

The book was found

Becoming A Woman: A Guide For Girls Approaching Menstruation



Synopsis

Becoming - a Woman, is a booklet for girls and their parents who are looking for some easy to understand information about the menstrual cycle. Becoming - a Woman, is more than an anatomy and physiology book about the menstrual cycle its about how it feels and explains what's happening to a girls body as she approaches menstruation. Becoming a Woman, talks about how we as women became disconnected from our cycles and seeks to reclaim the wisdom inherent in our bodies. The booklet includes basic physiology and the emotional and psychological energies week by week of the cycle. Jane writes about how to honour the menstrual cycle, there is a sample chart, a suggested reading list and journal questions to help connect with the rhythm of the cycle.. For Parents, Becoming - a Woman, includes a ceremony - "SpringMoon - Welcoming our Daughters to Womanhood" to conduct for your daughter to honour and celebrate her Menarche.

Book Information

Paperback: 60 pages

Publisher: Moonsong; First edition (June 11, 2011)

Language: English

ISBN-10: 0987346431

ISBN-13: 978-0987346438

Product Dimensions: 8.1 x 5.7 x 0.3 inches

Shipping Weight: 0.8 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #4,593,691 in Books (See Top 100 in Books) #24 in Books > Health, Fitness & Dieting > Women's Health > Menstruation

[Download to continue reading...](#)

Becoming a Woman: A Guide for Girls Approaching Menstruation Is Menstruation Necessary? Wherein it is shown that recurring crises of menstruation is a pathological not a healthful condition
Cycles: Every Woman's Guide to Menstruation The physiological enigma of woman: The mystery of menstruation - its cause and cure Red Flower: Rethinking Menstruation (Well woman series)
Physiological Enigma of Woman: Mystery of Menstruation Facts About Menstruation That Every Woman Should Know The married woman's private medical companion: Embracing the treatment of menstruation ... pregnancy ... discovery to prevent pregnancy ... to prevent miscarriage or abortion
The Married Woman's Private Medical Companion, Embracing the Treatment of Menstruation ...
Pregnancy and how it May be Determined .. Discovery to Prevent Pregnancy...Causes and Mode

of Cure of Barrenness or Sterility. The Physiological Enigma of Woman: The Mystery of Menstruation The Married woman's private medical companion: Embracing the treatment of menstruation, or monthly turns, during their stoppage, irregularity, or entire suppression : pregnancy What a Muslim Woman Should Know About Menstruation and Postpartum Condition Approaching the Standards, Vol 1: Book & CD (Jazz Improvisation Series) Approaching the Standards, Vol 1: Rhythm Section / Conductor, Book & CD (Jazz Improvisation Series) Approaching the Standards, Vol. 1: Bb (Jazz Improvisation) (Jazz Improvisation Series) The Archaeology of Mesopotamia: Theories and Approaches (Approaching the Ancient World) Approaching the Qur'an: The Early Revelations Approaching the Standards, Vol 1: Bass Clef, Book & CD (Jazz Improvisation Series) Approaching the Standards, Vol 2: Rhythm Section / Conductor, Book & CD (Jazz Improvisation Series) Approaching Ali: A Reclamation in Three Acts

[Dmca](#)