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Nuestros cuerpos, nuestras vidas le da continuidad a la tradición de *Our Bodies, Ourselves* al proveerles a las mujeres información acerca de la salud en una manera que reconoce sus historias personales, repletas con sus luchas y sus fortalezas. Nuestros cuerpos, nuestras vidas añade el elemento esencial de la imagen de relaciones basadas en la mutualidad que nos sostienen a nosotras y a nuestras vidas. El libro afirma las conexiones que las mujeres con raíz Latino Americanas o Caribenas, que residen en los EEUU, comparten con sus hermanas tanto en el norte y como en el sur, y ofrece una visión personal y política inspiradora para lograr cambios en nuestras vidas. Latinas en los EEUU, que aun mantienen fuertes lazos con sus países de origen tanto como con las comunidades multi-culturales en los EEUU, encontrarán en las historias y proyectos de las mujeres en America Latina y el Caribe fuentes de inspiración y acompañamiento afirmativo en su lucha por hacer lo mejor de la vida entre dos mundos.

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