



The Optimized Woman: Using Your Menstrual Cycle to Achieve Success and Fulfillment

By *Miranda Gray*

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At last a book that teaches us to how to harness the power of our cyclic nature! Miranda Gray has provided us with an indispensable guide to understanding how the variable (often considered inferior) nature of women's abilities can in fact be an invaluable tool to women and society as a whole. Amy Sedgwick O.T. Reg. (Ont.), Red Tent Sisters, Toronto

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- Sales Rank: #313091 in Books
- Published on: 2009-06-16
- Original language: English
- Number of items: 1
- Dimensions: 8.61" h x .61" w x 5.63" l, .65 pounds
- Binding: Paperback
- 240 pages



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Editorial Review

Review

This book is a must read for any woman who is seeking to maximize her ability to accomplish her dreams and goals by utilizing and understanding the power of her menstrual cycle. Miranda Gray provides a practical tool that teaches women how to appreciate and respect the beauty and power of womanhood and feminine energy. This is an excellent resource for mothers to give to their daughters to help them appreciate the gift of their monthly cycles. Cassandra George Sturges, MA, MA, Psy.D, Author & publisher Triumph and Authentik Beauty Publications

About the Author

Miranda Gray lives what she teaches. Her work as the Creative Director of a multimedia company, an international workshop facilitator, a writer, a women's online life-coach, and an illustrator all revolve around her cycle. She lives in Hampshire, UK

Users Review

From reader reviews:

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