

And Then My Uterus Fell Out A Memoir On Life With

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a brutally honest and at times pee your pants funny tale about one woman s journey through motherhood with a condition that affects approximately half of all females pelvic organ prolapse this moving memoir is one woman s inspirational story about the traumatic birth of her first child and subsequent diagnosis of the chronic condition pelvic organ prolapse wrapped within an engaging account of living with prolapse is an insightful glimpse into what it means to be a mother battling chronic pain embarrassing side effects and depression in a society that often idealizes motherhood as a time of bliss and joy and dismisses this embarrassing and often debilitating condition inspiration for her healing

comes from the most unlikely of places the heart wrenching struggles of women in the developing world a startlingly honest elegant and often humorous depiction of life with pelvic organ prolapse and then my uterus fell out calls out to all women around the world who suffer in silence with a life affirming message of dignity hope and sisterhood keywords pelvic organ prolapse running with prolapse uterine prolapse bladder prolapse incontinence childbirth birth trauma special needs parenting adoption reviews this is an honest and detailed account of living with a wearing relentless condition which pervades every aspect of the lives of millions of women it will be helpful for anyone who has prolapse or lives with someone who has prolapse or professionals who care for people with these conditions it is rare to get such insight into the impact pelvic organ prolapse has into a patient s life so this book will be valuable for many people well worth a read piper s book is utterly relatable to those of us with pop and an eye opener for those who find themselves wondering what all the fuss is about from the dismissal of doctors to the struggle of caring for your brand new baby when you have just been hit by an emotional and physical trick to how each and everyone chooses to deal with this one it arrives it is all within these pages i found myself wishing for some magical happy all fixed ending for her i read this book so that i would be able to better understand pelvic organ prolapse it wasn t until halfway through the book that i discovered that i suffer from prolapse myself and that health problems that i ve suffered with for years are as a result of it i now have a sense of hope about the future of those issues i didn t realize when i sat down to read this book that it would literally change the course of my life piper s highly personal story is heartbreaking and yet told with humour and threaded with hope i admire her determination and her willingness to share her experience in order to help others my hope is that many other women will read it and begin a dialogue about this hushed topic heart breaking honest and a worthy read for any woman a well written informative must read for all women and their partners about a life altering condition that up to now women have suffered in silence kudos to the author for sharing her story

invisible no more the secret lives of women over 50 shares the illuminating personal experiences of three women who have faced the challenges of aging authors renee joyce and jean tell their three very individual stories of a journey to age fifty and beyond with grace humor and humility sparing no details in revealing their ordinary yet outrageous lives believing that fifty is not merely an age marked by time or another milestone to cross renee joyce and jean will inspire you to reevaluate the direction your own life is taking teach you to be open to taking risks and gently encourage you to seek the infinite possibilities that lie ahead of you the three authors speak candidly about several topics including sexuality and the big five oh dating and mating physical surprises weighing in solitude vs loneliness faith and spirituality leaving normalcy behind as you too pass the threshold of fifty you may discover as these three women did that it is a moment in your life to celebrate a beginning rather than an ending for these three brave women life began at 50 years of age when they made a decision to be honest about themselves thankfully they have shared their stories with us betty friedan author of the feminine mystique

due to the overwhelming response of the authors first book invisible no more the secret lives of women over 50 saving the best for last incorporates several new chapters as well as an exciting interactive element throughout you the reader can not only read renee s jean s and joyce s enlightening and very real experiences of aging and reinvention you can also participate in powerful life changing individual and group exercises and processes that will forever change the way you see the years after 50 the three authors speak candidly about many topics including sexuality dating and mating money faith and spirituality our mothers loss friendship as you too pass the threshold of fifty you may discover as these women did that this is a moment in your life to celebrate a beginning rather than an ending this is a journey you will not want to miss saving the best for last is your roadmap and your guidebook

the middle ages covers a span of roughly one thousand years and through that time people were subject to an array of not only deadly diseases but deplorable living conditions it was a time when cures for sickness were often worse than the illness itself mixed with a population of people who lacked any real understanding of sanitation and cleanliness dive in to the history of medieval medicine and learn how the foundations of healing were built on the knowledge of ancient greek and roman philosophers understand how your social status would have affected medical care and how the domination of the catholic church was the basis of an abundant amount of fear regarding life and death we are given an intimate look into the devastating time of the black death along with other horrific ailments that would have easily claimed a life in the middle ages delve inside the minds of the physicians and barbersurgeons for a better understanding of how they approached healing as well as diving into the treacherous waters of medieval childbirth cummings looks into the birth of hospitals and the care for the insane we are also taken directly to the battlefield and given the gruesome details of medieval warfare and its repercussions examine the horrors of the torture chamber and execution as a means of justice medicine in the middle ages is a fascinating walk through time to give us a better understanding of such a perilous part of history

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