



WomanSafeHealth: The Antidote to Status Quo Health Care

Elizabeth M Shadigian

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Drawing on the actual experiences of women, *WomanSafeHealth: The Antidote to Status Quo Health Care* uses cartoons and humor together with analysis and compassion to reveal what it means to meet a woman's health care needs. Status Quo Health Care is a term coined at WomanSafeHealth to describe the poisoned care most women experience --- hurried, depersonalized, cold, disrespectful, profit-driven --- care that neglects her individual story and choices. At WomanSafeHealth each woman is a person, not a disease; a client, not a number. She is the focus, and her health care team is her consultant. Prescribing self-awareness, care analysis and personal empowerment as antidotes to Status Quo Health Care, Elizabeth affirms what every woman already knows: safety and respect must be the core of health care.

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Spent a free time and energy to be fun activity to do! A lot of people spent their spare time with their family, or all their friends. Usually they undertaking activity like watching television, likely to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your free time/ holiday? May be reading a book may be option to fill your free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to test look for book, may be the book untitled WomanSafeHealth: The Antidote to Status Quo Health Care can be fine book to read. May be it may be best activity to you.

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