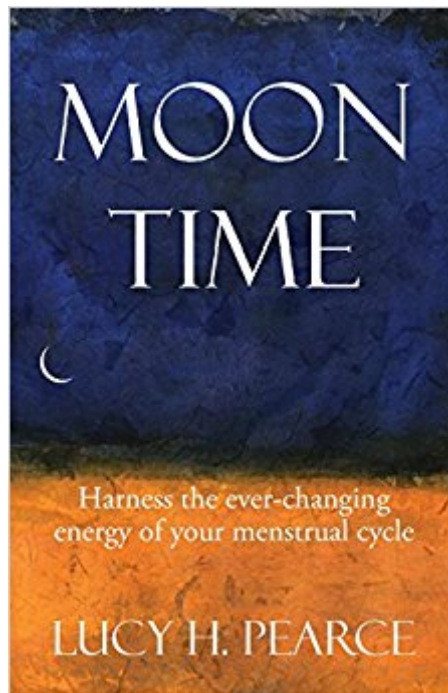




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Moon Time: Harness The Ever-changing Energy Of Your Menstrual Cycle



Synopsis

This fully updated second edition of the #1 bestseller in menstruation contains 45 pages of additional material including: ã ã Fertility charting ã ã Creating ceremonies: menarche, mother blessing, menopause ... ã ã Moon phases ã ã Expanded and fully-updated resource section

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 body's wisdom. 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.

Book Information

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Average Customer Review: 4.7 out of 5 stars 54 customer reviews

Best Sellers Rank: #106,690 in Books (See Top 100 in Books) #1 in ã ã Books > Health, Fitness & Dieting > Women's Health > Menstruation #270 in ã ã Books > Politics & Social Sciences > Women's Studies > Feminist Theory #288 in ã ã Books > Textbooks > Medicine & Health Sciences > Medicine > Basic Sciences > Physiology

Customer Reviews

"This book could change your life!" Rachael Hertogs, author Menarche: A Journey to Womanhood

"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. Your book joins the momentum of changing the paradigms and shifting what will come." ALisa Starkweather, founder of Red Tent Temple Movement

"A beautiful and inspiring book full of practical information and ideas." Miranda Gray, author of Red Moon and The Optimized Woman

Lucy Pearce is the author of four non-fiction books for women, including the #1 bestsellers The

Rainbow Way: Cultivating Creativity in the Midst of Motherhood and Moon Time. She has a devoted following of women around the world who trust her approach to womanhood and have used her work to help them flourish in their own life, whether through her books, blog or teaching.

"Life-changing" is a word that comes up again and again. Lucy is a sought after speaker and writer as a compelling communicator on women's cycles, creativity and motherhood, her work has been published in: Tiny Buddha, the Guardian, Irish Examiner, European Journal of American Culture, Positive News, Rhythm of the Home, NetMums Green Parent, Holistic Parenting, The Mother, Modern Mum and JUNO magazines. Lucy's writing has also been published in anthologies by BlogHer, Hay House (Tiny Buddha), Earth Pathways and Mother's Milk Books. She runs two popular blogs: Dreaming Aloud.net and The Happy Womb.com

I read Moon Times three years ago when the 1st edition came out. Lucy has done a fine job updating and adding to the information in this power packed book of menstrual wisdom. As a nursing student, I observed my 1st birth when I was 19 years old. I was totally captivated (and still am) by the miracle and magic a woman's body is capable of. As a maternity nurse and wise woman healer, I easily walked into the beauty of women's bodies cycling with the moon. That natural information was the missing link in all the holistic education and healing I do with women. Thanks you Lucy for writing this book (and for writing Reaching for the Moon) as I recommend both books over and over to females wanting to become more consciously connected to their body's rhythm and the gift of their menstrual cycle. This book IS a life changing read for females.

I have never left a review for anything before. But this book is amazing. I was never properly taught about our cycles. Just told we bleed. I actually started at my father's and he threw me on to my aunt who in turn told me to speak to it to my mother (whom i wouldn't see for another 2 weeks because it was summer). This book allows me to go back and forgive myself. I am so glad i took the time to read it. It truly was amazing.

Informative, transformative, enlightening and empowering. I LOVED every second of this read and was blown away by it. My husband is even reading it now and he is SO in tune with what I'm feeling during my cycle now. I highly recommend this read...definitely if you are a woman and even for the man in your life. I wish I would have been given this to read as a young girl versus "Are You There God? It's Me, Margaret". I think it would have clicked SO much better with me then. :-)

Has lots of useful, practical, scientific information that you'd be surprised not a lot of women know -- like how periods you get while on the Pill aren't actually periods (including the very clear explanation why). Coupled with lots of great feminine wisdom and spiritual concepts. I love the concepts of honoring our womanhood through ceremony and rites of passage (whether you do so alone or with a group), as well as emphasizing the need for female companionship and feminine communities. For more practical information about hormones and women (including treating conditions such as PCOS and endometriosis) I highly recommend looking into Lara Briden's work -- she has a website and a book.

I discovered this book at the beginning of my journey home, the journey back to myself as a woman and it was everything that I needed. It was the perfect amount of information that put me right on track with connecting my body back to the natural rhythms of nature. I still to this day recommend this book to all women as it is a great jumping off point.

This book describes the menstrual process so well & gives clear guidance on how to take care of yourself during that time & throughout the month. I have learned SO MUCH about the menstrual cycle because of this book and have been inspired to share this knowledge with all the women in my life. I recommend this book to every woman.

As someone new to the importance of Moon Time but keen to learn so much more, this book was a great introduction to the beauty and sacredness of our cycles. It is well written, kind, loving and gentle, highly practical, and a welcome reminder of how beautiful life can be when we, women, reconnect with our inner wisdom and honor what is rightly ours. Thank you Lucy for this book, I can't wait to share it with others.

Every woman should read this! This book teaches you all about your menstrual cycle. It was really easy to read and understand. I now have a much better understanding of the emotions I go through every week. This is also really helpful if you have a male partner who struggles with understanding what women go through and our cycle of hormones.

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