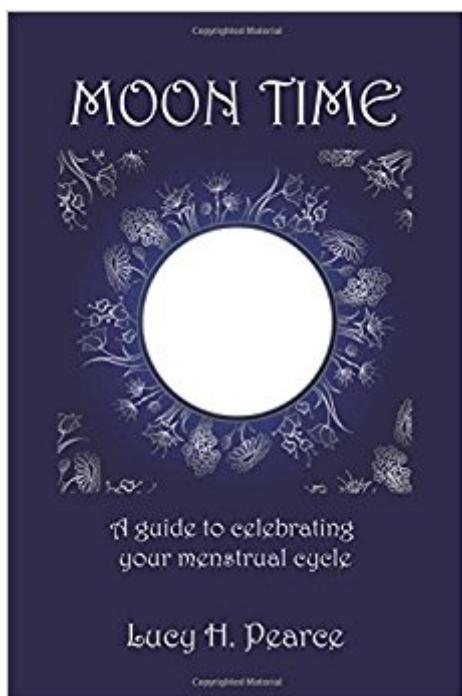


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# Moon Time: A Guide To Celebrating Your Menstrual Cycle



## **Synopsis**

A NEW UPDATED AND EXPANDED SECOND EDITION OF THIS BOOK IS NOW AVAILABLE... SEE -Â MOON TIME: HARNESS THE EVER-CHANGING ENERGY OF YOUR MENSTRUAL CYCLE."Life-changing" is the term that hundreds of women around the world have used to describe this book. Moon Time is a book of empowerment to help you to find healing and learn to celebrate yourself as a woman. Personal, wise, gently humorous, warm and welcoming, it opens a dialogue on what is often a taboo subject:menstruation. If you are looking for... - deeper harmony with yourself and your menstrual cycle;- natural ways of dealing with PMS; -a way to balance your hectic life and your body's needs; - how to create a Red Tent or moon lodge; - how to celebrate your daughter's impending womanhood; - positive language to describe your amazing body and its natural functions; - a greater connection to nature's cycles, seasons and the moon... You will find it all here. Lucy Pearce is a teacher of Womancraft and creativity, author of four non-fiction books for women. She is the founder of a Red Tent and women's group and leads women's rituals and ceremonies. She is a sought after speaker on the topic of women's cycles and creativity. Lucy weaves her own personal story of being a cycling woman between the voices of other menstrual educators and visionary teachers from around the world, all dedicated to bringing about greater understanding and self-acceptance for women and their moon time. Supplemented by spiritual insight and scientific research, this book provides a comprehensive, reflective and highly accessible, practical guide to being a cycling woman. The first book to document the Red Tent movement, this practical guidebook shares creative tools to help you celebrate your cycle: - rituals for self care; - nutritional and herbal suggestions for supporting you through your cycle; - wise woman insight into your cycle; - resources for charting your cycle; - books, websites, forums and videos to further your discovery.

## **Book Information**

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## 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 --This text refers to an alternate Paperback edition.

Lucy Pearce is the author of four non-fiction books, including the #1 Best Seller The Rainbow Way: Cultivating Creativity in the Midst of Motherhood. 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. She has recently stepped down her role as contributing editor and columnist at JUNO magazine, where she worked for over 5 years, to focus on her writing career and new publishing company, Womancraft Publishing, an imprint of Lucent Word. A freelance writer for seven years, her work has been published in: The Guardian, Irish Examiner, European Journal of American Culture, Positive News, Green Parent, Modern Mum and JUNO magazines. Lucyâ™s writing has also been published in anthologies by BlogHer, TinyBuddha, Earth Pathways and Motherâ™s Milk Books. She is regularly approached by writers looking for publishing and marketing advice and for book endorsements, and is featured regularly on telesummits and in international media. She runs two popular blogs: Dreaming Aloud and The Happy Womb; and guest posts for many top blogs including: Tiny Buddha, Studio Mothers, NetMums and Rhythm of the Home.

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 women 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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Moon Time: Harness the ever-changing energy of your menstrual cycle  
Red Moon: Understanding and Using the Gifts of the Menstrual Cycle (Women's health & parenting) by Gray, Miranda (1994) Paperback  
Dr. Susan M. Lark's The Menstrual Cramps Self Help Book: Effective Solutions for Pain & Discomfort Due to Menstrual Cramps & PMS  
Menstrual Cramps Self Help Book: Effective Solutions for Pain and Discomfort Due to Menstrual Cramps and PMS  
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Wild Power: Discover the Magic of Your Menstrual Cycle and Awaken the Feminine Path to Power  
The menstrual cycle Thirteen Moons - a Menstrual Cycle Charting Handbook and Journal and Spinning Wheels  
The Menstrual Cycle Volume 1: A Synthesis of Interdisciplinary Research  
Time's Arrow, Time's Cycle: Myth and Metaphor in the Discovery of Geological Time (The Jerusalem-Harvard Lectures)  
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