

Red Moon Miranda Gray

Rediscover the lost ancient mystery teachings of the Cosmic Womb • Explains how each of us has a holographic blueprint of the Womb of Creation, our spiritual Womb • Offers practices to help awaken your spiritual Womb, experience the Womb of God within, and activate the Womb's sacred magic of creation and manifestation • Looks at the power of the moon and its connection to sacred Womb Consciousness • Explores how the lost Womb mystery teachings were encoded in folk and fairy tales, the legends of the Holy Grail, and the traditions of Mary Magdalene and Sophia • Includes access to three guided Womb Awakening audio journeys The Ancients lived by a feminine cosmology of creation, where everything was birthed and dissolved through a sacred universal Womb. Within each of us, whether female or male, lies a holographic blueprint of this Womb of Creation, connecting us to the Web of Life. By awakening your spiritual Womb, the holy of holies within the temple of your body, you can reconnect to the transformative energy of Womb Consciousness and reclaim your sacred powers of creation and love. Drawing on mythical and spiritual traditions from almost every culture, Dr. Azra and Seren Bertrand reconstruct the moon-based feminine mystery teachings of a lost global Womb religion, tracing the tradition all the way back to the Neanderthals and beyond. They explore how these teachings were encoded in the symbolism of folk and fairy tales; the legends of the Holy Grail; the traditions of Mary Magdalene and Sophia; the maiden, queen, and crone archetypes; and the teachings of alchemy and the chakras. They show how sages and shamans across the globe all secretly spoke of the Cosmic Womb and the sacred creative powers of Moon Blood. The authors look at the power of the Moon and its connection to sacred Womb Consciousness, offering meditations and practices to help awaken your spiritual Womb and activate its sacred magic of creation and manifestation. They explain how to activate the energetic gateways of the Womb and merge the heart and Womb to make sexual union the highest sacrament of love. Revealing how we must reconnect with the Divine Feminine to rebirth the Divine Masculine and restore balance to our world, they show how, as we reawaken the powerful ancient path of the Womb Mysteries, we help return our world to harmony with the wild, untamed creative flows and cyclical rhythms of the cosmos.

Dark, moving and original, a story of family, survival, and getting on with life... Flynn Sinclair understands pack loyalty – for years as his Alpha father's enforcer, he has done things in the name of duty that he can't ever forget. But the vast expanse of Alaska offers him a peace he's never known. Alone, removed from pack life, he can focus on his research and try to forget his life before. But duty has a way of inviting itself in, and Flynn finds himself doing two reckless things in one week: leaving the safety of Alaska to save his brother Connor's life, and unwittingly falling in love with Evie Thompson, a woman who doesn't deserve to be drawn into his terrifying world. Connor carries news of their father's descent into madness, and it looks like neither geography nor Flynn's attempts at disengagement will put off a confrontation. Flynn had finally begun to believe that he might deserve something good in his life – something like Evie – but to move forward in the light, he must first reconcile with the dark.

Zelie Adebola remembers when the soil of Or sha hummed with magic. Burners ignited flames, Tiders beckoned waves, and Zelie's Reaper mother summoned forth souls. But everything changed the night magic disappeared. Under the orders of a ruthless king, maji were killed, leaving Zelie without a mother and her people without hope.

Finding courage she never thought she had, a young Southern girl musters the strength and wit to survive the ravages of the Civil War and keep her family together through it all.

A practical guide to living with a woman and surviving lockdown with her: why she does what she does, what you should do, what not to do - and how to get a 'Yes!' Most men want an instruction manual for living with a woman. With the social distancing and isolation requirements imposed by the current global situation, men are having to live 24/7 in close proximity with their partners. Now more than ever men need help and a simple practical guide on: *how to live with a woman* what to do, what not to do and when *why she has a cycle of changing her mind and her needs* how to get things right and become the 'most amazing partner a woman could ever want' *how to get positive responses to your requests* how to understand her cycle of sexual energies and desires *when to give her space and when to be with her* how to handle the pre-menstrual phase. This book not only helps you to survive lockdown isolation, but it also guides you in creating a positive and collaborative relationship that supports both you and your partner through the challenges of this crisis. International author and women's teacher Miranda Gray uncovers the secrets of living with a woman in this urgently needed and important book.

An art expert and a thief get caught in a dangerous game in this novel of daring deception and desire from #1 New York Times bestselling author Nora Roberts. After an assault at her family home in Maine, Dr. Miranda Jones is determined to put the experience behind her. Distraction comes when she is summoned to Italy—to verify the authenticity of a Renaissance bronze of a Medici courtesan known as The Dark Lady. But instead of cementing Miranda's reputation as the leading expert in the field, the job nearly destroys it when her professional judgment is called into question. Emotionally estranged from her mother, with a brother immersed in his own troubles, Miranda has no one to turn to...except Ryan Boldari, a seductive art thief whose own agenda forces them into a reluctant alliance. Now it becomes clear that the incident in Maine was not a simple mugging—and that The Dark Lady may possess as many secrets as its beautiful namesake once did. For Miranda, forced to rely on herself—and a partner who offers her both unnerving suspicion and intoxicating passion—the only way home is filled with deception, treachery, and a danger that threatens them all.

Award-winning author Benjamin Percy presents an explosive and deeply layered literary thriller set in the American West. They live among us. They are our neighbors, our mothers, our lovers. They change. When government agents kick down Claire Forrester's front door and murder her parents, Claire realizes just how different she is. Patrick Gamble was nothing special until the day he got on a plane and hours later stepped off it, the only passenger left alive, a hero. Chase Williams has sworn to protect the people of the United States from the menace in their midst, but he is becoming the very thing he has promised to destroy. So far, the threat has been controlled by laws and violence and drugs. But the night of the red moon is coming, when an unrecognizable world will emerge...and the battle for humanity will begin.

Jailbreaking the Goddess is a revolutionary revisioning of the feminine divine. Where the maiden, mother, crone archetypal system is tied to female biology and physical stages of life, the fivefold model liberates the female experience from the shackles of the reproductive model. In a woman's lifetime, she will go through several different cycles of beginnings, potential, creation, mastery, and wisdom. This fivefold model is not an adaptation of the threefold. It is a new system that embraces the powerful, fluid nature of the lived experience of women today. Join Lasara Firefox Allen as she explores the nature of the five archetypes; gives examples of what areas of life each might preside over; lists goddesses that fit within each archetype; suggests ways to begin building

relationship with the different archetypes; and provides simple rituals for recognition, transition, and invocation. Praise:

"Jailbreaking the Goddess is an important contribution to the writings on Goddess tradition and feminist spirituality...I love her political savvy, her sensitivity around issues of diversity and cultural awareness and appropriation, and her unabashed celebration of pleasure, sensuality, and life!"—Starhawk "This fiercely inspired body of work is art, theory, and passion. Genius."—Rosa De Anda, from her foreword "Lasara Firefox Allen delves deep into the ways in which colonialist language has shaped our experience of the divine feminine...This is an innovative work that has the potential to change the face of modern feminist spirituality."—Suzanne Sterling, founder of Voice of Change

4 Seasons in 4 Weeks (4s4w) is a non-technical and symbolic journey through the 28 days of the female hormonal experience. It reveals a logical and predictable blueprint for optimizing rest, love, leadership, and problem-solving a remarkable monthly sequence that can be tapped into throughout a woman's lifetime. Using language and images that are clear, comfortable, and positive, this exquisite book sheds light on the true nature of the organic feminine rhythm and allows both women and men to embrace it with grace and ease.

This is an essential book for yoga enthusiasts and healthcare practitioners who are looking for a deeper understanding of the human body and ways to incorporate complementary health practices in their treatment plan. Enlightened Bodies inspires and elevates the approach and study of the human body, interconnecting anatomy, physiology, and ancient yogic teachings. Enlightened Bodies presents the complexities of the body in a refreshing and approachable style, integrating multiple perspectives including Human Anatomy, Ayurveda, Kundalini Yoga, Traditional Chinese Medicine, Self-Care, and other lifestyle traditions. This is an essential book for yoga enthusiasts and healthcare practitioners who are looking for a deeper understanding of the human body and ways to incorporate complementary health practices in their treatment plan. "Yoga is an exceptional and time-tested form of preventive medicine. Whether a practitioner or teacher of yoga, it's nice to understand what's going on inside one's body and mind. This lovely book helps you do just that. In my view this is the right book for you right now" - Dr. Dharma Singh, in his foreword for Enlightened Bodies "This book is a public service for anyone interested in yoga including teachers and practitioners as well as those interested in going forward in the new field of yoga therapy. Also, it's for bodyworkers, spiritual people, and even high school students who want to learn more about how yoga can make them smarter and happier." Dr. Japa Kaur, co-author

As the architecture of the soul, the chakra system is the yoke of yoga—the means whereby mind and body, heaven and earth, and spirit and matter are joined together in the divine union that is the true meaning of yoga. In this long-awaited book by acclaimed chakra expert Anodea Judith, you will learn how to use yoga's principles and practices to awaken the subtle body of energy and connect with your highest source. Using seven vital keys to unlock your inner temple, you will be guided through practices that open and activate each chakra through postures, bioenergetic exercises, breathing practices, mantras, guided meditation, and yoga philosophy. With beautiful step-by-step photographs for each of the poses, along with guidelines for deeper alignment and activation of the energy body, this book is a valuable resource for teachers and students alike. Praise: "Anodea Judith's Chakra Yoga is a wonderful companion to her decades of books and teachings. Providing exploration through yogic methods for liberating, transforming, and balancing our energetic body and life, it is a gift to the world."—Shiva Rea, founder of Prana Vinyasa and author of Tending the Heart Fire "For decades, I have been waiting, wishing, longing for such a book as Anodea Judith's Chakra Yoga. As always with Anodea, the book is exquisitely presented, deep, practical, inspiring, easy to follow, contemporary. A MUST HAVE. Enjoy the ride!"—Margot Anand, author of The Art of Everyday Ecstasy

Using a combination of storytelling, folklore and legend, with practical tools and methods such as the moon dial, this book offers women an understanding of their cyclic nature and its need for expression through creativity, sexuality and spirituality. It suggests ways of interacting with the energies of the menstrual cycle and how to apply these energies in everyday life, with a view to greater fulfilment and an increased harmony with the monthly phases.

Getting acquainted with local flora and fauna is the perfect way to begin to understand the wonder of nature. The natural environment of Southern Appalachia, with habitats that span the Blue Ridge to the Cumberland Plateau, is one of the most biodiverse on earth. A Literary Field Guide to Southern Appalachia—a hybrid literary and natural history anthology—showcases sixty of the many species indigenous to the region. Ecologically, culturally, and artistically, Southern Appalachia is rich in paradox and stereotype-defying complexity. Its species range from the iconic and inveterate—such as the speckled trout, pileated woodpecker, copperhead, and black bear—to the elusive and endangered—such as the American chestnut, Carolina gorge moss, chunky madtom, and lampshade spider. The anthology brings together art and science to help the reader experience this immense ecological wealth. Stunning images by seven Southern Appalachian artists and conversationally written natural history information complement contemporary poems from writers such as Ellen Bryant Voigt, Wendell Berry, Janisse Ray, Sean Hill, Rebecca Gayle Howell, Deborah A. Miranda, Ron Rash, and Mary Oliver. Their insights illuminate the wonders of the mountain South, fostering intimate connections. The guide is an invitation to get to know Appalachia in the broadest, most poetic sense.

Ancient reverence for the mystery and magic of menstruation has been replaced by silence, ignorance, and PMS jokes. Breaking the silence of the menstruation taboo, here is a pioneering and liberating exploration of the "M" in PMS. The powerful stories of three very different women help women recognize the power of their periods.

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. . Learn to live in flow with your female body . Find balance in your life and work through charting your cycle . Heal PMS naturally .

Connect to your innate creativity . Create a red tent or moon lodge 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. With over 45 pages of additional material including: . Fertility charting . Creating ceremonies: menarche, mother blessing, menopause Moon phases .

Expanded and fully-updated resource section.

The sister book to Nautilus Award-Winning Burning Woman from Lucy H. Pearce. A deep questioning of how the system deals with the modern epidemic of chronic illness, combining a raw personal memoir of sickness and healing, the voices of sick women of the world and a feminine cultural critique that digs deep into the roots of patriarchal medicine.

Includes a preview of Mothering from Your Center, the next book from Tami Lynn Kent. Wild Feminine: Finding Power, Spirit, & Joy in the Female Body offers a unique, holistic approach to reclaiming the power, spirit, and joy of the female

body and to understanding its connection to creative energy flow. By restoring physical and energetic balance in the pelvic bowl, women can learn to care for themselves in a nourishing and respectful manner, heal spiritual fractures, and renew their relationship with the sacred feminine. Although the feminine body is an access point to the greater realm of the spirit, many women have lost their connection to this source. Author Tami Kent, MSPT, has an answer. Drawing from her experiences as a woman's health physical therapist who works with the physical body and female energy system, Kent provides a framework for healing the body and navigating the realms of feminine spirit. Through pelvic bodywork, healing stories, visualizations, rituals, and creative exercises, women can explore the deep and natural wisdom inherent in the female body. *Wild Feminine* reveals the amazing potential of the female body: the potential to create, to heal, and to transform the energy of a woman's everyday life. Journey deep into the heart of your body. Travel the terrain of feminine wounds. Go to your root place, the center of all womanhood and radically shift your relationship with your body and spirit. *Wild Feminine* gives you the tools to awaken and retrieve your ancient wild self, restore your creative energy, and reconnect to your sacred center.

Originally published: Element Books, 1994.

If women used to cycle with the moon | Did we all used to be in sync | Keeping the world's rhythm inside ourselves *She Dreams When She Bleeds* is a collection of over 50 simple yet powerful poems accompanied by vivid artwork. The poems explore the emotional journey of menstruation, highlight the beauty of the menstrual cycle, and explore what it means to menstruate within the confines of a modern life. Beautiful poetry with stunning, vivid alcohol-ink paintings.

Nikki's paintings are a rich complement to her poetry; full of texture, movement, and color. "The poems have such a kind intimacy in them, compelling and true in their simplicity. The images that accompany are beautiful." - Alexandra Pope, Author of *Wild Power: Discover the Magic of Your Menstrual Cycle and Awaken the Feminine Path to Power* "I didn't know how much I needed this book. My only regret was that I finished it too quickly, but I plan to read it with every new moon and period I have. Thank you for writing this. It is important." - Lauren

Lunar Abundance is a beautiful and practical guide for today's women on cultivating peace, purpose, and abundance in both their personal and professional lives, guided by the phases of the moon. In a world in which women feel increasingly disconnected-from their inner selves, each other, and the world, *Lunar Abundance* offers a path to reconnection, with results that you can actually see. It shows how by tuning into the natural rhythm of lunar ebbs and flows, you can connect with work, relationships, your body, and surroundings on a higher level than ever before, becoming more productive and self-aware in the process. Filled with inspirational photography and interactive features, it's also a practical guide to self-care that will help you summon your true potential and create a better life for you and for those in your orbit. This beautiful book is perfect for any woman seeking holistic wellness and unique inspiration to feed mind, body, and soul.

It begins in 1964 with the sudden and unexpected death of Sergai Korolev, the man who ran the Soviet Space Program. Young Yuri Ribko, an engineering student working for one of the Korolev's bureaus, is either fortunate or unfortunate to have an uncle who is a high ranking member of State security. Yuri's uncle recruits him to spy within the Bureau, to assist in identifying possible threats to the Space Program. In return, Yuri is set on a fast-track of promotion, from engineering assistant to cosmonaut. From the earliest work on Russia's lunar lander, through a devastating string of exploding launch vehicles and deadly landings, *Red Moon* gives us an insider's view of Russia's gallant but doomed Moon Shot. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

SUFFERING IS OPTIONAL This is the story of an encounter between two women: one in search of answers, the other having already completed her spiritual journey. Guia is the profound, whimsical character who tells us the story of her passage into consciousness, from pre-birth to enlightenment. As the adventure of Guia's life unfolds, you will become one with the knowledge-seeking narrator and find yourself on a voyage of discovery into the nature of human beings that will lead you to the source of all we know and perceive. In this compelling, thought-provoking book, Sophie McLean uses the ancient art of storytelling to communicate life-altering concepts that challenge our tranquilized obviousness and to propose a simple and effortless pathway to awareness.

It's been a year since a meteor collided with the moon, catastrophically altering the earth's climate. For Miranda Evans, life as she knew it no longer exists. Her friends and neighbors are dead, the landscape is frozen, and food is increasingly scarce. The struggle to survive intensifies when Miranda's father and stepmother arrive with a baby and three strangers in tow. One of the newcomers is Alex Morales, and as Miranda's complicated feelings for him turn to love, his plans for his future thwart their relationship. Then a devastating tornado hits the town of Howell, and Miranda makes a decision that will change their lives forever.

Through journal entries, sixteen-year-old Miranda describes her family's struggle to survive after a meteor hits the moon, causing worldwide tsunamis, earthquakes, and volcanic eruptions.

Love Your Lady Landscape is a healing journey through the terrain of what it is to be a woman. When a woman isn't in alignment with her feminine essence, she may experience exhaustion and overwhelm, lack sexual desire or passion for life, and generally feel "out of sync". In this book, Lisa Lister uses a myriad of tools and practices such as Earth based spirituality, shamanic teachings, movement and dance, and breath and sound work to teach women how to reconnect to their feminine wisdom in order to start rebalancing all aspects of their lives. Based on Lisa's own 11-year journey of healing and reconnecting with her body, this book will help you: • release guilt and shame from the past • explore self-pleasure and sensuality • understand, read, and connect with your body's signs and signals • learn about your menstrual cycle and its connection with the rhythms of nature and the universe • discover the sacred art of receiving • express your creativity • find your voice to communicate your needs, wants, and desires *Love Your Lady Landscape* will move women into a fiercely loving and healing relationship with their body and will teach them how to use its cycles and signs to create a life of vitality, fulfillment, and creation.

Everything you need to know to live in sync with your menstrual cycle. We're taught not to discuss periods in public. Society doesn't celebrate the menstrual cycle. Instead we say it's 'that time of the month' when 'Aunt Flo is visiting' and we've 'got the painters in'. But the truth is that it can be bloody hard living in a body that bleeds once a month. Have you ever stuffed a tampon up your sleeve on your way to the office bathroom? Avoided eye contact with the cashier as you paid for your sanitary pads? Felt overwhelmed, exhausted and annoyed by your hormones? Well, you are not alone. It's time we started speaking up about our menstrual cycles, and now everyone's friendly neighbourhood period coach, Claire Baker, is here to start the conversation!

Use the power of life force to live your highest potential. We all know what it's like to have a "charge" about something. It's a feeling of excitement, fear, sexual arousal, or irritation. But what we don't currently know is how to use charge for the behaviors we want to create. Charge is a word for the basic life force running through us. This force is crucial if we are to meet the challenges of difficult situations, heal past wounds and traumas, and manage the stress of modern life. Even more, it is essential for understanding how to master your own life force and become all you can be. This book makes an important contribution to the growing field of Energy Medicine, by looking at charge as the interface between mind and body, and the missing ingredient in Mind-Body healing. It brings the reader into a deep intimacy with their own life force, as well as an understanding of how charge runs their relationships, their children, their clients, and patients. It examines how we can become "overcharged" or "undercharged" and how to bring about balance through practices of charging and discharging. Each chapter gives simple exercises to put these principles into practice. World-renowned teacher, somatic therapist, best-selling author, and advanced yoga teacher, Anodea Judith, Ph.D., addresses all this and more in her groundbreaking book on mastering the life force. Taken from her decades of teaching on the subject and her doctoral work in Mind-Body medicine, this book contributes something entirely new to the literature on healing self and others.

For new and experienced students, practical guidance in kundalini yoga for happiness, health, and fulfillment Kundalini is a universal life force within each of us that, once awakened, holds the power to transform every facet of our lives. Kundalini yoga is the art and practice of activating this radiant energy. With Essential Kundalini Yoga, Karena Virginia and Dharm Khalsa present the core principles and practices of this revered tradition in an inviting and accessible guide. "Kundalini yoga opens joyous space for connecting deeply with the energy states of our being," write Karena and Dharm, "It brings vital health to the body and opens our consciousness to new potentials of awareness." Created for the modern practitioner, this book offers clear, comprehensive instruction in the key insights and practices of kundalini yoga. From philosophy and lifestyle, to working with anatomy and physical asana, to activating our energy bodies, Essential Kundalini Yoga is a uniquely practical and in-depth manual. Highlights include: Gorgeous photos illuminating step-by-step instructions Detailed instructions, explanations, and illustrations for core kundalini practices—mantra, pranayama, bhandas, asana, kriya, meditation, and more Seven traditional kundalini yoga routines, including a pituitary gland series for intuition, yoga for the immune system, and detoxing for radiance Understand the science of the practice, including its effects on the glandular system, spine, nervous system, and skeleton Meditations, mantras, and yoga poses to activate each of the chakras and bring health to your energetic body Remedies for common emotional challenges—dealing with fear, shame, and depression, among others Kundalini secrets for getting better sleep, aging gracefully, enhancing fertility, cultivating vitality, and more Rooted in tradition and infused with a sense of infinite possibility, Essential Kundalini Yoga is a joyful invitation for practitioners of all levels to awaken the vital energy within and receive the gifts that emerge from connecting more deeply with your own potential for creativity, abundance, and joy.

Wisdom, magic and creativity inspired by the menstrual cycle for readers of all ages. This wonderful album, inspired by Miranda Gray's classic Red Moon, accompanies the reader on a journey to discover the biological aspects and mystical secrets of the menstrual cycle from a playful, cheerful and demystifying perspective. Together with the free-spirited Maiku, you will explore different aspects of the menstrual cycle, from fascinating anatomy to suggestions for how you can best adjust to the energies that influence each phase of the month. You will get to know the four archetypes that live within us - the Crone, the Maiden, the Mother and the Enchantress. You will learn how to enjoy certain exercises to loosen up and relax. Finally, you will explore your creativity through painting, colour, crafts and decorations and much more... A powerful tool to share with daughters, sisters and friends, aimed at breaking down taboos and encouraging them to consciously and creatively experience the naturalness of the menstrual cycle.

Discover the Goddess energies that lie within you through nine Goddess archetypes—an empowering guide on finding healing, strength, and transformation, for readers of Warrior Goddess Training The Goddess is guiding your life . . . You know 'the Goddess' as a divine feminine figure of myth, art and faith—but are you aware that, in truth, the Goddess is a life force that lives in you? Did you know that your multi-faceted experiences of life as a woman are influenced by Goddess consciousness? Do you sense that you have a hidden feminine energy that longs to be seen, accepted, valued—and used for a healing purpose? In this highly engaging and stirring book, leading intuitive Sophie Bashford takes you on a journey to meet nine Goddess archetypes, which will help you to:

- Understand the many ups and downs, emotions and cycles of your life through the 'eyes of the Goddess'
- Discover how the Goddesses can ignite your spiritual growth and uncover your feminine healing gifts
- Learn how to work with each Goddess for self-healing, positive inner change and empowerment
- Get in touch with a divine feminine support and healing system comprising nine archetypes, including Kali, Mary Magdalene, Aphrodite and Isis

Sharing intuitively channeled messages, beautiful guided meditations and moving personal experiences, Sophie leads you into safe territories where your darkest fears can be healed, your deepest dreams awakened and your entire life transformed.

Unprecedented insight into the feminine body and on using its natural rhythms to heal, find balance and reconnect to our emotions. Your power lies in the rhythm of your menstrual cycle. Connect with your body on a deeper level to find healing, balance and wholeness. The menstrual cycle is a vital and vitalizing system in the female body, yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle, and many do not see it as an integral part of their health and wellbeing, let alone as a potential guide to emotional and spiritual empowerment. Wild Power tells a radical new story about feminine power. It reveals:

- Your inner architecture and the path to power that is encoded in your body
- How to tune in to the rhythm and changes of your menstrual cycle to realize the fullness and beauty of your authority
- Three 'maps' to guide you through the energies, tasks and challenges presented as you journey through each cycle
- How to work with your Inner Seasons to pace your energy, calm your nervous system and gain insight into your overall wellbeing
- How to work with your cycle to channel spiritual forces, affirm your expression in the world and achieve a deep sense

of belonging. Written with humour, tenderness and practicality, and packed with women's stories and quotes throughout, *Wild Power* will restore women to wholeness and reinstate the full majesty and grace of the Feminine.

If you want to get ahead, get a cycle. The menstrual cycle consists of Optimum Times - days of heightened performance skills and abilities. When we 'match the task to the time' we have the opportunity to excel beyond our expectations. We can achieve goals and success more easily, get ahead in the workplace, and enhance our feelings of fulfilment. In *The Optimized Woman*, Miranda Gray presents a flexible plan of practical daily actions for self-development, goal achievement and work enhancement, aligned to the phases of the menstrual cycle. This book will totally change how women think about their cycles. It will change how they live their lives, achieve their goals, plan their work and careers, and create happiness and well being. The reader will be amazed that this is the one self-development method that they can apply month after month without losing the commitment and motivation to achieve their dreams, and bring fulfilment and success.

This inclusive, unapologetic, and humorous guide to menstruation quashes stigmas and provides us with the latest research and information on periods. Filled with information and free from cultural hang-ups, this gender-neutral book is directed at anybody that's ever dealt with having a period. Writer and influencer Tara Costello has been writing about menstruation for more than a decade and, here, she pulls together her research and experience into a book that's wide-ranging, inclusive, and fun. Boldly illustrated by Mary Purdie, *Red Moon Gang* tackles every aspect of the menstrual cycle--from the biology and science behind why you bleed every month, to the latest findings on hormonal fluctuations (aka, why you're PMSing so bad). It takes a deep dive into the different types of menstrual products available, including their pros and cons, and covers various period conditions such as endometriosis and polycystic ovary syndrome. Drawing from her own experience, Costello explores how having a period shaped her relationship to her body and her place in the world. And she discusses topics that aren't generally covered in health class too--such as how periods are a particular challenge to those experiencing body dysmorphia, individuals living in poverty, and disabled people. Finally, she offers up a Period Toolkit, listing products and retailers she loves, tips on how to make menstruating easier, and resources for further education.

Miranda and Caliban is bestselling fantasy author Jacqueline Carey's gorgeous retelling of *The Tempest*. With hypnotic prose and a wild imagination, Carey explores the themes of twisted love and unchecked power that lie at the heart of Shakespeare's masterpiece, while serving up a fresh take on the play's iconic characters. A lovely girl grows up in isolation where her father, a powerful magus, has spirited them to in order to keep them safe. We all know the tale of Prospero's quest for revenge, but what of Miranda? Or Caliban, the so-called savage Prospero chained to his will? In this incredible retelling of the fantastical tale, Jacqueline Carey shows readers the other side of the coin—the dutiful and tenderhearted Miranda, who loves her father but is terribly lonely. And Caliban, the strange and feral boy Prospero has bewitched to serve him. The two find solace and companionship in each other as Prospero weaves his magic and dreams of revenge. Always under Prospero's jealous eye, Miranda and Caliban battle the dark, unknowable forces that bind them to the island even as the pangs of adolescence create a new awareness of each other and their doomed relationship. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Think *Game of Thrones* meets *Buffy the Vampire Slayer* with a drizzle of E.L. James - Telegraph Perfect for fans of *Jessica Jones* and *True Blood*, this is a blockbuster modern fantasy set in a divided world where one woman must uncover the truth to seek her revenge. Half-Fae, half-human Bryce Quinlan loves her life. Every night is a party and Bryce is going to savour all the pleasures Lunathion – also known as Crescent City – has to offer. But then a brutal murder shakes the very foundations of the city, and brings Bryce's world crashing down. Two years later, Bryce still haunts the city's most notorious nightclubs – but seeking only oblivion now. Then the murderer attacks again. And when an infamous Fallen angel, Hunt Athalar, is assigned to watch her every footstep, Bryce knows she can't forget any longer. As Bryce and Hunt fight to unravel the mystery, and their own dark pasts, the threads they tug ripple through the underbelly of the city, across warring continents, and down to the deepest levels of Hel, where things that have been sleeping for millennia are beginning to stir ... With unforgettable characters and page-turning suspense, this richly inventive new fantasy series by #1 New York Times bestselling author Sarah J. Maas delves into the heartache of loss, the price of freedom – and the power of love.

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