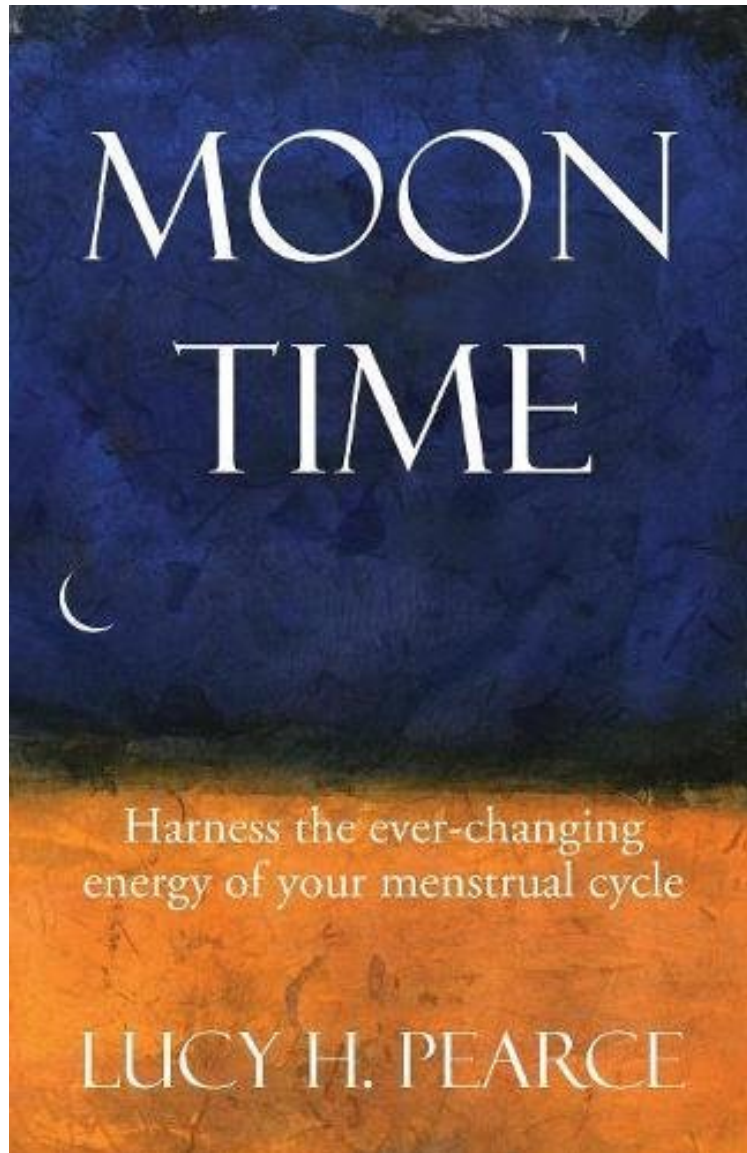


(Mobile pdf) Moon Time: Harness the ever-changing energy of your menstrual cycle

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

*Lucy H. Pearce*

*DOC | \*audiobook | ebooks | Download PDF | ePub*



[Download](#)

[Read Online](#)

#58990 in Books 2015-04-22Original language:EnglishPDF # 1 8.50 x .50 x 5.50l, .55 #File Name: 1910559067200 pages | File size: 66.Mb

**Lucy H. Pearce : Moon Time: Harness the ever-changing energy of your menstrual cycle** before purchasing it in order to gage whether or not it would be worth my time, and all praised Moon Time: Harness the ever-changing energy of your menstrual cycle:

1 of 1 people found the following review helpful. Your Journey HomeBy CustomerI discovered this book at the

beginning of my journey home, the journey back to myself as a woman 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. 1 of 1 people found the following review helpful. A must read for women everywhere  
By Dayna April  
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.  
1 of 1 people found the following review helpful. I really enjoyed this book and appreciate the positive and empowering perspective ...  
By Tamika Jean  
I really enjoyed this book and appreciate the positive and empowering perspective on women's moon cycles. This book definitely peaked my interest in this particular area of women's studies. Great buy!

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.

"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*  
About the Author  
Lucy Pearce is the author of four non-fiction books for women, including the #1 bestsellers *The Rainbow Way: Cultivating Creativity in the Midst of Motherhood* and *Moon Time*. 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. Lucy is a sought after speaker and writer as a compelling communicator on women's cycles, creativity and motherhood, her work has been published in: *Tiny Buddha*, the *Guardian*, *Irish Examiner*, *European Journal of American Culture*, *Positive News*, *Rhythm of the Home*, *NetMums* *Green Parent*, *Holistic Parenting*, *The Mother*, *Modern Mum* and *JUNO* magazines. Lucy's writing has also been published in anthologies by *BlogHer*, *Hay House* (*Tiny Buddha*), *Earth Pathways* and *Mother's Milk Books*. She runs two popular blogs: *Dreaming Aloud.net* and *The Happy Womb.com*