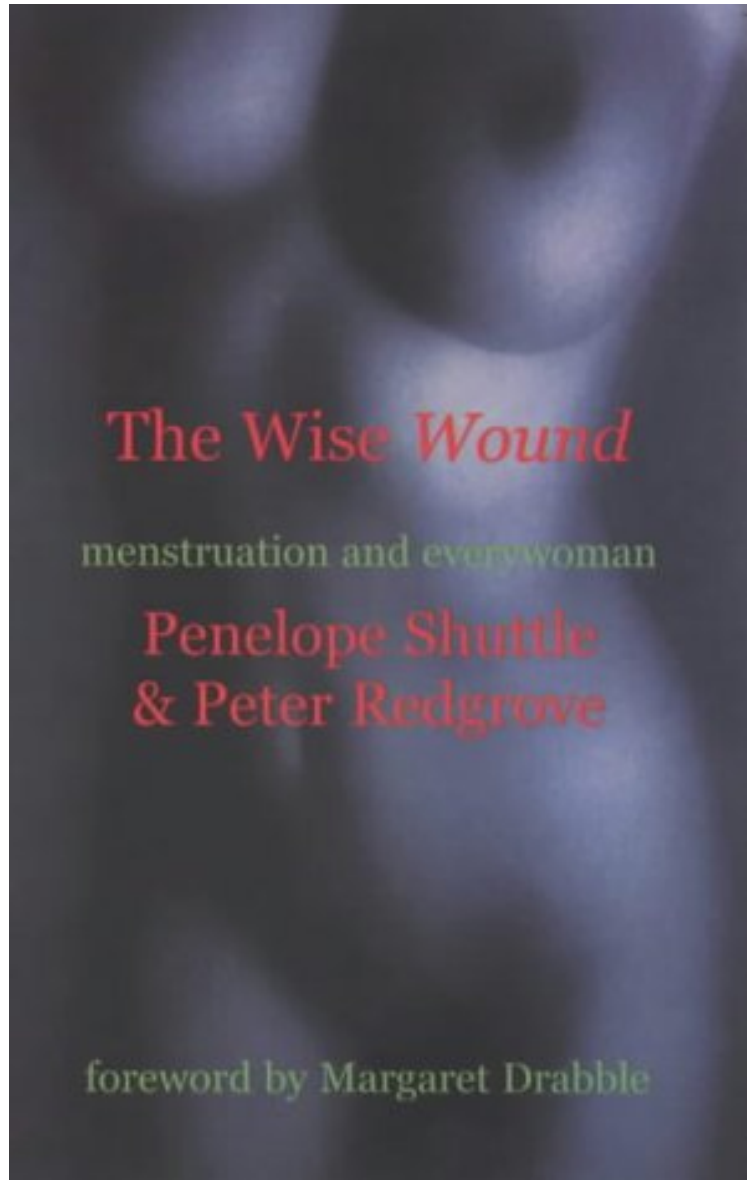


[Free read ebook] The Wise Wound: Menstruation and Everywoman

The Wise Wound: Menstruation and Everywoman

Penelope Shuttle, Peter Redgrove

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Penelope Shuttle, Peter Redgrove : The Wise Wound: Menstruation and Everywoman before purchasing it in order to gage whether or not it would be worth my time, and all praised The Wise Wound: Menstruation and Everywoman:

2 of 2 people found the following review helpful. Brain FoodBy M HustonThis book is the female body and mentality like you've never seen or thought about it before. It gets a little heavy on the psychological academia at times, but it's

an easy read that really engages the brain and will likely challenge your personal attitudes and mind sets about women's physiology and psychology (and how those two things mingle, constantly) as well as society's impact on the female gender at large. You will not be disappointed. 7 of 8 people found the following review helpful. A Life Changing Story By Fierce Fond Reader I found the first edition of THE WISE WOUND in Laney Community (Oakland CA) College's reference library back in the '70s. It was an astonishingly accessible scientific explanation of how our periods work... why! As a teenager holidaying on a Herefordshire farm during my English childhood, I asked Farmer Jones why he put the ram to the ewes when they were bleeding. The poor chap went brick red silent. I went away mystified. Some years later when I was on the hunt in Earls Court for a contraception contraption I could put in take out, I was told by the chap behind the counter, who was showing me a pink little French "chapeau," that my periods were the one time I was least likely to conceive but that men their religions had many taboos about women's blood. He c/wouldn't explain why. This was in the Dark Ages when you had to ask your doc for a birth control Rx B4 The Pill. All I knew was there were times of the month my body was randy other times when she just wanted to be left alone so my mind could think ever so Big Thoughts about life, that thing called LOVE its highly addictive exchanges of body fluids, the amazing grandeur of pregnancy, the incarceration of motherhood the bliss of being celibate. By the time I got to Berkeley, I'd already had my two children my tubes tied, still didn't know the first thing about how menstruation happened why we had periods not estruses like all other mammals, so one year at a college I could afford, I decided to find out, B4 PCs! First I had to explore horizontal mammals' reproductive cycles then, bearing in mind that we are the only mammal to live in an upright position, THE WISE WOUND, along with the library's extensive new anatomical medical reference section plus Gravity, became my sources. The authors' names, Shuttle Redgrove, was my first Cosmic Clue that they know of what they wrote. 14 of 16 people found the following review helpful. A must read By Cdixon This book is one of the books I recommend to anyone trying to understand more about modern culture and menstruation. Shuttle and Redgrove do a very decent job exploring myth, biology, and psychology to present the menstrual process as a holistic experience. The book is a hefty read which can at times be tough to follow, but for a beginning look at sociology and menstruation it really can't be beat. There are reasons I didn't rate this book as 5 stars. The authors fall back on Jungian psychology for almost all of their assumptions. I find Jungian methods to be inherently flawed in their assumptions, that the active portions of the psyche are inherently male, and the passive portions are inherently female. The authors also rely on free association with myth and popular culture to tie the book together, diminishing the book's usefulness as a basis for a scholarly discussion on the culture towards menstruation. In other words, a good place to start looking, but if you're serious about researching the phenomenon, keep reading other books after this one.

Answers many of the questions that one had never thought or dared to ask. From the Foreword by Margaret Drabble This best-selling classic is now back in print after ten years. A groundbreaking study of the facts, fantasies and taboos surrounding menstruation, *The Wise Wound* has helped bring about a profound shift in women's attitudes towards a natural phenomenon that has been despised and denigrated for centuries. *The Wise Wound* explores the historical and cultural legacy of this repression, from its effects on the way medicine treats women to the displaced appearance of menstrual imagery at all levels of our culture. Thoroughly researched yet highly readable, combining psychology, anthropology and poetry, their theories are illustrated using examples ranging from *The Bible* to the cult film *The Exorcist*. *The Wise Wound* also offers practical advice for women on how to get in touch with the hidden energies of their own moon cycle. First published in 1978, *The Wise Wound* has gone through numerous editions, with 100,000 copies printed. This is an important literary event. Other books on menstruation have followed, but this was the first and still has the broadest appeal. "The first accessible book about menstruation as a human reality ... entirely praiseworthy." *The Sunday Times* "It could bring about a major change in our understanding of the sexes." *Psychology Today* Penelope Shuttle is a noted feminist poet and novelist. Her acclaimed novels, including the most recent *The Mirror of the Giant*, are published by Marion Boyars. In 1996, Peter Redgrove received the Queen's Gold Medal for Poetry. His highly praised manifesto on the Gaia hypothesis, *The Black Goddess and the Sixth Sense* first appeared in 1987.