



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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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:

Stephan Stephens:

A lot of people always spent all their free time to vacation or even go to the outside with them household or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you need to try to find a new activity this is look different you can read some sort of book. It is really fun for you. If you enjoy the book that you read you can spent the whole day to reading a reserve. The book The Optimized Woman: Using Your Menstrual Cycle to Achieve Success and Fulfillment it is rather good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. If you did not have enough space to develop this book you can buy typically the e-book. You can m0ore quickly to read this book from the smart phone. The price is not to cover but this book has high quality.

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