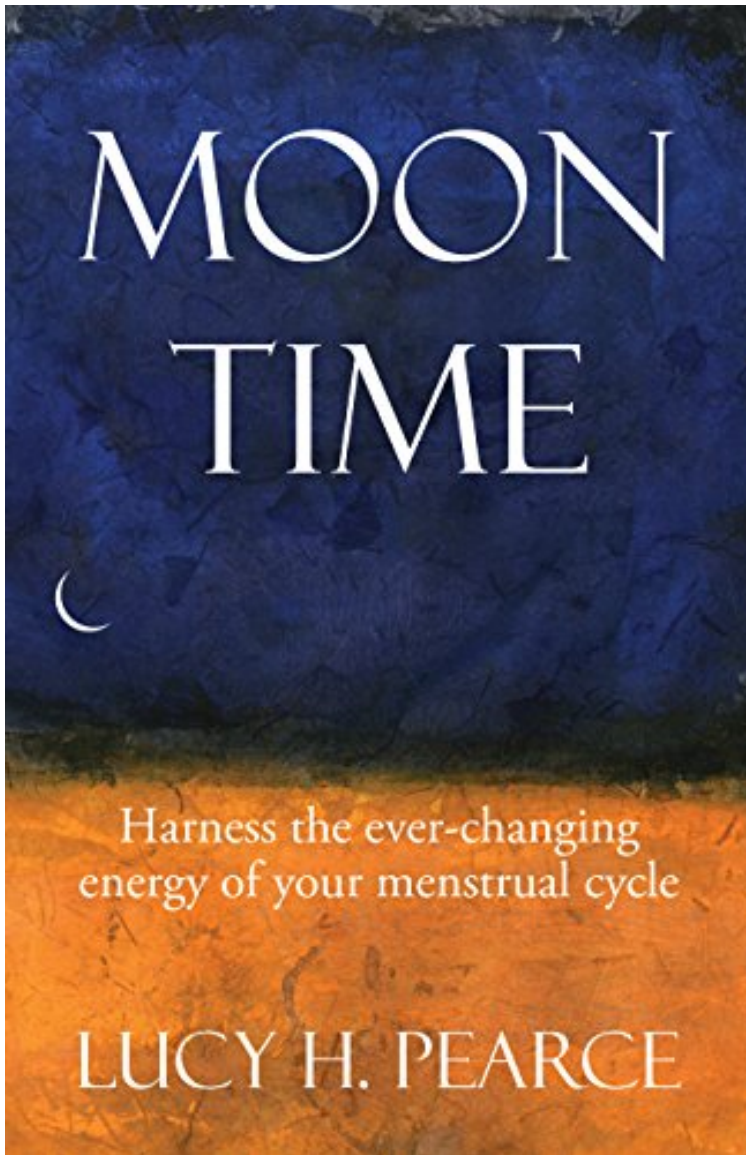


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Moon Time: harness the ever-changing energy of your menstrual cycle (English Edition)



Par Lucy H Pearce

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Par Lucy H Pearce : Moon Time: harness the ever-changing energy of your menstrual cycle (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Moon Time: harness the ever-changing energy of your menstrual cycle (English Edition):

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Description :

Prsentation de l'diteur#1 in Menstruation on Hailed as 'life-changing' by women around the world, Moon Time shares a fully embodied understanding of your menstrual cycle. Full of practical insight, empowering resources, creative activities and passion, this book will put you back in touch with your bodys wisdom. Learn to live in flow with your female body Find balance in your life and work through charting your cycle Heal PMS naturally Connect to your innate creativity Create a red tent or moon lodge Whether you are coming off the pill, wanting to understand your fertility, struggling with PMS, healing from womb issues,

are coming back to your cycles after childbirth or just want a deeper understanding of your body, Moon Time is for you. The 1st edition of Moon Time has consistently been the best-selling title in Menstruation on in recent years. Now with over 45 pages of additional material in this fully revised 2nd edition including: Fertility charting Creating ceremonies: menarche, mother blessing, menopause Moon phases Expanded and fully-updated resource section

Revue de presse This book is a wonderful journey of discovery. Lucy not only guides us through the wisdom inherent in our wombs, our cycles and our hearts, but also encourages us to share, express, celebrate and enjoy what it means to be female! A beautiful and inspiring book full of practical information and ideas. Miranda Gray, author of Red Moon and The Optimized Woman --Book jacket

Lucy, your book, Moon Time, is monumental. I cannot tell you how long I have thought of the very things you are putting forward and to see this in print is thrilling. I am in tears with this birth of your work that is so important for women Your book joins the momentum of changing the paradigms and shifting what will come. ALisa Starkweather, founder of Red Tent Temple Movement --Book jacket

Lucy Pearce weaves a moon-web that draws in the many other women who have written on the subject of menstrual cycles and places herself as one, amongst others. Her open and accessible book offers practical, often humorous ideas and encouragement about how we can tune into our own cycles and dance with them in the most creative and healthy way. She offers her own experiences as a real-life example with warts and all of what the terrain might be like. Lucy reminds us of the things we seem to have forgotten about. She is one of the special whisperers, who helps us to remember our own power and sacredness as played out in our cycles. Through her writing she initiates a dialogue with her readers. She says what she has to say, and then asks us What do you think? Her writing empowers her readers to have a voice to respond. This is a remarkable gift to us.

Tracy Evans, MA researcher on women s rites of passage, Wales --Book jacket

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