

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



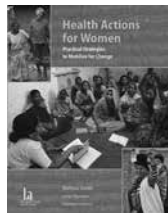
A Community Guide to Environmental Health provides tools, knowledge, and inspiration to help health promoters, activists, and community leaders take charge of their environmental health. This comprehensive

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.



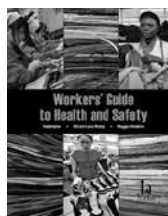
Recruiting the Heart, Training the Brain tells the story of how Latino Health Access developed its groundbreaking promoter model of peer-to-peer outreach and education in Santa Ana, California. Facing problems such as obesity and diabetes, exacerbated by

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

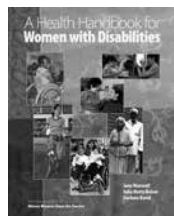
community discussions and action. User-tested by 41 groups in 23 countries, this resource offers proven strategies to help improve women's social status and health outcomes, even in challenging settings where organizing for women's health is difficult or dangerous. 330 pages, paperback.



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,

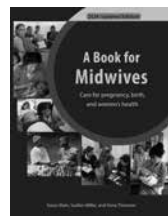
safety committees, and labor relations courses to improve workplace experiences and overall well-being for workers. The insights and techniques are useful in any factory, and especially in the garment, shoe, and electronics industries. 576 pages, paperback.

Reproductive and Women's Health



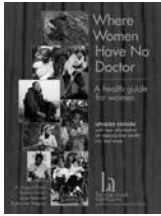
A Health Handbook for Women with Disabilities provides individuals and caregivers suggestions on caring for daily needs, healthy and safe sexual relationships, family planning, pregnancy and childbirth, and defense against violence, abuse,

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,

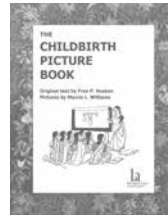
and treating obstetric complications, covers HIV in pregnancy, birth, and breastfeeding, and has expanded information on reproductive health care. 527 pages, paperback.



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.

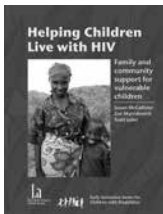


The Childbirth Picture

Book 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



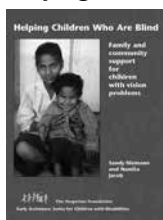
Helping Children Live with HIV is an innovative community health guide designed to ensure children with HIV can grow to adulthood and live full lives. Richly illustrated, the practical advice in this book addresses both the physical and emotional health needs of children

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 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.



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.

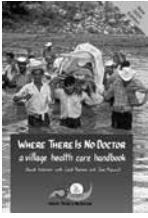


Disabled Village Children is a

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.

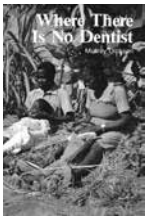
More Books and Booklets



Where There Is No Doctor,

perhaps the most widely used health care manual in the world, provides vital, easily understood information on how to diagnose, treat, and prevent common diseases. An emphasis is placed on prevention, including

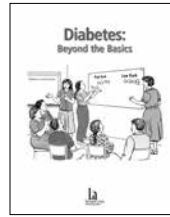
cleanliness, diet, vaccinations, and the important role of the individual and community in health care. 446 pages, paperback.



Where There Is No Dentist shows

how to care for teeth and gums at home and in community and school settings, including prevention of dental issues through hygiene, nutrition, and education. The book also includes detailed and illustrated information

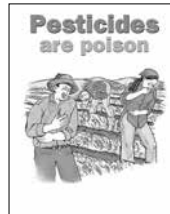
on using dental equipment, placing fillings, taking out teeth, and material on HIV/AIDS and oral health. 248 pages, paperback.



Diabetes: Beyond the Basics is

for people living with diabetes, family members, health workers and those working to prevent new cases of diabetes in their communities. Expanded from material in *Where There Is No Doctor*, this booklet addresses

both the physical and social issues tied to diabetes and provides thoughtful discussion questions for health educators and self-help groups. 44 pages, staple-bound booklet.



Pesticides are Poison provides

detailed information about the health effects of pesticides.

In addition to how to read pesticide labels, this short resource addresses how to treat people in pesticide emergencies and reduce harm

caused by pesticides. It also offers alternate pest control methods that do not use harmful chemicals. Excerpted from *A Community Guide to Environmental Health*. 38 pages, staple-bound booklet.

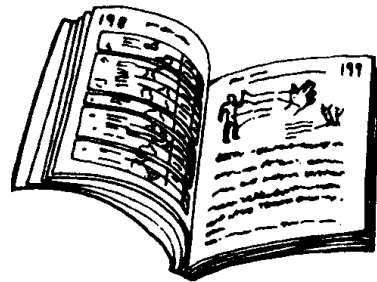
See our website: hesperian.org for many more books, booklets, and online resources.

Ordering from Hesperian

We provide bulk ordering discounts to bookstores, schools, non-profits, universities, and other organizations.

To purchase books, visit: store.hesperian.org
email: bookorders@hesperian.org
or call: 510-845-4507.

For more information about review or exam copies, or to apply for our Gratis Books Program which distributes free copies of Hesperian's community health books to health workers, teachers, and local leaders in low-income communities, please email: hesperian@hesperian.org or visit: hesperian.org.



Reproductive Health Apps

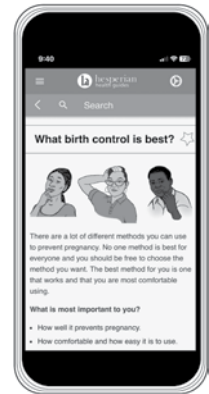
Each month, thousands of people rely on Hesperian’s suite of multilingual reproductive health apps for practical, clear, and trustworthy information to make confident informed decisions and ensure healthier outcomes for themselves and for others. The free apps operate without an internet connection or data plan once installed on a device and do not collect personal information.

Family Planning - Designed to support frontline health workers, community leaders, and health advocates to share unbiased information on birth control options. A built-in “Method Chooser” can help determine which methods best match individual preferences, circumstances, and health history.

Safe Abortion - Written in easy-to-understand and nonjudgmental language, the Safe Abortion app can help people needing or giving abortion and post-abortion care. Now in 11 languages, with a read-aloud function in select languages.

Safe Pregnancy and Birth - Find accurate, easy-to-understand information on pregnancy, birth, and care after birth. Clear illustrations and plain language make this award-winning app practical and user-friendly for community health workers, midwives, and individuals and families.

All apps can also be used without needing to download them. Access them online through a secure web browser at hesperian.org/mobile-apps



Free Health Information Online



The Hesperian HealthWiki is an online library of Hesperian resources in many languages.

The HealthWiki offers free digital access to Hesperian books and fact sheets. Read essential health information online or, to easily share, print a page or download a chapter. Topics include environmental health, reproductive health, health rights advocacy, and the health of women, children, workers, and people with disabilities.

en.hesperian.org/hhg/HealthWiki

How are you using Hesperian resources?

Please tell us! We would love to hear how our resources enable you to make positive change.

hesperian.org/share-your-story

