



Moon Time: Harness the ever-changing energy of your menstrual cycle

Lucy H. Pearce

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This fully updated second edition of the #1 Amazon bestseller in menstruation contains 45 pages of additional material including:

- Fertility charting
- Creating ceremonies: menarche, mother blessing, menopause ...
- Moon phases
- 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.

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