

Perineo Fermiamo Il Massacro Come Prevenire E Riabilitare Le Disfunzioni Del Pavimento Pelvico

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Idiopathic Scoliosis - Conservative Treatment with Elastic Bands - Emanuele Rovatti 2018

The Sexes - Dorothy Parker 2011

Dorothy Parker captured early twentieth century American society like no one else could. She was a masterful observer of character, a witty, sharply exact composer of dialogue and a poignant reader of the subtleties of relationship. In these five stories, of relationships strained by ill-will, social distance or circumstance, all her strengths are clear.

Puppies - Maurizio de Giovanni 2020-07

The new instalment in the bestselling 'Bastards of Pizzofalcone' series, by one of Europe's most renowned and versatile mystery writers.

Human Genetics and Genomics - Bruce R. Korf 2012-11-19

This fourth edition of the best-selling textbook, Human Genetics and Genomics, clearly explains the key principles needed by medical and health sciences students, from the basis of molecular genetics, to clinical applications used in the treatment of both rare and common conditions.

A newly expanded Part 1, Basic Principles of Human Genetics, focuses on introducing the reader to key concepts such as Mendelian principles,

DNA replication and gene expression. Part 2, Genetics and Genomics in Medical Practice, uses case scenarios to help you engage with current genetic practice. Now featuring full-color diagrams, Human Genetics and Genomics has been rigorously updated to reflect today's genetics teaching, and includes updated discussion of genetic risk assessment, "single gene" disorders and therapeutics. Key learning features include: Clinical snapshots to help relate science to practice 'Hot topics' boxes that focus on the latest developments in testing, assessment and treatment 'Ethical issues' boxes to prompt further thought and discussion on the implications of genetic developments 'Sources of information' boxes to assist with the practicalities of clinical research and information provision Self-assessment review questions in each chapter Accompanied by the Wiley E-Text digital edition (included in the price of the book), Human Genetics and Genomics is also fully supported by a suite of online resources at www.korfgenetics.com, including: Factsheets on 100 genetic disorders, ideal for study and exam preparation Interactive Multiple Choice Questions (MCQs) with feedback on all answers Links to online resources for further study Figures from the book available as PowerPoint slides, ideal for teaching purposes The

perfect companion to the genetics component of both problem-based learning and integrated medical courses, Human Genetics and Genomics presents the ideal balance between the bio-molecular basis of genetics and clinical cases, and provides an invaluable overview for anyone wishing to engage with this fast-moving discipline.

Mksap 17 Cardiovascular Medicine - Andrew Wang 2015

Morgante - Luigi Pulci 2000

A classic picaresque epic detailing the thrilling exploits of Orlando, Morgante is a tale of war and of the calamities that befall the romantic hero, his fellow knights, and their sovereign, Charlemagne. After encountering the fierce Morgante, Orlando converts the giant, who then becomes his squire and trusted companion. This annotated English translation will lead to a new appreciation of Luigi Pulci's singular epic masterpiece and contribute to a reassessment of the author's influence on modern English literature.

Alternative Movie Posters - Graffito Books 2016-02-01

The world's best, wittiest lowbrow designers reimagine movie posters for 150 cult films that are built into the DNA of any movie buff Nightmare on Elm Street, Psycho, Vertigo, Poltergeist, Metropolis, Ghostbusters, Blue Velvet, Blade Runner, Star Wars, Alien, Mad Max, Robocop, Reservoir Dogs, Jaws, The Big Lebowski, Rosemary's Baby, Taxi Driver, The Postman Always Rings Twice, and many more are given new art by the likes of Grimb, Coop, O'Connell, Alderete, Hertz, Pullin, and more.

Almost always better than the originals, these new visual takes on iconic movies will delight anyone with an interest in film. For the Hollywood aficionado this visual feast makes a perfect gift; while for graphic designers, both professional and students, this makes for a great source of ideas and inspiration.

Kegel Exercise for Female - Isaac JONES 2019-07-28

Kegel exercise is a very important exercise for women because it enables us to develop a healthy pelvic floor muscles. The Kegel practices have been popular over the couple of years due to its great benefit. Healthy pelvic floor muscles are something that any lady should go for in her life.

Tragically, these muscles are the least exercised. This book provides knowledge on how kegel exercises strengthen pelvic floor muscles and strengthen the vaginal thereby leading to greater sexual activities. It provides knowledge on how kegel exercise help to lessen pelvic organ prolapsed. It also explain how to carryout kegel exercise.

Ecopsychology - Vladimir Antonov 2012-03-25

This book is written in a simple and easy-to-understand language by scientist-biologist Dr. Vladimir Antonov. It covers the essential issues: what is God, the place of human being in the Evolution of the Universal Consciousness, principles of forming and correction of destiny, ways of attaining health and happiness, most effective methods of psychic self-regulation, about spiritual development and cognition of God.

The Twelve Apostles - William Jeremiah Coughlin 1984

With the death of one of the twelve senior partners at the elite Manhattan law firm of Nelson and Clark, beautiful Christina Giles and the man who loves her, Dan Spencer, become rivals for the "Apostle's" chair

General and Inorganic Chemistry - Roy 2013-05

This book has been written for B.SC.(Hons) undergraduate and some chapters, for M.Sc students.

MemoRandom - Anders de la Motte 2015-12-01

"Readers will devour the intricacies of this thrilling crime novel and will hurriedly turn the pages until its denouement. VERDICT: For teen fans of Stieg Larsson's Millennium series and de la Motte's Game trilogy."

—School Library Journal "With the breakneck pace of the trilogy but a more mature narrative command, de la Motte deftly spins out these divergent strands, until the intricate outlines of a deadly spider's web finally become visible—and inescapable."—Publishers Weekly (starred review) In the first of two new action-packed thrillers by the internationally bestselling author of the Game trilogy, MemoRandom takes you deep inside the world of police intelligence—where secrecy, betrayal, and deadly competition reign supreme. David Sarac is a handler at the Intelligence Unit of the Stockholm Police Force, identifying, recruiting, and wrangling anyone who can support the police

in their battle against organized crime. And David is very good at what he does: manipulation, bribes, and threats—anything goes, so long as he delivers. Other agents can do nothing but watch jealously as his top-secret, high-level informant, Janus, rockets David to success. But after David suffers a stroke during a high-speed car chase, crashing violently into the wall of a tunnel, he wakes up in a hospital with no memory at all of Janus or the past two years of his life. David only knows that he has to reconnect with Janus to protect himself and his informants before outside forces bring the whole network crashing down. Fortunately, he has his supportive friends and colleagues to help him rebuild his life...or does he? From the award-winning Swedish author who has worked as a police officer and IT security consultant, MemoRandom is a stunning thriller and look inside the secret intelligence community, where you never know who's on your side.

Pelvic Pain and Dysfunction - Peter Philip 2016-04-13

Pelvic Pain and Dysfunction: A Differential Diagnosis Manual is a comprehensive guide on the management of patients suffering from pelvic pain as well as dysfunction of the bowel and bladder systems. It integrates differential diagnosis concepts with orthopedic medicine and helps clinicians learn how to apply these concepts when treating patients suffering from pelvic pain. Key Features: Written by a leading expert in pelvic pain management Includes a chapter on evaluation that is a step-by-step guide to determining the cause of pelvic pain dysfunction Contains many attractive, high-quality illustrations from Gilroy's award-winning Atlas of Anatomy This book is a key clinical resource for physical therapists, osteopaths, occupational therapists, and obstetricians-gynecologists and other professionals involved in the treatment of pelvic pain and dysfunction.

Female Urinary Incontinence - Anne P. Cameron 2022

This book provides a comprehensive review of the etiology, anatomy, diagnosis, treatments, and future directions of care for female incontinence. It includes a historical review of past treatments many women have undergone and resultant altered anatomy. This book discusses conservative treatments such as patient and provider handouts

on behavioral modification and how to perform pelvic floor exercises. It also covers medical therapy from minimally invasive treatments to radical surgical approaches and management of treatment failures. Addressing the treatment of stress incontinence with chapters progressing from least invasive to most invasive therapies, it also describes mesh complications and treatment failures. The book illuminates the intersection of prolapse with female incontinence, incontinence diagnosis and management after major reconstructions such as neobladder or penile inversion, vaginoplasty, and incontinence due to rarer conditions such as fistulas. Further chapters explore female urinary incontinence in special populations including pediatric patients, the elderly, and women with neurogenic lower urinary tract dysfunction, as well as poorly understood populations such as older children, women post-reconstruction, and trans-women. It also addresses research needs and the ever-expanding horizon of new developments in the field of incontinence in women. *Female Urinary Incontinence* provides a comprehensive text directed towards urologists, gynecologists, and those trained in female pelvic medicine and reconstructive surgery (FPMRS). Given the topic of incontinence specifically in women and the burgeoning rise of women in the field of FPMRS, the book features an all-female author list comprised of an international group of female urologists and urogynecologists selected to author chapters on their particular expertise.

Pussypedia - Zoe Mendelson 2021-08-03

Written by the creators of the popular website, this rigorously fact-checked, accessible, and fully illustrated guide is essential for anyone with a pussy. If the clitoris and penis are the same size on average, why is the word "small" in the definition of clitoris but strangely missing from the definition of penis? Sex probably doesn't cause yeast infections? But racism probably does cause BV? Why is masturbating so awesome? How hairy are butt cracks . . . generally? Why is labiaplasty on a global astronomical rise? Does egg freezing really work? Should I stick an egg-shaped rock up there or nah? There is still a shocking lack of accurate, accessible information about pussies and many esteemed medical

sources seem to contradict each other. Pussypedia solves that with extensive reviews of peer-reviewed science that address old myths, confusing inconsistencies, and the influence of gender narratives on scientific research—always in simple, joyful language. Through over 30 chapters, Pussypedia not only gives the reader information, but teaches them how to read science, how to consider information in its context, and how to accept what we don't know rather than search for conclusions. It also weaves in personal anecdotes from the authors and their friends—sometimes funny, sometimes sad, often cringe-worthy, and always extremely personal—to do away with shame and encourage curiosity, exploration, and agency. A gift for your shy niece, your angst-y teenager, your confused boyfriend, or yourself. Our generation's Our Bodies, Ourselves, with a healthy dose of fun.

Kegel Exercise for Men - Rick LEE 2021-05-17

A SUPERLATIVE GUIDE ON HOW TO EFFECTIVELY TREAT ERECTILE DYSFUNCTION AND LAST LONGER IN BED WITH KEGEL EXERCISE In this amazing book, I will be teaching you how to engage in profitable kegel exercise for erectile dysfunction and premature ejaculation treatment, and how to gain vitality for a long lasting performance in bed. Kegel exercises are very unique as they help to sustain and boost the bowels and bladder functions thereby getting rid of bladder leakage. The health benefit of kegel exercise are very numerous hence I have put together step by step tips with clear pictures on how to perform these exercises for improved sexual performance. Click BUY NOW to grab your copy!

[Perineo. Fermiamo il massacro! Come prevenire e riabilitare le disfunzioni del pavimento pelvico](#) - Bernadette de Gasquet 2014

A Cat Called Alfie (Alfie series, Book 2) - Rachel Wells 2015-11-05

The follow-up to the smash-hit Sunday Times bestseller, Alfie the Doorstep Cat. Alfie's back - and more adventurous than ever!

[Blood Type](#) - K.A. Linde 2018-04-24

A startling new vision of paranormal romance: When a human ventures into the world of vampires—a decadent milieu of blood-bonds and

betrayal—she discovers that not all is what it seems. For Reyna Carpenter, giving up her body isn't a choice. It's survival. In a civilization laid waste by poverty and desperation, Reyna accepts a high-paying position with the wealthy and hungry vampire elite. Her new job is as the live-in blood escort for the intimidating, demanding, and devilishly handsome Beckham Anderson. He's everything she expected from a vampire, except for one thing—he won't feed off her. Reyna soon discovers that behind Beckham's brooding, wicked façade lies a unique and complex man. And that, in a dark and divided world, she is more valuable than she ever would have believed. For with each passing night, Reyna can't shake the sensation that it's Beckham who's afraid of her. Note: Reyna and Beckham's story continues in Blood Match. This ebook includes an excerpt from another Loveswept title.

Physical Activity and Mental Health: A Practice-Oriented Approach - Michel Probst 2014

Body Drama - Nancy Amanda Redd 2007-12-27

"You'd think a Miss America swimsuit winner would feel completely confident about her body, right? Not always! So I decided to write the book I wish I'd had as a teen and in college—an honest, funny, practical, medically accurate, totally reassuring guide to how women's bodies actually look, smell, feel, behave, and change. Alongside real-deal photographs of women just like you and me (no airbrushing, no supermodels, no kidding) you'll find medical pictures of things you need to be able to recognize, true confessions by yours truly, and the encouragement you need to appreciate the uniqueness, strength, and beauty of your body. What are you waiting for?"—Nancy Redd From fashion magazines to taboo Web sites, curious young women have access to tons of old wives' tales about and thousands of airbrushed and inaccurate images of the female body—misinformation and harmful portrayals that can lead to low self-esteem, self-destructive acts, or even disturbing plastic surgery procedures. Teaming up with a leading physician specializing in adolescent health issues, Harvard graduate and former Miss Virginia Nancy Redd now offers a down-to-earth, healing,

and reassuring response to those damaging myths. In *Body Drama*, Redd gives girls insight into the issues they're often too ashamed to raise with a doctor or parent. She also reveals her own experiences with the culture of "American beauty," and shows readers all the many versions of "normal." From body hair and bras, to acne and weight issues, along with crucial issues such as the importance of a healthy self image, *Body Drama* is a groundbreaking book packed with informative fast facts, FYIs, how-tos, and moving personal anecdotes as well as hundreds of un-retouched photographs. A highly visual book, it's the first of its kind for women: filled with real information and real photographs of real bodies, to celebrate all our different shapes and sizes. Named by *Glamour* magazine as one of America's top-ten college women "most likely to succeed—at anything," Redd has spent the most recent years of her life on a mission to tackle the issues least discussed but most significant in young women's lives. Celebrating the many versions of "normal," and replacing seriously erroneous information with the honest, medically proven truth in a language all girls can understand, *Body Drama* dares to empower a new generation—with facts instead of fantasies, and the priceless gift of self-knowledge.

The Dressmaker of Dachau - Mary Chamberlain 2016

London, spring 1939. 18-year-old Ada Vaughan, a beautiful and ambitious seamstress, has just started work for a modiste in Dover Street. A career in couture is hers for the taking - she has the skill and the drive - if only she can break free from the dreariness of family life in Lambeth. A chance meeting with the enigmatic Stanislaus von Lieben catapults Ada into a world of glamour and romance. When he suggests a trip to Paris, Ada is blind to all the warnings of war on the continent: this is her chance for a new start. Anticipation turns to despair when war is declared and the two are trapped in France. When the Nazis invade, Stanislaus abandons her and she is taken prisoner, sent to Germany as slave labour and forced to survive on her wits alone.

Pelvic Pain The Ultimate Cock Block - Susie Gronski 2020-09-04

Men with pelvic pain, suffer no more. In *Pelvic Pain The Ultimate Cock Block*, Dr. Susie Gronski blends cutting edge research with practical

advice that you can put into practice right away wherever you are on your journey through pelvic pain. In addition to the biological underpinnings of pain, this edition is more psychologically informed for a well-rounded picture of health that empowers you toward self-guided healing. In this updated version, you'll find more on: why some common assumptions about pain are completely false how the nerves, the gut and the immune system come into play why reframing your pain perspective is key to feeling better how simple mindful practices and breathing can modulate pain how to use movement and non-painful touch to turn down pain sensitivity Perhaps your current experience sounds something like this... You woke up one morning expecting a hard on, but instead all you felt was dick pain. You were sure it would go away eventually. Now you're not so sure. You've seen specialist after specialist, done every test known to man, scoured Google MD searching for the 'cure', spent a don't-dare-look amount of cash on medications, supplements and diets. But here you are years later, still dealing with it. With well over a decade in physical therapy specializing in men's sexual and pelvic health, Dr. Susie Gronski has written the essential guide to chronic pelvic pain, incorporating the latest in pain research, so that you can address your experience of pelvic pain without the fear, confusion and hopelessness you may have come to know. Don't wait for the pain to go away to start doing the things you love. Embrace where you are and get back to doing all those things you may have given up for fear it will hurt. There is hope for your pain to change. This book will show you how.

Aortic Dissection. Patients True Stories and the Innovations that Saved Their Lives - Germano Melissano 2016

Human Anatomy - G. Anastasi 2018

NeuroMuscular Taping: From Theory to Practice - David Blow 2012-04

This book is a useful tool for those learning the NeuroMuscular Taping technique, providing clear answers to the most frequently asked questions. When is NeuroMuscular Taping applied? How is it applied?

What clinical advantages does it offer? The richly illustrated theoretical section explains the mechanism of action of NeuroMuscular Taping and the concepts of human anatomy and physiology on which it is based. The practical section contains over 100 information sheets with more than 800 images that explain both the compressive and decompressive application techniques in detail. Particular attention is paid to applications for muscles and for major pathologies. Each application is carefully explained and illustrated, step-by-step, including: * Anatomical notes * Muscle tests * Clinical applications * Combined applications

Chronic Pelvic Pain and Dysfunction - E-Book - Leon Chaitow
2012-03-19

Edited by Leon Chaitow and Ruth Lovegrove, this clearly written and fully illustrated multi-contributor volume offers practical, comprehensive coverage of the subject area accompanied by a range of video clips. Covering all aspects of current diagnosis and management, this new book is suitable for physiotherapists, osteopathic physicians and osteopaths, medical pain specialists, urologists, urogynaecologists, chiropractors, manual therapists, acupuncturists, massage therapists and naturopaths worldwide. Offers practical, validated, and clinically relevant information to all practitioners and therapists working in the field Edited by two acknowledged experts in the field of pelvic pain to complement each other's approach and understanding of the disorders involved Carefully prepared by a global team of clinically active and research oriented contributors to provide helpful and clinically relevant information Abundant use of pull-out boxes, line artwork, photographs and tables facilitates ease of understanding Contains an abundance of clinical cases to ensure full understanding of the topics explored Focuses on the need for an integrated approach to patient care Includes an appendix based on recent European Guidelines regarding the nature of the condition(s) and of the multiple aetiological and therapeutic models associated with them Includes a bonus website presenting film clips of the manual therapy, biofeedback and rehabilitation techniques involved <http://booksite.elsevier.com/9780702035326/>

Evidence-Based Physical Therapy for the Pelvic Floor - Kari Bo

2014-11-04

Bridging the gap between evidence-based research and clinical practice, *Physical Therapy for the Pelvic Floor* has become an invaluable resource to practitioners treating patients with disorders of the pelvic floor. The second edition is now presented in a full colour, hardback format, encompassing the wealth of new research in this area which has emerged in recent years. Kari Bø and her team focus on the evidence, from basic studies (theories or rationales for treatment) and RCTs (appraisal of effectiveness) to the implications of these for clinical practice, while also covering pelvic floor dysfunction in specific groups, including men, children, elite athletes, the elderly, pregnant women and those with neurological diseases. Crucially, recommendations on how to start, continue and progress treatment are also given with detailed treatment strategies around pelvic floor muscle training, biofeedback and electrical stimulation. aligns scientific research with clinical practice detailed treatment strategies innovative practice guidelines supported by a sound evidence base colour illustrations of pelvic floor anatomy and related neuroanatomy/ neurophysiology MRIs and ultrasounds showing normal and dysfunctional pelvic floor

Wild Berries - Yevgeny Aleksandrovich Yevtushenko 1984

Protocollo Contagio, Come E Perché Avrebbero Potuto Proteggerci Dalla Pandemia E Non L'hanno Fatto - Franco Fracassi 2020-06-22

Il Covid-19 non è stato un tsunami imprevedibile. Chi doveva sapere del suo arrivo sapeva, con mesi, anni di anticipo. E, nonostante tutto, non ha fatto nulla. Il Covid-19 rappresenta la più cocente e miope sconfitta della politica nel Ventunesimo secolo. A livello globale, a livello continentale, a livello nazionale e a livello regionale. Se vogliamo che non succeda più bisogna rendersi conto che quel che è accaduto è colpa nostra, colpa dei nostri stili di vita e colpa delle multinazionali che li governano. "Protocollo contagio" è anche il primo libro di inchiesta le cui fonti sono verificate e certificate dal WREP.EU (Registro europeo dei web reporter). Tutte le fonti sono disponibili sul sito www.indygraf.com e sono state certificate legalmente con tecnologia blockchain.

Red Moon - M.a. Grant 2013-08-01

Dark, moving and original, a story of family, survival, and getting on with life... Flynn Sinclair understands pack loyalty - for years as his Alpha father's enforcer, he has done things in the name of duty that he can't ever forget. But the vast expanse of Alaska offers him a peace he's never known. Alone, removed from pack life, he can focus on his research and try to forget his life before. But duty has a way of inviting itself in, and Flynn finds himself doing two reckless things in one week: leaving the safety of Alaska to save his brother Connor's life, and unwittingly falling in love with Evie Thompson, a woman who doesn't deserve to be drawn into his terrifying world. Connor carries news of their father's descent into madness, and it looks like neither geography nor Flynn's attempts at disengagement will put off a confrontation. Flynn had finally begun to believe that he might deserve something good in his life - something like Evie - but to move forward in the light, he must first reconcile with the dark.

[A Headache in the Pelvis](#) - David Wise, Ph.D. 2018-05-22

Based on the gold-standard nondrug, nonsurgical Wise-Anderson Protocol for treating chronic pelvic pain, *A Headache in the Pelvis* is the definitive resource for anyone suffering from pelvic pain. Pelvic pain afflicts millions of men and women and goes by many names, including pelvic floor dysfunction and prostatitis. David Wise, Ph.D., searched for relief for his pelvic pain for more than 20 years. After researching medical journals and performing outside-the-box self-experimentation, he found a way to resolve his symptoms. He then joined forces with Stanford urologist Dr. Rodney Anderson in the mid-1990s, and together they treated patients and did research on what is now called the Wise-Anderson Protocol. Often incorrectly diagnosed, debilitating, and disruptive, pelvic pain is correlated with psychological distress. Using a holistic treatment integrating physical therapy and meditative relaxation, this book guides you through understanding your pain, why conventional treatments haven't worked, and describes the details of the physical and behavioral protocol that can help to heal the painful pelvic floor. At last, this life-changing protocol offers hope and help to lead a pain-free life.

My Not So Perfect Life - Sophie Kinsella 2017-02-07

NEW YORK TIMES BESTSELLER • Part love story, part workplace drama, this sharply observed novel is a witty critique of the false judgments we make in a social-media-obsessed world. "Sophie Kinsella keeps her finger on the cultural pulse, while leaving me giddy with laughter. I loved it."—Jojo Moyes Everywhere Katie Brenner looks, someone else is living the life she longs for, particularly her boss, Demeter Farlowe. Demeter is brilliant and creative, lives with her perfect family in a posh townhouse, and wears the coolest clothes. Katie's life, meanwhile, is a daily struggle—from her dismal rental to her oddball flatmates to the tense office politics she's trying to negotiate. No wonder Katie takes refuge in not-quite-true Instagram posts, especially as she's desperate to make her dad proud. Then, just as she's finding her feet—not to mention a possible new romance—the worst happens. Demeter fires Katie. Shattered but determined to stay positive, Katie retreats to her family's farm in Somerset to help them set up a vacation business. London has never seemed so far away—until Demeter unexpectedly turns up as a guest. Secrets are spilled and relationships rejiggered, and as the stakes for Katie's future get higher, she must question her own assumptions about what makes for a truly meaningful life. Sophie Kinsella is celebrated for her vibrant, relatable characters and her great storytelling gifts. Now she returns with all of the wit, warmth, and wisdom that are the hallmarks of her bestsellers to spin this fresh, modern story about presenting the perfect life when the reality is far from the truth.

The Wrong Daughter - Kathryn Rishoff 2015-11-04

THE WRONG DAUGHTER is the story of two sisters who have two different fathers. Their mother Shelley, is determined to see her younger daughter Britney become a television star. It is a twist of fate when the older daughter, Troy becomes famous. Troy is a sweet darling girl who looks exactly like the father who left her mother when Troy was just two months old. Shelley's obsessive love, and hate for him fuels her anger towards Troy. In a story that is set in the glamorous world of modeling and film, a mother's rage makes her do the unthinkable. THE WRONG

DAUGHTER is a sad twisted tale of two children caught in their mother's obsessions, with an ending that is nothing short of shocking.

Shadows of a Childhood - Elisabeth Gille 2008-04-01

Gille was just five when her mother, Russian writer Irene Nemirovsky, was deported to Auschwitz, and the two never heard from each other again. This work is a fictionalized account of their wrenching separation and a piercing look at what it means to survive mass genocide.

The Vagina Book - Thinx 2020-08-18

The Vagina Book is an essential guide packed with invaluable information about sexual health that everybody should know, but might be too afraid to ask. With sections on anatomy, periods, hormones, sex, contraception, fertility, hair care, and so much more, this fun-to-read guide helps readers make healthy decisions for their bodies. Compelling personal essays from a diverse group of luminary figures—including Margaret Cho, Roxane Gay, and Blair Imani—are sprinkled throughout, enriching the pages with beauty, strength, and honesty. • From OB/GYN Dr. Jennifer Conti and the team behind the beloved Thinx period

products • Dispenses with taboos and misinformation about vaginas and bodies • Provides the latest health research in easy-to-digest entries Advice includes yoga poses to help with PMS and cramping, a cheat sheet for making sense of contraception options, why you should care about your pelvic floor (plus easy strengthening exercises!), and the illustrated history of feminine hygiene products, from ancient Egypt through today. This groundbreaking guide is a perfect gift for every modern woman and a vital addition to every modern bookshelf. • A must-have handbook for anyone with a vagina • Presented in a luxe, cushioned case filled with more than a hundred vibrant illustrations • Perfect unique gift for anyone who is passionate about sexual health, feminism, and learning more about their body, as well as readers of Refinery29 and GOOP • Add it to the shelf with books like Come as You Are: The Surprising New Science that Will Transform Your Sex Life by Emily Nagoski PhD; WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source by Alisa Vitti; and Pussy: A Reclamation by Regena Thomashaue.