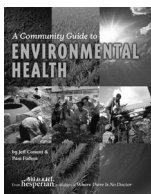


Other Books from Hesperian

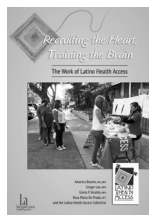
Hesperian resources are available in English, Spanish, and a variety of other languages. See the Language Hub on our website (hesperian.org) to find materials in your language.

Health Organizing and Training



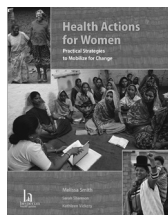
A Community Guide to Environmental Health provides tools, knowledge, and inspiration to help health promoters, activists, and community leaders take charge of their environmental health. This comprehensive

guide supports urban and rural communities and covers topics from toilets to toxics, watershed management to waste management, and agriculture to air pollution. Informative case studies, impactful activities, and how-to instructions empower people to address environmental health hazards where they live and work. 617 pages, paperback.



Recruiting the Heart, Training the Brain tells the story of how Latino Health Access developed its groundbreaking promoter model of peer-to-peer outreach and education in Santa Ana, California. Facing problems such as obesity and diabetes, exacerbated by

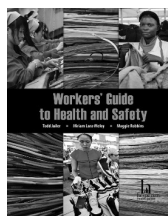
poverty and discrimination, their strategies, advice, and accomplishments inspire hope and change across an increasingly unhealthy country. 280 pages, paperback.



Health Actions for Women

addresses social factors that prevent women and girls from enjoying healthy lives. It contains a wealth of clearly explained and engagingly illustrated activities, stories, and strategies to help women and men facilitate

community discussions and action. User-tested by 41 groups in 23 countries, this resource offers proven strategies to help improve women's social status and health outcomes, even in challenging settings where organizing for women's health is difficult or dangerous. 330 pages, paperback.

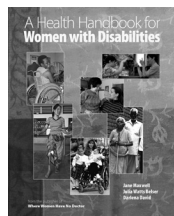


Workers' Guide to Health and Safety

makes occupational safety and health accessible to those most affected by physical, social, and economic hazards—the workers themselves.

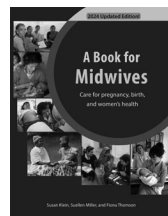
Actionable tools and strategies support workers, supervisors, safety committees, and labor relations courses to improve workplace experiences and overall well-being for workers. The insights and techniques are useful in any factory, and especially in the garment, shoe, and electronics industries. 576 pages, paperback.

Reproductive and Women's Health



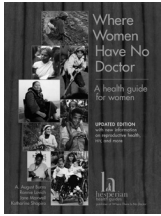
A Health Handbook for Women with Disabilities provides individuals and caregivers suggestions on caring for daily needs, healthy and safe sexual relationships, family planning, pregnancy and childbirth, and defense against violence, abuse,

and stigma. This groundbreaking guide helps women with disabilities overcome barriers to poor health and advocate for better care. 384 pages, paperback.



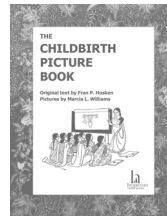
A Book for Midwives covers the essentials of care before, during, and after birth. A vital resource for practitioners, training programs, and anyone interested in safer birthing. Clearly written and illustrated, this book discusses preventing, managing,

and treating obstetric complications, covers HIV in pregnancy, birth, and breastfeeding, and has expanded information on reproductive health care. 527 pages, paperback.



Where Women Have No Doctor combines self-help medical information with an understanding of the ways poverty, discrimination, and cultural beliefs limit women's health and access to care.

Clearly written and with over 1000 drawings, this essential resource addresses health issues across the lifespan and considers issues specific to girls, older women, women with disabilities, and refugees. 583 pages, paperback.

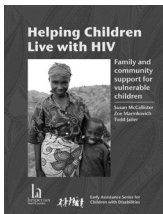


The Childbirth Picture Book

Book provides a simple and complete guide to the basics of conception, pregnancy, childbirth, and breastfeeding. This short resource contains detailed line drawings depicting every step of the reproductive

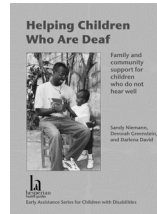
process. 68 pages, staple-bound booklet.

Early Assistance



Helping Children Live with HIV is an innovative community health guide designed to ensure children with HIV can grow to adulthood and live full lives. Richly illustrated, the practical advice in this book addresses both the physical and emotional health needs of children

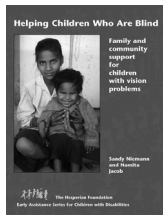
living with HIV, and helps parents, caregivers, and health workers provide them with the love and support they deserve. 315 pages, paperback.



Helping Children Who Are Deaf

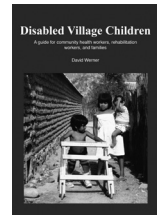
focuses on care for young children who do not hear well and explores ways that communities can work to support children with hearing difficulties. Chapters include information to aid parents and caregivers to assess hearing

loss, explore causes of deafness, and learn basic communication using both signed and spoken methods of communication. 250 pages, paperback.



Helping Children Who Are Blind is an important aid for parents and other caregivers helping children with vision problems, starting from birth and through age 5, to develop all their capabilities. Topics include assessing how well a child can see, preventing

blindness, moving around safely, teaching common activities, and more. 192 pages, paperback.



Disabled Village Children

is a comprehensive resource covering common disabilities of children. It suggests community-based rehabilitation activities and explains how to make a variety of low-cost aids with local resources in mind. Emphasis is placed on how to help

disabled children find a role and be accepted in the community. 654 pages, paperback.