

## What Makes Women Sick Gender And The Political Economy Of Health

This title provides a systematic and accessible introduction to medical sociology, beginning each 1500 word entry with a definition of the concept, then examines its origins, development, strengths and weaknesses, offering further reading guidance for independent learning, and drawing on international literature and examples.

For readers of *Invisible Women*, a powerful look at how our culture treats—or mistreats—the health concerns of women. In *Pain and Prejudice*, acclaimed investigative reporter Gabrielle Jackson takes readers behind the scenes of doctor's offices, pharmaceutical companies, and research labs to show that—at nearly every level of healthcare—men's health claims are treated as default, whereas women's are often viewed as atypical, exaggerated, and even completely fabricated. The impacts of this bias? Women are losing time, money, and their lives trying to navigate a healthcare system designed for men. Almost all medical research today is performed on men or male mice, making most treatments tailored to male bodies only. Even conditions that are overwhelmingly more common in women, such as chronic pain, are researched on mostly male bodies. Doctors and researchers who do specialize in women's healthcare are penalized financially, as procedures performed on men pay higher. Meanwhile, women are reporting feeling ignored and dismissed at their doctor's offices on a regular basis. Jackson interweaves these and more stunning revelations in the book with her own story of suffering from endometriosis, a condition that affects up to 20% of American women but is poorly understood and frequently misdiagnosed. She also includes an up-to-the-minute epilogue on the ways that Covid-19 are impacting women in different and sometimes more long-lasting ways than men. A rich combination of journalism and personal narrative, *Pain and Prejudice* reveals a dangerously flawed system, and offers solutions for a safer, more equitable future.

What makes women sick? To an Ecuadorean woman, it's nervios from constant worry about her children's illnesses. To a woman working in a New Mexico electronics factory, it's the solvents that leave her with a form of dementia. To a Ugandan woman, it's HIV from her husband's sleeping with the widow of an AIDS patient. To a Bangladeshi woman, it's a fatal infection following an IUD insertion. What they all share is a recognition that their sickness is somehow caused by situations they face every day at home and at work.

This comprehensive reference and text synthesizes a vast body of clinically useful knowledge about women's mental health and health care. Coverage includes women's psychobiology across the life span--sex differences in neurobiology and psychopharmacology and psychiatric aspects of the reproductive cycle--as well as gender-related issues in assessment and treatment of frequently encountered psychiatric disorders. Current findings are presented on sex differences in epidemiology, risk factors, presenting symptoms, treatment options and outcomes, and more. Also addressed are mental health consultation to other medical specialties, developmental and sociocultural considerations in service delivery, and research methodology and health policy concerns.

There is a growing sense that the "health gap" between socioeconomic groups is getting worse in many countries. To address this gap, conceptual clarity and empirical evidence are needed along with a greater focus on equity in policy-making. This book is designed to present cutting-edge research and policy analysis to a wide non-specialist readership of students, professionals and policy-makers. It brings together in one volume new perspectives on the conceptual foundations of health equity, empirical evidence on the scale and nature of the inequities in health in twelve countries around the world, and assessments of the associated policy developments and their implications for the future. It aims to help build global capacity to measure, monitor and interpret developments in health equity at a national and international level. The in-depth country analyses draw on epidemiology, demography, economics and other fields to approach health inequalities from several different angles. The topics covered range from adolescent livelihoods in Tanzania to the health burden of indigenous peoples in Mexico, from health equity in Japan to the gender gap in life expectancy in Russia. The book is a unique demonstration of global cooperation in bringing together and giving equal weight to work on health equity carried out in the southern and northern hemispheres.

Voluntary migrants to Canada are generally healthier than the average Canadian, but after ten years in the country they report poorer health and higher rates of chronic disease than those born here.

Troublingly, women — particularly those from non-European countries — experience the most precipitous decline in health. What contributes to this deterioration, and how can its effects be mitigated?

*Engendering Migrant Health* brings together researchers from across Canada to address the intersections of gender, immigration, and health in the lives of new Canadians. Focusing on the context of Canadian policy and society, the contributors illuminate migrants' testimonies of struggle, resistance, and solidarity as they negotiate a place for themselves in a new country. Topics range from the difficulties of Francophone refugees and the changing roles of fathers, to the experiences of queer newcomers and the importance of social unity to communal and individual health.

*Classic and Contemporary Readings in Sociology* introduces the reader to sociological issues, theories and debates, providing extracts of primary source material, from both classical and contemporary theorists. Theorists are examined within their historical and sociological framework and the text provides an analysis of developments in sociological thought and research. The text is divided into four main sections: Part One, *Origins and Concepts*, surveys the history of the discipline of sociology and examines key themes which have influenced sociological theorising and investigation, in particular, social control, culture and socialisation. Parts Two and Four, *Sociological Theories* and *Sociological Research*, include a number of readings from the founding theorists and investigators, including Auguste Comte, Emile Durkheim, Karl Marx, Max Weber and Charles Booth, and also include more recent theoretical writing and research approaches. The focus on theory and research is extended by a selection of readings centred around the theme of *Differences and Inequalities* (Part Three); these readings provide students with examples of work from an area where sociological theorising and research has been widely applied.

DIVAn account of sick building syndrome and the large number of historical conditions--office worker protests, feminism, ventilation engineering, toxicology, etc.--that coalesced to give this phenomenon real existence./div

Essential reading for our times, as women are pulling together to demand their rights— A landmark portrait of women, men, and power in a transformed world. “Anchored by data and aromatized by anecdotes, [Rosin] concludes that women are gaining the upper hand.” —The Washington Post Men have been the dominant sex since, well, the dawn of mankind. But Hanna Rosin was the first to notice that this long-held truth is, astonishingly, no longer true. Today, by almost every measure, women are no longer gaining on men: They have pulled decisively ahead. And “the end of men”—the title of Rosin’s Atlantic cover story on the subject—has entered the lexicon as dramatically as Betty Friedan’s “feminine mystique,” Simone de Beauvoir’s “second sex,” Susan Faludi’s “backlash,” and Naomi Wolf’s “beauty myth” once did. In this landmark book, Rosin reveals how our current state of affairs is radically shifting the power dynamics between men and women at every level of society, with profound implications for marriage, sex, children, work, and more. With wide-ranging curiosity and insight unhampered by assumptions or ideology, Rosin shows how the radically different ways men and women today earn, learn, spend, couple up—even kill—has turned the big picture upside down. And in *The End of Men* she helps us see how, regardless of gender, we can adapt to the new reality and channel it for a better future.

Based on five years of fieldwork in Boston, *Can't Catch a Break* documents the day-to-day lives of forty women as they struggle to survive sexual abuse, violent communities, ineffective social and therapeutic programs, discriminatory local and federal policies, criminalization, incarceration, and a broad cultural consensus that views suffering as a consequence of personal flaws and bad choices. Combining hard-hitting policy analysis with an intimate account of how marginalized women navigate an unforgiving world, Susan Sered and Maureen Norton-Hawk shine new light on the deep and complex connections between suffering and social inequality.

This book argues that we have a collection of social selves and that our identities are influenced by such things as class, gender, sexuality, race, nationality, religious views and by the media. The authors identify the implications of the HIV/AIDS epidemic for women in Britain and present an overview of the important issues raised for feminist theory and practice.

A NEW YORK TIMES NOTABLE BOOK OF 2019 From National Book Award finalist Megan K. Stack, a stunning memoir of raising her children abroad with the help of Chinese and Indian women who are also working mothers When Megan Stack was living in Beijing, she left her prestigious job as a foreign correspondent to have her first child and work from home writing a book. She quickly realized that caring for a baby and keeping up with the housework while her husband went to the office each day was consuming the time she needed to write. This dilemma was resolved in the manner of many upper-class families and large corporations: she availed herself of cheap Chinese labor. The housekeeper Stack hired was a migrant from the countryside, a mother who had left her daughter in a precarious situation to earn desperately needed cash in the capital. As Stack's family grew and her husband's job took them to Dehli, a series of Chinese and Indian women cooked, cleaned, and babysat in her home. Stack grew increasingly aware of the brutal realities of their lives: domestic abuse, alcoholism, unplanned pregnancies. Hiring poor women had given her the ability to work while raising her children, but what ethical compromise had she made? Determined to confront the truth, Stack traveled to her employees' homes, met their parents and children, and turned a journalistic eye on the tradeoffs they'd been forced to make as working mothers seeking upward mobility--and on the cost to the children who were left behind. *Women's Work* is an unforgettable story of four women as well as an electrifying meditation on the evasions of marriage, motherhood, feminism, and privilege.

Women are particularly vulnerable to depression. *Understanding Depression* provides an in-depth critical examination of mainstream approaches to understanding and treating depression from a feminist perspective. Janet Stoppard argues that current approaches give only partial accounts of womens' experiences of depression and concludes that a better understanding will only be achieved when womens' experiences and lived realities are considered in relation to the material and social conditions in which their everyday lives are embedded. The impact of this change in approach for modes of treatment are discussed and solutions are suggested. *Understanding Depression* offers new insights into the problem and its treatment. It will prove useful to those with an interest in depression and gender as well as mental health practitioners.

Publisher's note: The publishers would like to confirm that for Volume 1: *Theoretical and Methodological Developments* and Volume 3: *Gender and Healthcare* Ellen Annandale was the lead editor and lead author of the introductions. Kate Hunt was the lead editor for Volume 2: *Understanding the Patterning of Health by Gender* and Volume 4: *Gender and Health Behaviours* The order in the printed book did not reflect this distinction, but we are happy to clarify the correct order. Life expectancy is higher for women than men in almost every country, leading the World Health Organization to suggest that their innate constitution gives women an advantage over men. However, this differential is far greater in some countries (e.g. Japan) than others (e.g. Qatar and Botswana) and rapid changes in the sex differential in life expectancy as seen in the countries of the former Soviet Union in the last decades of the twentieth century can only be explained by social factors. Research on health can thus demonstrate how the ways that different societies (historically and cross-culturally) create differential life chances and opportunities for men and women gets written on people's bodies. Women's mortality advantage does not translate into better health across all outcomes. For example, women are diagnosed with more depression and more joint pain and associated disability. For many years, it was assumed that the aphorism that women get sicker but men die quicker (the so-called gender paradox) was an adequate and useful summary for gender differences in health, but recent research shows patterns are far more complex. This complexity poses exciting challenges for research on gender and health. Gender inequalities in health provide a window to understand how the social world gets under the skin and how human health can be improved. A tradition of research stemming back to at least the 1960s has highlighted the gendered assumptions that are built into the provision of healthcare. This occurs within the community where women generally shoulder the burden of caring for others, and in formal health systems where the division of labour is often highly patriarchal. Gendered assumptions about the kinds of health problems that men and women suffer from, and about the ways that they relate to symptoms of illness, may bias decision-making by service providers, often in ways that are not beneficial to health. Issues and themes in and around gender and health such as these continue to generate a huge scholarly literature, and this new collection from Routledge's Major Themes in Health and Social Welfare series meets the need for an authoritative reference work to help researchers and students navigate and make sense of it. The collection is made up of four volumes which bring together the best and most influential canonical and cutting-edge research. It draws together key works spanning theoretical developments and empirical research which uses a range of qualitative and quantitative methods. With a full index, and thoughtful introductions, newly written by the editors, *Gender and Health* traces the progress of research in this field and highlights the challenges for future research. It will be valued by scholars, students, and researchers as a vital and enduring resource.

Data is fundamental to the modern world. From economic development, to healthcare, to education and public policy, we rely on numbers to allocate resources and make crucial decisions. But because so much data fails to take into account gender, because it treats men as the default and women as atypical, bias and discrimination are baked into our systems. And women pay tremendous costs for this bias, in time, money, and often with their lives. Celebrated feminist advocate Caroline Criado Perez investigates shocking root cause of gender inequality and research in *Invisible Women*, diving into women's lives at home, the workplace, the public square, the doctor's office, and more. Built on hundreds of studies in the US, the UK, and around the world, and written with energy, wit, and sparkling intelligence, this is a groundbreaking, unforgettable exposé that will change the way you look at the world.

Released for the first time in paperback, this landmark social and political volume on feminism is credited with being responsible for raising awareness, liberating both sexes, and triggering major advances in the feminist movement. Reprint.

In this book, Naila Kabeer brings together a set of arguments, findings and lessons from the development literature which help to explain why gender equality merits specific attention from policy-makers, practitioners, researchers and other stakeholders committed to the pursuit of pro-poor and human-centred development. Neglect of gender inequalities in the distribution of resources, responsibilities and power in the processes of economic accumulation and social reproduction has a high cost, not only for women themselves but also for their children and other dependents and for the development of society as a whole. This book highlights the interconnections between production and reproduction within different societies, and women's critical role in straddling both, and points to the various synergies, trade-offs and externalities which these generate.

In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

A NEW YORK TIMES BESTSELLER "One of the most important books of the current moment."—Time "A rousing call to action... It should be required reading for everyone."—Gabrielle Union, author of *We're Going to Need More Wine* "A brutally candid and unobstructed portrait of mainstream white feminism." —Ibram X. Kendi, author of *How to Be an Antiracist* A potent and electrifying critique of today's feminist movement announcing a fresh new voice in black feminism Today's feminist movement has a glaring blind spot, and paradoxically, it is women.

Mainstream feminists rarely talk about meeting basic needs as a feminist issue, argues Mikki Kendall, but food insecurity, access to quality education, safe neighborhoods, a living wage, and medical care are all feminist issues. All too often, however, the focus is not on basic survival for the many, but on increasing privilege for the few. That feminists refuse to prioritize these issues has only exacerbated the age-old problem of both internecine discord and women who rebuff at carrying the title. Moreover, prominent white feminists broadly suffer from their own myopia with regard to how things like race, class, sexual orientation, and ability intersect with gender. How can we stand in solidarity as a movement, Kendall asks, when there is the distinct likelihood that some women are oppressing others? In her searing collection of essays, Mikki Kendall takes aim at the legitimacy of the modern feminist movement, arguing that it has chronically failed to address the needs of all but a few women. Drawing on her own experiences with hunger, violence, and hypersexualization, along with incisive commentary on politics, pop culture, the stigma of mental health, and more, *Hood Feminism* delivers an irrefutable indictment of a movement in flux. An unforgettable debut, Kendall has written a ferocious clarion call to all would-be feminists to live out the true mandate of the movement in thought and in deed.

An updated and revised edition of the controversial classic--now more relevant than ever--argues that boys are the ones languishing socially and academically, resulting in staggering social and economic costs. Girls and women were once second-class citizens in the nation's schools. Americans responded with concerted efforts to give girls and women the attention and assistance that was long overdue. Now, after two major waves of feminism and decades of policy reform, women have made massive strides in education. Today they outperform men in nearly every measure of social, academic, and vocational well-being. Christina Hoff Sommers contends that it's time to take a hard look at present-day realities and recognize that boys need help. Called "provocative and controversial . . . impassioned and articulate" (*The Christian Science Monitor*), this edition of *The War Against Boys* offers a new preface and six radically revised chapters, plus updates on the current status of boys throughout the book. Sommers argues that the problem of male underachievement is persistent and worsening. Among the new topics Sommers tackles: how the war against boys is harming our economic future, and how boy-averse trends such as the decline of recess and zero-tolerance disciplinary policies have turned our schools into hostile environments for boys. As our schools become more feelings-centered, risk-averse, competition-free, and sedentary, they move further and further from the characteristic needs of boys. She offers realistic, achievable solutions to these problems that include boy-friendly pedagogy, character and vocational education, and the choice of single-sex classrooms. *The War Against Boys* is an incisive, rigorous, and heartfelt argument in favor of recognizing and confronting a new reality: boys are languishing in education and the price of continued neglect is economically and socially prohibitive.

This book is intended as a core textbook for courses in public health that examines current issues in health from a social and behavioral science perspective. It is a cross-disciplinary course (public health, medical sociology, health psychology, medical anthropology) and thus there are many ways to teach the course based on a particular instructor's perspective. The authors wrote the book because they were dissatisfied with the way other texts apply social science to public health and found that many texts being used were from related fields such as medicine, nursing or general health. The authors are planning to do a major revision based on reviews they have collected and the reviews we have collected. We believe the revised edition will essentially be a new text based on rich feedback. They will include new theory, new cases, new research, and a rich ancillary package. They will also reduce the frameworks presented to make the book more readable to students.

Based on careful analysis of burden of disease and the costs of interventions, this second edition of *Disease Control Priorities in Developing Countries, 2nd edition* highlights achievable priorities; measures progress toward providing efficient, equitable care; promotes cost-effective interventions to targeted populations; and encourages integrated efforts to optimize health. Nearly 500 experts - scientists, epidemiologists, health economists, academicians, and public health practitioners - from around the world contributed to the data sources and methodologies, and identified challenges and priorities, resulting in this integrated, comprehensive reference volume on the state of health in developing countries.

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Contains chapters on : gender; culture; healthy living, violence, work, disability, sexuality, reproductive health, fertility control, pregnancy and childbirth, ageing, alternative medicine, contraception, women and

the health care system.

Shows how battered women's personal theologies help them survive and heal, despite the women's knowledge that religion may also have contributed to their oppression.

"A trailblazing conversation-starting history of women's health-from Ancient Greece to hormones and autoimmune diseases-brought together in a fascinating sweeping narrative"--

A comprehensive collection of classic and contemporary readings in the sociology of health. The Sociology of Healthcare will stimulate debate, reflexive practice and critical thinking in applied sociology and is aimed at the teaching and learning needs of both lecturers and students.

This compelling account of the author's experience with a chronic pain disorder and subsequent interaction with the American health care system goes to the heart of the workings of power and culture in the biomedical domain. It is a medical whodunit full of mysterious misdiagnosis, subtle power plays, and shrewd detective work. Setting a new standard for the practice of autoethnography, Susan Greenhalgh presents a case study of her intense encounter with an enthusiastic young specialist who, through creative interpretation of the diagnostic criteria for a newly emerging chronic disease, became convinced she had a painful, essentially untreatable, lifelong muscle condition called fibromyalgia. Greenhalgh traces the ruinous effects of this diagnosis on her inner world, bodily health, and overall well-being. Under the Medical Gaze serves as a powerful illustration of medicine's power to create and inflict suffering, to define disease and the self, and to manage relationships and lives. Greenhalgh ultimately learns that she had been misdiagnosed and begins the long process of undoing the physical and emotional damage brought about by her nearly catastrophic treatment. In considering how things could go so awry, she embarks on a cogent and powerful analysis of the sociopolitical sources of pain through feminist, cultural, and political understandings of the nature of medical discourse and practice in the United States. She develops fresh arguments about the power of medicine to medicalize our selves and lives, the seductions of medical science, and the deep, psychologically rooted difficulties women patients face in interactions with male physicians. In the end, Under the Medical Gaze goes beyond the critique of biomedicine to probe the social roots of chronic pain and therapeutic alternatives that rely on neither the body-cure of conventional medicine nor the mind-cure of some alternative medicines, but rather a broader set of strategies that address the sociopolitical sources of pain.

The development of gender differences as an area of research has been rapid over the last decades. Varieties of studies have focused on the gender differences as well as the similarities of women and men. The common purpose of the research attempt is to find out the possibilities and even the consequences of gender differences and the impact on human beings on one side, and social and cultural environment on the other. This book is an attempt to provide theoretical and empirical framework to better understand gender differences in various contexts and on different levels. Therefore, the contributions cover an array of themes that span from an individual level to an organizational and societal level.

At a time of unprecedented challenges and opportunities for publichealth, Prevention is Primary provides models, methods, and approaches for building health and equity in communities. Written in accessible and understandable language, this comprehensive book includes the theory, concepts, and models needed to harness social justice and practice primary prevention of unnecessary illness and injury in the first place. Prevention is Primary, written by associates of the nationally renowned Prevention Institute, is a theory-to-practice book for students, faculty practitioners, and community leaders who want to take a proactive stance against the most pressing health problems in the community including asthma, tobacco, violence, HIV, poor nutrition and physical inactivity, health disparities, and environmental injustice. The volume provides a comprehensive and practical understanding of prevention on a community level. The authors define the elements of comprehensive, quality prevention efforts—from the necessary partnerships that need to be developed to the training, vision, and policies that go into successful efforts.

In this shocking, hard-hitting expose in the tradition of Naomi Klein and Barbara Ehrenreich, the editorial director of Feministing.com, reveals how inadequate, inappropriate, and even dangerous treatment threatens women's lives and well-being. Editor of the award-winning site Feministing.com, Maya Dusenbery brings together scientific and sociological research, interviews with experts within and outside the medical establishment, and personal stories from women across the country to provide the first comprehensive, accessible look at how sexism in medicine harms women today. Dusenbery reveals how conditions that disproportionately affect women, such as autoimmune diseases, chronic pain conditions, and Alzheimer's disease, are neglected and woefully under-researched. "Contested" diseases, such as fibromyalgia and chronic fatigue syndrome, that are 70 to 80 percent female-dominated are so poorly understood that they have not yet been fully accepted as "real" conditions by the whole of the profession. Meanwhile, despite a wealth of evidence showing the impact of biological difference between the sexes in everything from drug responses to symptoms to risk factors for various diseases—even the symptoms of a heart attack!—medicine continues to take a one-size-fits-all approach: that of a 70 kilogram white man. In addition, women are negatively impacted by the biases and stereotypes that dismiss them as "chronic complainers," leading to long delays—often years long—to get diagnosed. The consequences are catastrophic. Offering a clear-eyed explanation of the root causes of this insidious and entrenched bias and laying out its effects, Doing Harm will change the way we look at healthcare for women.

An eye-opening look at Israeli women's life expectancy and health.

A funny, clever, and thought-provoking examination of the myth of the "economic man" and its impact on the global economy How do you get your dinner? That is the basic question of economics. When economist and philosopher Adam Smith proclaimed that all our actions were motivated by self-interest, he used the example of the baker and the butcher as he laid the foundations for 'economic man.' He argued that the baker and butcher didn't give bread and meat out of the goodness of their hearts. It's an ironic point of view coming from a bachelor who lived with his mother for most of his life — a woman who cooked his dinner every night. Nevertheless, the economic man has dominated our understanding of modern-day capitalism, with a focus on self-interest and the exclusion of all other motivations. Such a view point disregards the unpaid work of mothering, caring, cleaning and cooking. It insists that if women are paid less, then that's because their labor is worth less. Economics has told us a story about how the world works and we have swallowed it, hook, line and sinker. This story has not served women well. Now it's time to change it. A kind of feminist Freakonomics, Who Cooked Adam Smith's Dinner? charts the myth of economic man — from its origins at Adam Smith's dinner table, its adaptation by the Chicago School, and its disastrous role in the 2008 Global Financial Crisis — in a witty and courageous dismantling of one of the biggest myths of our time.

In Unbending Gender, Joan Williams takes a hard look at the state of feminism in America. Concerned by what she finds--young women who flatly refuse to identify themselves as feminists and working-class and minority women who feel the movement hasn't addressed the issues that dominate their daily lives--she outlines a new vision of feminism that calls for workplaces focused on the needs of families and, in divorce cases, recognition of the value of family work and its impact on women's earning power. Williams shows that workplaces are designed around men's bodies and life patterns in ways that discriminate against women, and that the work/family system that results is terrible for men, worse for women, and worst of all for children. She proposes a set of practical policies and legal initiatives to reorganize the two realms of work in employment and households--so that men and women can lead healthier and more productive personal and work lives. Williams introduces a new 'reconstructive' feminism that places class, race, and gender conflicts among women at center stage. Her solution is an inclusive, family-

friendly feminism that supports both mothers and fathers as caregivers and as workers.

The dramatic increase since the 1980s in the global prevalence of tuberculosis is a story of medical failure. This collection provides an international survey of current thought on the spread and control of tuberculosis, covering historical, social, political, and medical aspects.

From Gemma Hartley, the journalist who ignited a national conversation on emotional labor, comes *Fed Up*, a bold dive into the unpaid, invisible work women have shouldered for too long—and an impassioned vision for creating a better future for us all. Day in, day out, women anticipate and manage the needs of others. In relationships, we initiate the hard conversations. At home, we shoulder the mental load required to keep our households running. At work, we moderate our tone, explaining patiently and speaking softly. In the world, we step gingerly to keep ourselves safe. We do this largely invisible, draining work whether we want to or not—and we never clock out. No wonder women everywhere are overtaxed, exhausted, and simply fed up. In her ultra-viral article “Women Aren’t Nags—We’re Just Fed Up,” shared by millions of readers, Gemma Hartley gave much-needed voice to the frustration and anger experienced by countless women. Now, in *Fed Up*, Hartley expands outward from the everyday frustrations of performing thankless emotional labor to illuminate how the expectation to do this work in all arenas—private and public—fuels gender inequality, limits our opportunities, steals our time, and adversely affects the quality of our lives. More than just name the problem, though, Hartley teases apart the cultural messaging that has led us here and asks how we can shift the load. Rejecting easy solutions that don’t ultimately move the needle, Hartley offers a nuanced, insightful guide to striking real balance, for true partnership in every aspect of our lives. Reframing emotional labor not as a problem to be overcome, but as a genderless virtue men and women can all learn to channel in our quest to make a better, more egalitarian world, *Fed Up* is surprising, intelligent, and empathetic essential reading for every woman who has had enough with feeling fed up. A feminist manifesto exposing the everyday sexism that teenage girls face.

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