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# Becoming A Woman: A Guide For Girls Approaching Menstruation



## Synopsis

Becoming - a Woman, is a booklet for girls and their parents who are looking for some easy to understand information about the menstrual cycle. Becoming - a Woman, is more than an anatomy and physiology book about the menstrual cycle its about how it feels and explains what's happening to a girls body as she approaches menstruation. Becoming a Woman, talks about how we as women became disconnected from our cycles and seeks to reclaim the wisdom inherent in our bodies. The booklet includes basic physiology and the emotional and psychological energies week by week of the cycle. Jane writes about how to honour the menstrual cycle, there is a sample chart, a suggested reading list and journal questions to help connect with the rhythm of the cycle.. For Parents, Becoming - a Woman, includes a ceremony - "SpringMoon - Welcoming our Daughters to Womanhood" to conduct for your daughter to honour and celebrate her Menarche.

## Book Information

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## Customer Reviews

I have read Becoming - a Woman, from cover to cover. I found it a contemplative and reassuring read. I have learned, or refocussed, so much myself by reading it, and am so thankful to be able to share it with my daughters when their time comes. In fact, I am looking forward to it. What a find.

--Jo, reader 12.08.11

Jane, a mother and grandmother, has been a homebirth midwife for nearly 30 years. She has written several books and CDs including 'Ten Moons, the Inner Journey of Pregnancy', 'Thirteen Moons, the How to Chart Your Menstrual Cycle Handbook and Journal', 'Spinning Wheels, a Womans' Ready Reckoner of the Cycles', and 'Becoming a Woman, a Guide for Girls Approaching

Menstruation'. Jane gives workshops on preparation for birth, the spiritual and shamanic dimensions of pregnancy, menstruation and the cycles and shamanic midwifery. Jane founded and teaches the programs of The School of Shamanic Midwifery.

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