>when the dance of deceptionwas published, lerner discovered that women were not eager to identify with the subject. "well, i don't do deception" was a common resonance. we all "do deception", often with the intention to protect ourselves and the relationships we depend on. the dance of deceptionunravels the ways (and whys) that women show the false and hide the real -- even t when the dance of deceptionwas published, lerner discovered that women were not eager to identify with the subject. "well, i don't do deception" was a common resonance. we all "do deception", often with the intention to protect ourselves and the relationships we depend on. the dance of deceptionunravels the ways (and whys) that women show the false and hide the real -- even to our own selves. we see how relationships are affected by lying and faking, by silence and pretending and by brave -- but misguided -- efforts to tell the truth. truth-telling is at the heart of what is most central in women's lives. it is at the foundation of authenticity and creativity, intimacy and joy. yet in the name of "honesty", we can bludgeon each other. we can approach a difficult issue with such a poor sense of timing and tact that we can actually shut down the lines of communication rather than widening the path of truth-telling. sometimes lerner's advice takes a surprising turn -- for example, when she asks us to engage in a bold act of pretending in order to discover something "more real"; or when she tells us not to parachute down on our family to bring up a "hot issue" without laying the necessary groundwork first. whether the subject is affairs, family secrets, sexual faking or the challenge of "being oneself", lerner helps us to discover, speak and live our own truths. ...more</p>	Readable/Downloadable



FEMINISM UNFINISHED: A SHORT, SURPRISING HISTORY OF AMERICAN WOMEN'S MOVEMENTS

eschewing the conventional wisdom that places the origins of the american women's movement in the nostalgic glow of the late 1960s, feminism unfinished traces the beginnings of this seminal american social movement to the 1920s, in the process creating an expanded, historical narrative that dramatically rewrites a century of american women's history. also challenging the c

eschewing the conventional wisdom that places the origins of the american women's movement in the nostalgic glow of the late 1960s, feminism unfinished traces the beginnings of this seminal american social movement to the 1920s, in the process creating an expanded, historical narrative that dramatically rewrites a century of american women's history. also challenging the contemporary "lean-in," trickle-down feminist philosophy and asserting that women's histories all too often depoliticize politics, labor issues, and divergent economic circumstances, dorothy sue cobble, linda gordon, and astrid henry demonstrate that the post-suffrage women's movement focused on exploitation of women in the workplace as well as on inherent sexual rights. the authors carefully revise our "wave" vision of feminism, which previously suggested that there were clear breaks and sharp divisions within these media-driven "waves." showing how history books have obscured the notable activism by working-class and minority women in the past, feminism unfinished provides a much-needed corrective. ...more

[Readable/Downloadable](#)