Bibliography

1. UNICEF (2005). Changing a harmful social convention: Female genital mutilation/cutting. Italy: Innocenti Digest.

This extensive UNICEF report offers a useful examination of the social dynamics of female genital mutilation through providing an explanation for the persistence the practice and the elements necessary for its abandonment. It provides a helpful direction regarding the most successful strategies to promote the abandonment of female genital mutilation and provides a practical tool to bring about positive change for girls and women through combining field experience with tested academic theory.

2. Rahman A, Toubia N (2000). Female genital mutilation: A guide to laws and policies worldwide. London & New York: Zed Books.

This book provides an honest advice on the use of law and policy to address the practice of female genital mutilation and encourages a proactive governmental response to the practice through placing it in a human rights and legal framework. The book looks at how female genital mutilation violates the rights of women, particularly the right to health, the freedom from gender discrimination and violence and the rights of children, which should override the harmful cultural beliefs.

3. Al-Zalmi MI (2011). [Female genital mutilation: Side effects and its banning in Quran]. Erbil: Shahab Press. Arabic.

Al-Zalmi, a renowned scholar of Islamic law from Iraqi Kurdistan Region, defines female genital mutilation and highlights its roots in this book. The author tells the stories attributable to the origin of female genital mutilation from different times and places. He described the Hadiths (sayings of Prophet Muhammad) that have mentioned female genital mutilation and cited the advisory opinions of religious scholars about female genital mutilation and the position of the law toward the practice.

4. Utz-Billing I, Kentenich H (2008). Female genital mutilation: An injury, physical and mental harm. J Psychosom Obstet Gynaecol; 29(4):225-9.

This article provides a good overview over female genital mutilation and describes the acute and chronic physical consequences of the practice including reproductive health problems and mental health consequences such as feelings of incompleteness, fear, inferiority, suppression and chronic irritability. The article also emphasizes the human rights aspect of female genital mutilation with women being refused to their right of freedom from bodily harm and the effect of specific laws on banning the practice.

5. Fisher J (2011). The four domains model: Connecting spirituality, health and well-being. Religions; 2(1):17-28.

This article describes in an interesting way the increasing evidence of the relationship of spirituality with physical, mental, emotional and social well-being. It presents spiritual health as a fundamental dimension of people's overall health and well-being and describes the quality of the relationships in four important domains of spiritual well-being: personal, communal, environmental and transcendental domains.