



Menarche A Journey into Womanhood: A mums and girls guide to celebrating her first period

Rachael Hertogs

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A mums and girls guide to celebrating her first period; includes menarche (first period) stories, ways to celebrate her first period, mum & daughter bonding ideas, the connection to the moon, understanding your cycle, menstrual tips, suggested books and much more! This book is a chance to explore your feelings, thoughts, creativity that comes from being a bleeding woman, it will help you understand how your cycle and body are influenced by your hormones and the ebb and flow of the moons cycles. How different would we feel about our bodies and our bleeding if we had been given positive messages of love, beauty, and acceptance? If society's messages were of support, honouring and approval? Would we still hide our bleeding-time in shame & ignore our bodies' signals to take time out?

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