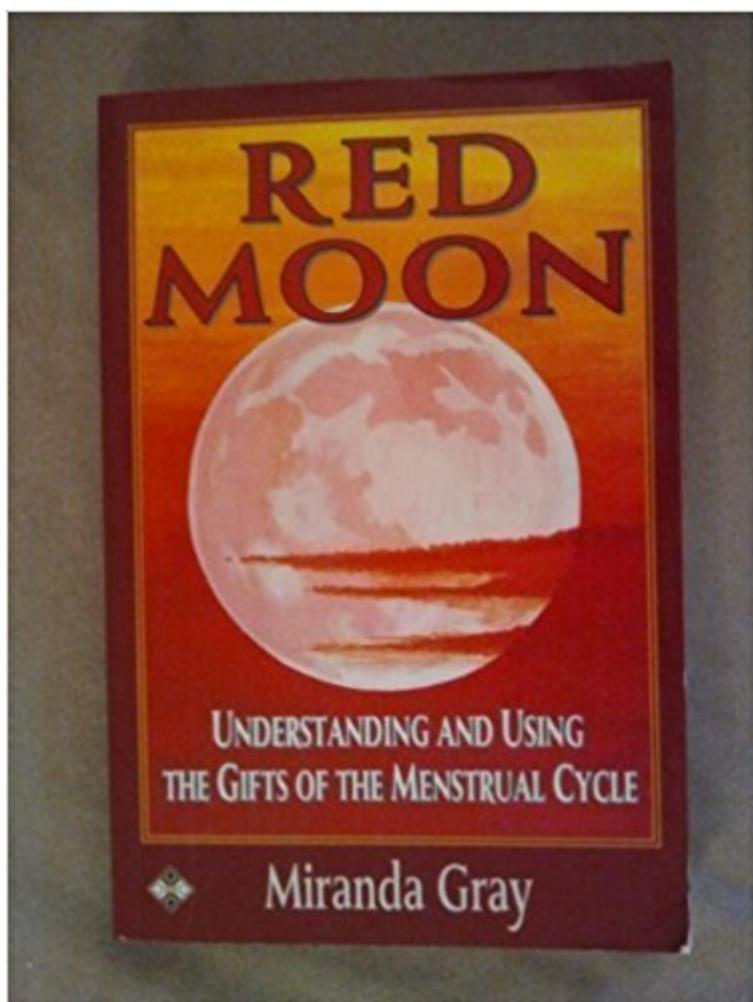


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# **Red Moon: Understanding And Using The Gifts Of The Menstrual Cycle (Women's Health & Parenting) By Gray, Miranda (1994) Paperback**



## Book Information

Paperback

Publisher: Element Books Ltd (1900)

ASIN: B00YRCMUC8

Average Customer Review: 4.5 out of 5 stars 24 customer reviews

Best Sellers Rank: #7,520,512 in Books (See Top 100 in Books) #40 in Books > Health, Fitness & Dieting > Women's Health > Menstruation

## Customer Reviews

I'm so glad I stumbled on this book in my search about our cycles and what is the norm, having our menses with the full moon or the new moon? Turns out this book covers it. I ordered it intrigued and convinced from the reviews I read and I'm so glad I did. I started reading it last night and it's so rich and beautiful, I felt my body resonate with all it's wisdom... a relief, a knowing, some things I already intuited about the cycles of my body but it was lovely to read validation and confirmation of this here. I agree, every young woman coming of age should read this, I wish I would have had access to something like this back then. I find it very valuable now too, sacred and makes me look at my cycles and honor my energy in a deeper way now. So excited to share with all my friends. Thank you to Miranda for putting this together!

I highly recommend this book. Miranda has taught me so much more about being connected to my body its truly an amazing feeling. Every woman should know what that feels like. Read the book, you won't regret it!

Empowering! Thank you Miranda! A book I'm re-reading and will continue to go back to.

This book has wonderful exercises to help a woman explore menstrual mysteries. Very helpful. Highly recommend this book for all women.

I only gave it 4 as theres a lot of text and was a bit hard to want to get going with it. BUT once I delved in, I found a treasure trove of wisdom that helps to guide my monthly ebb and flow.  
[clairebhavani.com](http://clairebhavani.com)

LOVE IT! I really feel that every girl and woman needs to read this! Even men to help understand!

I loved the idea of the book and the suggestions for meditations and self-observations. I will definitely make sure to spread the knowledge to my fellow women. Thanks!

A wonderful read with my daughter. Well written.

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