
Period Power A Manifesto For The Menstrual Moveme

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GRETCHEN DANIELLE

Wild Power Simon and Schuster

A comprehensive collection of feminist manifestos, chronicling rage and dreams from the nineteenth century to the present day A landmark collection spanning two centuries and four waves of feminist activism and writing, *Burn It Down!* is a testament to what is possible when women are driven to the edge. The manifesto—raging, demanding, quarreling and provocative—has always been central to feminism, and it’s the angry, brash feminism we need now. Collecting over seventy-five manifestos from around the world, *Burn It Down!* is a rallying cry and a call to action. Among this confrontational sisterhood, you’ll find the Dyke Manifesto by the Lesbian Avengers, The Ax Tampax Poem Feministo by the Bloodsisters Project, The Manifesto of Apocalyptic Witchcraft by Peter Grey, Simone de Beauvoir’s pro-abortion Manifesto of the 343, Double Jeopardy: To Be Black and Female by Frances M. Beal, and many more. Feminist academic and writer Breanne Fahs argues that we need manifestos in all their urgent rawness, for it is at the bleeding edge of rage and defiance that new ideas are born.

We: A Manifesto for Women Everywhere Hay House, Inc

History.

Africa Must Be Modern Simon & Schuster Books for Young Readers

“If you are curious and open to the life around you, if you are troubled as to why, how and by whom political power is held and used, if you sense there must be good intellectual reasons for your unease, if your curiosity and openness drive you toward wishing to act with others, to ‘do something,’ you already have much in common with the writers of the three essays in this book.” — Adrienne Rich With a preface by Adrienne Rich, Manifesto presents the radical vision of four famous young rebels: Marx and Engels’ Communist Manifesto, Rosa Luxemburg’s Reform or Revolution and Che Guevara’s Socialism and Humanity.

Women & Power Ballantine Books

"Chris Bobel is a careful ethnographer, respectful of research participants, and while she clearly takes a stand on menstrual activism, she handily defends her proposition that feminism is `finding its balance between reliving its past and creating its future.' Bobel's work, which includes incisive analysis of how third-wave, activists incorporate and update tactics and strategies of the second wave, will be a welcome addition to the scholarship of feminism." Elizabeth Kissling, author of Capitalizing on the Curse: The Business of Menstruation --

We Can Do Better Than This Knopf

'I wish this book had been written before I stopped having them. I might have enjoyed them more! It's brilliant, informative and funny. Period.'

Jennifer Saunders 'I want to hear what Emma Barnett says about everything, and this terrific and timely book proves to be no exception.' Elizabeth Day

The Fourth Industrial Revolution Ocean Press

'One of the most important books I've read in years' Brian Eno We are losing the commons. Austerity and neoliberal policies have depleted our shared wealth; our national utilities have been sold off to foreign conglomerates, social housing is almost non-existent, our parks are cordoned off for private events and our national art galleries are sponsored by banks and oil companies. This plunder deprives us all of our common rights, recognized as far back as the Magna Carta and the Charter of the Forest of 1217, to share fairly and equitably in our public wealth. Guy Standing leads us through a new appraisal of the commons, stemming from the medieval concept of common land reserved in ancient law from marauding barons, to his modern reappraisal of the resources we all hold in common - a brilliant new synthesis that crystallises quite how much public wealth has been redirected to the 1% in recent decades through the state-approved exploitation of everything from our land to our state housing, health and benefit systems, to our justice system, schools, newspapers and even the air we breathe. Plunder of the Commons proposes a charter for a new form of commoning, of remembering, guarding and sharing that which belongs to us all, to slash inequality and soothe our current political instability.

Mein Kampf HQ

An urgent manifesto and a dramatic memoir of awakening, this is the story of revolutionary love. Finalist for the Dayton Literary Peace Prize • “In a world stricken with fear and turmoil, Valarie Kaur shows us how to summon our deepest wisdom.”—Elizabeth Gilbert, author of *Eat Pray Love* How do we love in a time of rage? How do we fix a broken world while not breaking ourselves? Valarie Kaur—renowned Sikh activist, filmmaker, and civil rights lawyer—describes revolutionary love as the call of our time, a radical, joyful practice that extends in three directions: to others, to our opponents, and to ourselves. It enjoins us to see no stranger but instead look at others and say: You are part of me I do not yet know. Starting from that place of wonder, the world begins to change: It is a practice that can transform a relationship, a community, a culture, even a nation. Kaur takes readers through her own riveting journey—as a brown girl growing up in California farmland finding her place in the world; as a young adult galvanized by the murders of Sikhs after 9/11; as a law student fighting injustices in American prisons and on Guantánamo Bay; as an activist working

with communities recovering from xenophobic attacks; and as a woman trying to heal from her own experiences with police violence and sexual assault. Drawing from the wisdom of sages, scientists, and activists, Kaur reclaims love as an active, public, and revolutionary force that creates new possibilities for ourselves, our communities, and our world. See *No Stranger* helps us imagine new ways of being with each other—and with ourselves—so that together we can begin to build the world we want to see.

See No Stranger Hay House, Inc

#1 NEW YORK TIMES BEST SELLER • In this urgent, authoritative book, Bill Gates sets out a wide-ranging, practical—and accessible—plan for how the world can get to zero greenhouse gas emissions in time to avoid a climate catastrophe. Bill Gates has spent a decade investigating the causes and effects of climate change. With the help of experts in the fields of physics, chemistry, biology, engineering, political science, and finance, he has focused on what must be done in order to stop the planet's slide to certain environmental disaster. In this book, he not only explains why we need to work toward net-zero emissions of greenhouse gases, but also details what we need to do to achieve this profoundly important goal. He gives us a clear-eyed description of the challenges we face. Drawing on his understanding of innovation and what it takes to get new ideas into the market, he describes the areas in which technology is already helping to reduce emissions, where and how the current technology can be made to function more effectively, where breakthrough technologies are needed, and who is working on these essential innovations. Finally, he lays out a concrete, practical plan for achieving the goal of zero emissions—suggesting not only policies that governments should adopt, but what we as individuals can do to keep our government, our employers, and ourselves accountable in this crucial enterprise. As Bill Gates makes clear, achieving zero emissions will not be simple or easy to do, but if we follow the plan he sets out here, it is a goal firmly within our reach.

Fierce Love Currency

'Hill's advice is straightforward and no-nonsense' - The Guardian 'A life-transforming book... fascinating - Daily Mail 'Maisie Hill has written a bloody brilliant book (pun intended). Everything you need to know about periods and how they affect you and your life is here. It's revolutionary' - Miranda Sawyer 'Thank GOODNESS for Maisie Hill! Flipping open the lid on a vital conversation. It's about time we claimed the power of our periods!' - Gemma Cairney, broadcaster & co-founder of Boom Shakalaka Productions 'This is such an important book. Maisie's insights and cycle strategy have changed my life and my cycle. Period Power is written with such intelligence, humour and a deep understanding of women's health. If you have a period you need to read this book.' - Anna Jones, author of *The Modern Cook's Year* A profound and practical blueprint for aligning daily life with your menstrual cycle. Period Power is the handbook to periods and hormones that will leave you wondering why the hell nobody told you this sooner. The hormones of the menstrual cycle profoundly influence our energy, mood and behaviour, but all too often we're taught that our hormones make us unreliable, moody bitches, or that it's our lot in life to put up with 'women's problems'. Maisie Hill, a women's health practitioner, knows the power of working with the menstrual cycle and refuses to accept this theory. Instead, Maisie believes that our hormones are there to serve us and, if utilized correctly, can be used to help you get what you want out of life. Yes, we are hormonal, and that's a very good thing. This revolutionary book reveals everything you need to know about taking control of your menstrual cycle and outlines The Cycle Strategy to help us perform at our best, throughout our cycle. In *Period Power* you will discover how to: - maximise your natural superpowers each month while making adjustments for the darker days, and use Maisie's favourite tips to improve them - identify your personal patterns, powers and pitfalls for each phase of the menstrual cycle - plan your month to perform at your best in all aspects of your life - figure out if you have a hormonal imbalance and what to do about it. *Period Power* is a no-nonsense guide with all the tools you need to improve your menstrual health.

Period Power Simon and Schuster

From the co-founder of THINX and hellotushy.com, start-ups collectively valued at more than \$150 million, comes DISRUPT-HER, a rallying cry for women to radically question the status quo. Miki Agrawal has faced patriarchal pushback, fought girl-on-girl hate, ridden the roller coaster of building businesses as a female CEO, and even overcome an attempt to burn her for witchcraft (figuratively). In order to navigate the complicated--at times maddening--struggles of contemporary femininity, we need an unabashed manifesto for the modern woman that inspires us to move past outrage and take positive steps on the personal, professional, and societal levels. This manifesto galvanizes us to action in 13 major areas of our lives with as much fire power as possible. These are the credos we live by, the advice we give to friends, the tenets we instill in our companies and peers on a daily basis. Stories of badass female movers and shakers are shared in this book too to give you an extra jolt of "I've got this." It's a whole body F*CK YES to your work, your love, your relationships, and your mission--while doing it all authentically, unapologetically, and with full integrity.

The History Manifesto Bloomsbury Publishing

NATIONAL BESTSELLER • The award-winning author of *We Should All Be Feminists* and *Americanah* gives us this powerful statement about feminism today—written as a letter to a friend. A few years ago, Chimamanda Ngozi Adichie received a letter from a childhood friend, a new mother who wanted to know how to raise her baby girl to be a feminist. Dear Ijeawele is Adichie’s letter of response: fifteen invaluable suggestions—direct, wryly funny, and perceptive—for how to empower a daughter to become a strong, independent woman. Filled with compassionate guidance and advice, it gets right to the heart of sexual politics in the twenty-first century, and starts a new and urgently needed conversation about what it really means to

be a woman today. A Skimm Reads Pick ● An NPR Best Book of the Year

The New Economics Knopf

An updated edition of the Sunday Times Bestseller Britain's best-known classicist Mary Beard, is also a committed and vocal feminist. With wry wit, she revisits the gender agenda and shows how history has treated powerful women. Her examples range from the classical world to the modern day, from Medusa and Athena to Theresa May and Hillary Clinton. Beard explores the cultural underpinnings of misogyny, considering the public voice of women, our cultural assumptions about women's relationship with power, and how powerful women resist being packaged into a male template. A year on since the advent of #metoo, Beard looks at how the discussions have moved on during this time, and how that intersects with issues of rape and consent, and the stories men tell themselves to support their actions. In trademark Beardian style, using examples ancient and modern, Beard argues, 'it's time for change - and now!' From the author of international bestseller SPQR: A History of Ancient Rome.

She Wants It HarperCollins

Unprecedented insight into the feminine body and on using its natural rhythms to heal, find balance and reconnect to our emotions. Your power lies in the rhythm of your menstrual cycle. Connect with your body on a deeper level to find healing, balance and wholeness. The menstrual cycle is a vital and vitalizing system in the female body, yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle, and many do not see it as an integral part of their health and wellbeing, let alone as a potential guide to emotional and spiritual empowerment. *Wild Power* tells a radical new story about feminine power. It reveals: · Your inner architecture and the path to power that is encoded in your body · How to tune in to the rhythm and changes of your menstrual cycle to realize the fullness and beauty of your authority · Three 'maps' to guide you through the energies, tasks and challenges presented as you journey through each cycle · How to work with your Inner Seasons to pace your energy, calm your nervous system and gain insight into your overall wellbeing · How to work with your cycle to channel spiritual forces, affirm your expression in the world and achieve a deep sense of belonging Written with humour, tenderness and practicality, and packed with women's stories and quotes throughout, *Wild Power* will restore women to wholeness and reinstate the full majesty and grace of the Feminine.

Period Cambridge University Press

Explores how women can use psychological and spiritual tools to create a more fulfilling way of life and to attain happiness and freedom from the have-it-all superwoman culture.

Period Power Anchor

The first book to explore menstruation in the current cultural and political landscape and to investigate the new wave of period activism taking the world by storm. After centuries of being shrouded in taboo and superstition, periods have gone mainstream. Seemingly overnight, a new, high-profile movement has emerged—one dedicated to bold activism, creative product innovation, and smart policy advocacy—to address the centrality of menstruation in relation to core issues of gender equality and equity. In *Periods Gone Public*, Jennifer Weiss-Wolf—the woman Bustle dubbed one of the nation's "badass menstrual activists"—explores why periods have become a prominent political cause. From eliminating the tampon tax, to enacting new laws ensuring access to affordable, safe products, menstruation is no longer something to whisper about. Weiss-Wolf shares her firsthand account in the fight for "period equity" and introduces readers to the leaders, pioneers, and everyday people who are making change happen. From societal attitudes of periods throughout history—in the United States and around the world—to grassroots activism and product innovation, Weiss-Wolf challenges readers to face stigma head-on and elevate an agenda that recognizes both the power—and the absolute normalcy—of menstruation.

A Vindication of the Rights of Woman Feiwel and Friends

NEW YORK TIMES BESTSELLER • One million copies sold! "A deeply spiritual book [that] honors what is tough, smart and untamed in women."—The Washington Post Book World Book club pick for Emma Watson's Our Shared Shelf Within every woman there lives a powerful force, filled with good instincts, passionate creativity, and ageless knowing. She is the Wild Woman, who represents the instinctual nature of women. But she is an endangered species. For though the gifts of wildish nature belong to us at birth, society's attempt to "civilize" us into rigid roles has muffled the deep, life-giving messages of our own souls. In *Women Who Run with the Wolves*, Dr. Clarissa Pinkola Estés unfolds rich intercultural myths, fairy tales, folk tales, and stories, many from her own traditions, in order to help women reconnect with the fierce, healthy, visionary attributes of this instinctual nature. Through the stories and commentaries in this remarkable book, we retrieve, examine, love, and understand the Wild Woman, and hold her

against our deep psyches as one who is both magic and medicine. Dr. Estés has created a new lexicon for describing the female psyche. Fertile and life-giving, it is a psychology of women in the truest sense, a knowing of the soul.

Women Who Run with the Wolves Univ of California Press

World-renowned economist Klaus Schwab, Founder and Executive Chairman of the World Economic Forum, explains that we have an opportunity to shape the fourth industrial revolution, which will fundamentally alter how we live and work. Schwab argues that this revolution is different in scale, scope and complexity from any that have come before. Characterized by a range of new technologies that are fusing the physical, digital and biological worlds, the developments are affecting all disciplines, economies, industries and governments, and even challenging ideas about what it means to be human. Artificial intelligence is already all around us, from supercomputers, drones and virtual assistants to 3D printing, DNA sequencing, smart thermostats, wearable sensors and microchips smaller than a grain of sand. But this is just the beginning: nanomaterials 200 times stronger than steel and a million times thinner than a strand of hair and the first transplant of a 3D printed liver are already in development. Imagine "smart factories" in which global systems of manufacturing are coordinated virtually, or implantable mobile phones made of biosynthetic materials. The fourth industrial revolution, says Schwab, is more significant, and its ramifications more profound, than in any prior period of human history. He outlines the key technologies driving this revolution and discusses the major impacts expected on government, business, civil society and individuals. Schwab also offers bold ideas on how to harness these changes and shape a better future—one in which technology empowers people rather than replaces them; progress serves society rather than disrupts it; and in which innovators respect moral and ethical boundaries rather than cross them. We all have the opportunity to contribute to developing new frameworks that advance progress.

It's Only Blood Bloomsbury Publishing

PERIOD founder and Harvard College student Nadya Okamoto offers a manifesto on menstruation and why we can no longer silence those who bleed—and how to engage in youth activism. Throughout history, periods have been hidden from the public. They're taboo. They're embarrassing. They're gross. And due to a crumbling or nonexistent national sex ed program, they are misunderstood. Because of these stigmas, a status quo has been established to exclude people who menstruate from the seat at the decision-making table, creating discriminations like the tampon tax, medicines that favor male biology, and more. *Period Power* aims to explain what menstruation is, shed light on the stigmas and resulting biases, and create a strategy to end the silence and prompt conversation about periods.

Manifesto Profile Books

In a forthright and uncompromising manner, Olúfémi Táíwò explores Africa's hostility toward modernity and how that hostility has impeded economic development and social and political transformation. What has to change for Africa to be able to respond to the challenges of modernity and globalization? Táíwò insists that Africa can renew itself only by fully engaging with democracy and capitalism and by mining its untapped intellectual resources. While many may not agree with Táíwò's positions, they will be unable to ignore what he says. This is a bold exhortation for Africa to come into the 21st century.

SCUM Manifesto Henry Holt and Company

INSTANT NEW YORK TIMES BESTSELLER A New York Times Editor's Choice | A Kirkus Best Nonfiction Book of the Year From journalist and New York Times bestselling author Charles Blow comes a powerful manifesto and call to action, "a must-read in the effort to dismantle deep-seated poisons of systemic racism and white supremacy" (San Francisco Chronicle). Race, as we have come to understand it, is a fiction; but, racism, as we have come to live it, is a fact. The point here is not to impose a new racial hierarchy, but to remove an existing one. After centuries of waiting for white majorities to overturn white supremacy, it seems to me that it has fallen to Black people to do it themselves. Acclaimed columnist and author Charles Blow never wanted to write a "race book." But as violence against Black people—both physical and psychological—seemed only to increase in recent years, culminating in the historic pandemic and protests of the summer of 2020, he felt compelled to write a new story for Black Americans. He envisioned a succinct, counterintuitive, and impassioned corrective to the myths that have for too long governed our thinking about race and geography in America. Drawing on both political observations and personal experience as a Black son of the South, Charles set out to offer a call to action by which Black people can finally achieve equality, on their own terms. So what will it take to make lasting change when small steps have so frequently failed? It's going to take an unprecedented shift in power. *The Devil You Know* is a groundbreaking manifesto, proposing nothing short of the most audacious power play by Black people in the history of this country. This book is a grand exhortation to generations of a people, offering a road map to true and lasting freedom.