

Period

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Period

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MORRIS JIMENA

Menstruation Matters NYU Press

The Period Book Bloomsbury USA Childrens

Fix Your Period Ten Speed Press

The book *Rtu Vidyā* emerged in search of answers to questions asked by adolescent girls and women in India during the author's interactions with them as part of Menstrual Health workshops, conducted over a span of a decade across rural India. In an attempt to decode menstrual practices, the author undertook a journey across India and studied various indigenous knowledge systems such as *Darśana*, *Yurved*, *Tantra*, *Cakra*, *Yoga*, *Gamastra*, *Jyotisāstra*, and several sub-texts from these categories. As a result, the book goes beyond just describing cultural practices and takes a deep dive into explaining the scientific and logical reasoning behind the origin of these practices. This book is for all Indian women who have unanswered questions pertaining to menstrual practices, for menstrual researchers who will find a treasure trove of potential areas for

research pertaining to menstrual health, for sportswomen to discover the ancient techniques that worked in sync with women's periods and not against it, and also for the feminist who assumes that cultural practices around menstruation are a taboo that needs to be done away with. The correct understanding of the science behind menstrual practices, as given in this book, will help women prevent menstrual difficulties, develop a positive attitude toward menstruation, and learn to work in sync with nature's cycles. *Rtu* (pronounced as *ruthu*) is one of the terms for menstruation in Sanskrit. *Vidyā* means knowledge. *Rtu Vidyā* is the author's attempt to bring together various indigenous knowledge systems that provide information about the science of menstruation, which is relevant even to this day.

The Period Comic- Issue 2 The Good Book Company

This open access handbook, the first of its kind, provides a comprehensive and carefully curated multidisciplinary and genre-spanning view of the state of the field of Critical Menstruation Studies, opening up new directions in research and advocacy. It is animated by the central question: "what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course?" The chapters—diverse in content, form and perspective—establish Critical

Menstruation Studies as a potent lens that reveals, complicates and unpacks inequalities across biological, social, cultural and historical dimensions. This handbook is an unmatched resource for researchers, policy makers, practitioners, and activists new to and already familiar with the field as it rapidly develops and expands.

Own Your Period Notion Press

"Nicole Jardim walks the talk, and I am confident that *Fix Your Period* will help ignite the hormone balance you are seeking and restore your vitality." --Sara Gottfried, MD, New York Times bestselling author of *The Hormone Cure* A life-changing step-by-step natural protocol to ignite lasting hormone balance and improve everything from PMS, period pain, and heavy periods to irregular cycles and missing periods, from Nicole Jardim, certified women's health coach and co-host of the podcast *The Period Party*. For most women, getting their period sucks. Bloating. Cramps. Acne. Aches. Moodiness. Messiness. No wonder we call it *The Curse!* For many, it's not just an inconvenience—it's a colossal life disruption, forcing them to miss work, school, appointments, or dates. We've been encouraged to medicate away common period problems with birth control and ibuprofen, and just survive the mood swings as best we can. But as Nicole Jardim

explains, periods aren't a nuisance, they're information. When you learn to decode your period (or lack thereof), you'll be able to recognize the underlying hormone imbalances causing your period problems and know how to fix them naturally with Jardim's proven six-week protocol to resolve even the most challenging hormone imbalances and menstruation issues. Joining the ranks of books by Jolene Brighten, Sara Gottfried, and Aviva Romm, Nicole Jardim's *Fix Your Period* is essential for women plagued by PMS, irregular, painful, or heavy periods, PCOS, Endometriosis, or fibroids—and for anyone who wants to take charge of her hormonal health—and regain control of her life—naturally.

Periods Gone Public S&S/Simon Element

Periods enter the spotlight in this essay collection that raises a variety of voices on a topic long shrouded in shame and secrecy. In this collection, writers of various ages and across racial, cultural, and gender identities share stories about the period. Each of our twelve authors brings an individual perspective and sensibility. They write about homeless periods, nonexistent periods, male periods, political periods, and more. Told with warmth and humor, these essays celebrate all kinds of period experiences. Periods are a fact of life. It's time to talk about them.

Must We Divide History Into Periods? Simon and Schuster

A practical guide to understanding your cycle and balancing your hormones with nutrition and yoga, for a calm and pain-free period. Written by Le'Nise Brothers, a nutritional therapist, yoga teacher and popular women's health, hormone and wellbeing coach. You Can Have A Better Period is a straight-talking resource to help women understand their menstrual cycles and finally get answers to questions such as: "why am I so moody right before my period?", "are periods supposed to be so painful?", "why is my period so heavy?", "is it normal to get headaches right before my period?" Le'Nise Brothers takes us through each phase of our cycle, including a clear programme of nutrition and lifestyle changes. The book explains which supplements work and the key stress management habits we can implement, to bring long-lasting and sustainable changes to our hormonal balance and menstrual health. In Western society, we have accepted a cultural narrative that periods are supposed to be painful, emotional and messy. This book will be a practical guide that helps women change the way they look at their period, and finally harness the power of the fifth vital sign.

A Brief Theology of Periods (Yes, really) Feiwei & Friends

Puberty comes with a lot of changes. The *Period Comic* (An Illustrated book) will help girls understand and learn about such changes in their bodies in a fun, easy and intriguing way as they continue to grow, whilst building their self-confidence. For many girls, puberty can be an uncertain time. The *Period Comic* includes everything girls need to know about growing breasts, acne or pimples, their periods, hair in private areas, feelings, nutrition, managing period cramps, preparing for your first period, period poverty, and so much more. This book has practical steps to guide them as they learn about the amazing changes happening in their bodies during puberty and beyond! Among puberty and period books for girls, The *Period Comic* offers encouraging support while answering real questions that girls have about puberty. Positive, judgment-free, and medically accurate, this book discusses puberty in a way that young girls can relate to. The book was medically reviewed by an experienced gynecologist. The *Period Comic* is a thrilling and engaging story of three friends on an intriguing weekend of discovery, where they discover and learn about their bodies, puberty and periods. It fun filled and easy for young girls to relate to. Though, they are from diverse cultural backgrounds, one thing they share in common is the changes happening in their bodies as they grow. The *Period Comic* offers vital insight such as: -Easy to understand and relatable- The *Period Comic* explains periods (menstruation) in a practical and easy way that young girls can relate with. It fun filled, the comic eases the anxiety and numerous questions about periods. The story involves practical tips and have been illustrated using beautiful characters with great personalities.-An overview of puberty that explains what happens, when it happens, and how she'll know-Explanations of changes in body, mood etc. Also, how to confidently approach these changes that occur in puberty -Medically Accurate: reviewed by an experienced gynecologist. -Practical tips and advice for navigating different situations during puberty—from understanding growth spurts to managing periods and menstrual hygiene -Leave girls feeling informed, empowered, and ready for the changes that lie ahead.-Properly researched: Information in this book was informed by intensive research and experience garnered over the years of working with young girls and women in different communities and documentary of their experiences regarding periods. **REVIEWS**Wow!! The *Period Comic* is amazing. It is so easy to understand. I can identify with some of the things described in the book. I particularly love the fact

that is in a comic format. I love the characters in the book. I have told my friends about the book and they can't wait to get their copies. A 11years (United Kingdom) I could not drop The *Period Comic* once I started reading it. It is interesting and engaging. I love it! Thank you for letting me read this. It is so much fun and easy to understand. I can totally relate with the illustrations. Dee 13 years (UK) This book is so amazing. It is just incredible. The book was supposed to help my daughter, but I read it as well and I am just blown away. I have learnt some things and it sure makes explaining periods to my girl so easy. Thank you. Mrs O (UK)

Figuring the Past Springer Nature

A world-renowned women's health expert reveals a bold, practical, and data-driven handbook for menstrual periods that provides an easy-to-navigate roadmap for improving your reproductive health—and your everyday quality of life. We've been lied to about periods. PMS, cramping, bloating, migraines, irritability, and anxiety may be extremely common, but contrary to popular belief, they aren't normal. And they certainly aren't "just part of being a woman," despite the fact that this is what we've been told time and time again—by friends, family, and even doctors. After dedicating her entire clinical career to deconstructing the menstrual cycle, women's health expert Kirsten Karchmer knows better. During her more than twenty years of research and treating thousands of patients, Karchmer found that most period problems women experience—even the most painful ones—are totally correctable and more surprisingly reflective of overall health and fertility. In this forthright, spirited, and all-encompassing guide, Karchmer draws on her decades' worth of experience as a women's health expert to break down the myths so many women have been led to believe about their periods. For the more than 82 million women in the world who suffer from menstrual conditions, *Seeing Red* explains the importance of a healthy menstrual cycle (and how to achieve it) and why it is important to the women's movement. Menstrual cycles are not a curse, but an instrument providing women with one of the most valuable, regularly occurring, and free diagnostic tools they have, giving them access to unprecedented health and power.

Be Period Positive The Period Book

This all-in-one reference is a quick and easy way for book, magazine, online, academic, and business writers to look up sticky punctuation questions for all styles including AP (Associated Press), MLA (Modern Language Association), APA (American Psychological Association), and Chicago Manual of Style. Punctuate with Confidence—No Matter the Style Confused about punctuation? There's a reason. Everywhere you turn, publications seem to follow different rules on everything from possessive apostrophes to hyphens to serial commas. Then there are all the gray areas of punctuation—situations the rule books gloss over or never mention at all. At last, help has arrived. This complete reference guide from grammar columnist June Casagrande covers the basic rules of punctuation plus the finer points not addressed anywhere else, offering clear answers to perplexing questions about semicolons, quotation marks, periods, apostrophes, and more. Better yet, this is the only guide that uses handy icons to show how punctuation rules differ for book, news, academic, and science styles—so you can boldly switch between essays, online newsletters, reports, fiction, and magazine and news articles. This handbook also features rulings from an expert "Punctuation Panel" so you can see how working pros approach sticky situations. And the second half of the book features an alphabetical master list of commonly punctuated terms worth its weight in gold, combining rulings from the major style guides and showing exactly where they differ. With *The Best Punctuation Book, Period*, you'll be able to handle any punctuation predicament in a flash—and with aplomb.

Susan's Growing Up HarperCollins UK

What does the Bible say about periods? The average woman has 500 periods in her lifetime. And whether yours are mildly annoying, utterly debilitating or emotionally complicated, most of us have at one time or another asked: Why?! This warm, light-hearted, real, honest and at times surprising book gives a biblical perspective on menstruation, as well as a whole lot more. Beginning with periods, Rachel Jones takes readers on an adventure in theology, weaving together wide-ranging reflections on the nature of our bodies, the passing of time, the purpose of pain, and the meaning of life. One thing is for sure: you've never read a Christian book quite like this one. Whether you're in need of hope and help, or are just downright curious, you'll be refreshed and encouraged by this book. As Rachel puts it, "Whoever you are, my aim is that you reach the end of this book celebrating who God has made you, how God has saved you, and the fact that he speaks liberating and positive truth into all of life's experiences (even periods)".

Welcome to Your Period! Watkins Media Limited

For all the kiddos who ever wanted to know, "What is a period?" Join June and Mommy in this

sweet, rhyming first introduction to periods. June explores common curiosities and anxieties, like whether a period hurts, or what it would mean for her to get her period one day. Also included are tips and resources for creating a period-positive environment, for celebrating a first period, and for enhancing your own menstrual experience. Tajiri draws on her experience as the "Period Poet", a mother, and an artist, to create this must-have book for families. Her signature illustrations are simple, yet vibrant. The story has much depth, and will have your little one looking forward to her first period for years to come.

Period Power Bloomsbury USA Childrens

Written by autistic author Robyn Steward, this is a detailed guide for young people aged 9 to 16 on the basics of menstruation. Created in consultation with young people, an online survey and a group of medical professionals, this is a book that teaches all people about periods, which can be a scary and overwhelming issue. Promoting the fact that everyone either has periods or knows someone who does, the book reduces the anxiety girls face in asking for help. It offers direct advice on what periods look and feel like and how to manage hygiene and pain. It also breaks up information using flaps and step-by-step photos of how to change pads and tampons, it discusses alternatives to tampons and pads, and gives information about possible sensory issues for people with autism.

Celebrate Your Body (and Its Changes, Too!) Macmillan + ORM

From beloved New York Times bestselling author and award-winning journalist Anita Diamant comes a timely collection of essays to help inspire period positive activism around the globe. When *Period. End of Sentence.* won an Oscar in 2019, the film's co-producer and Executive Director of The Pad Project, Melissa Berton, told the audience: "A period should end a sentence, not a girl's education." Continuing in that revolutionary spirit and building on the momentum of the acclaimed documentary, this book outlines the challenges facing those who menstruate worldwide and the solutions championed by a new generation of body positive activists, innovators and public figures. Including interviews from people on the frontlines—parents, teachers, medical professionals, and social-justice warriors—*Period. End of Sentence.* illuminates the many ways that menstrual injustice can limit opportunities, erode self-esteem, and even threaten lives. This powerful examination of the far-ranging and quickly evolving movement for menstrual justice introduces today's leaders and shows us how we can be part of the change. Fearless, revolutionary, and fascinating, *Period. End of Sentence.* is an essential read for anyone interested in empowering women, girls, and others around the world. To learn more about The Pad Project, go to ThePadProject.org.

What Is a Period? Simon and Schuster

"A normally taboo topic claims attention with the surprising—and sometimes horrifying—history of cultural reactions to menstruation." —Publishers Weekly In this hip, hilarious and truly eye-opening cultural history, menstruation is talked about as never before. Flow spans its fascinating, occasionally wacky and sometimes downright scary story: from mikvahs (ritual cleansing baths) to menopause, hysteria to hysterectomies—not to mention the Pill, cramps, the history of underwear, and the movie about puberty they showed you in 5th grade. Flow answers such questions as: What's the point of getting a period? What did women do before pads and tampons? What about new drugs that promise to end periods—a hot idea or not? Sex during your period: gross or a turn-on? And what's normal, anyway? With color reproductions of (campy) historical ads and early (excruciating) femcare devices, it also provides a fascinating (and mind-boggling) gallery of this complex, personal and uniquely female process. As irreverent as it is informative, Flow gives an everyday occurrence its true props—and eradicates the stigma placed on it for centuries. "Its contents, I found, are plainspoken—perhaps it will start chipping away at the taboo . . . the style is important and groundbreaking." —The New Yorker "In many ways, Flow is a breakthrough." —Daily Beast "Flow isn't just a book; it's a movement." —January Magazine "A witty look at the history of 'the nuisance' . . . for women of all ages. Who hasn't wondered why we get a period, what women did before the invention of the tampon—let alone the pad. Flow explains all." —Body and Soul Magazine

Rtu Vidyā Penguin

Your period is nature, beautiful, inspiring, nature. Reading this book will help uncover how periods have been kept in the dark, and by the end you will find yourself closer to feeling *The Moon In You*. You will go on a journey that happens inside of you, a story that unfolds as you realize--your period is a rite of passage. See more at www.littleredslibrary.com
[A Girl's Guide to Puberty & Periods](#) Bloomsbury Publishing

Acclaimed poet Hafizah Augustus Geter reclaims her origin story in this “lyrical memoir” (The New Yorker)—combining biting criticism and haunting visuals. “Hafizah Augustus Geter is a genuine artist, not bound by genre or form. Her only loyalty is the harrowing beauty of the truth.”—Tayari Jones, author of *An American Marriage* Winner of the PEN Open Book Award • Winner of the Lambda Literary Award • A New Yorker Best Book of the Year • A Kirkus Reviews Best Nonfiction Book of the Year • A Brittle Paper Notable African Book of the Year • Finalist for the Chautauqua Prize “I say, ‘the Black Period,’ and mean ‘home’ in all its shapeshifting ways.” A book of great hope, Hafizah Augustus Geter’s *The Black Period* creates a map for how to survive: a country, a closet, a mother’s death, and the terror of becoming who we are in a world not built to accommodate diverse identities. At nineteen, she suddenly lost her mother to a stroke. Weeks later, her father became so heartsick that he needed a triple bypass. Amid the crumbling of her world, Hafizah struggled to know how to mourn a Muslim woman in a freshly post-9/11 America. Weaving through a childhood populated with southern and Nigerian relatives, her days in a small Catholic school, and learning to accept her own sexuality, and in the face of a chronic pain disability that sends her pinballing through the grind that is the American Dream, Hafizah discovers that grief is a political condition. In confronting the many layers of existence that the world tries to deny, it becomes clear that in order to emerge from erasure, she must map out her own narrative. Through a unique combination of gripping memoir, history, political analysis, cultural criticism, and Afrofuturist thought—alongside stunning original artwork created by her father, renowned artist Tyrone Geter—Hafizah leans into her parents’ lessons on the art of Black revision to create a space for the beauty of Blackness, Islam, disability, and queerness to flourish. As exquisitely told as it is innovative, and with a lyricism that dazzles, *The Black Period* is a reminder that joy and tenderness require courage, too.

The Better Period Food Solution Amsterdam University Press

Winner, 2010 Emily Toth Award for Best Book in Women’s Studies, Popular Culture Association/American Culture Association *The Modern Period* examines how and why Americans adopted radically new methods of managing and thinking about menstruation during the twentieth century. In the early twentieth century women typically used homemade cloth “diapers” to absorb menstrual blood, avoided chills during their periods to protect their health, and counted themselves lucky if they knew something about menstruation before menarche. New expectations at school, at play, and in the workplace, however, made these menstrual traditions problematic, and middle-class women quickly sought new information and products that would make their monthly periods less disruptive to everyday life. Lara Freidenfelds traces this cultural shift, showing how Americans reframed their thinking about menstruation. She explains how women and men collaborated with sex educators, menstrual product manufacturers, advertisers, physical education teachers, and doctors to create a modern understanding of menstruation. Excerpts from seventy-five interviews—accounts by turns funny and moving—help readers to identify with the experiences of the ordinary people who engineered these changes. *The Modern Period* ties historical changes in menstrual practices to a much broader argument about American popular modernity in the twentieth century. Freidenfelds explores what it meant to be modern and middle class and how those ideals were reflected in the menstrual practices and beliefs of the time. This accessible study sheds new light on the history of popular modernity, the rise of the middle class, and the relationship of these phenomena to how Americans have cared for and managed their bodies.

Emily’s Blue Period Books Beyond Words

Anabel, Ada and Misha are pupils of Hamilton Primary school in Oxbridge. In ‘The Period Comic’ 1, they learnt about the changes in their bodies, puberty and growing up. They also heard about period poverty and how some girls are unable to afford hygienic products for their periods. In this exciting sequel, the girls decide to use their talents in creative ways to rescue their community

from period poverty. They also join Mrs Adam to teach other young girls about puberty and periods. For many girls, puberty can be an uncertain time. *The Period Comic* includes everything girls need to know about growing breasts, acne or pimples, their periods, hair in private areas, feelings, nutrition, managing period cramps, preparing for your first period, period poverty, and so much more. *The Period Comic* offers vital insight such as: -The story involves practical tips and have been illustrated using beautiful characters with great personalities. -An overview of puberty that explains what happens, when it happens, and how she’ll know. Explanations of changes in body, mood etc. Also, how to confidently approach these changes that occur in puberty. -Medically Accurate: reviewed by an experienced gynaecologist. Leave girls feeling informed, empowered, and ready for the changes that lie ahead. -Properly researched: Information in this book was informed by intensive research and experience garnered over the years of working with young girls and women in different communities and documentary of their experiences regarding periods.

No Period. Now What? Sourcebooks, Inc.

This fact-filled, illustrated guide to periods is bursting with positive advice on managing and understanding periods. *Own Your Period* celebrates amazing bodies—an essential handbook for all pre-teens.

The Black Period Grow and Know

This book explores the ways in which statistical models, methods, and research designs can be used to open new possibilities for APC analysis. Within a single, consistent HAPC-GLMM statistical modeling framework, the authors synthesize APC models and methods for three research designs: age-by-time period tables of population rates or proportions, repeated cross-section sample surveys, and accelerated longitudinal panel studies. They show how the empirical application of the models to various problems leads to many fascinating findings on how outcome variables develop along the age, period, and cohort dimensions.

Best Sellers - Books :

- [Blowback: A Warning To Save Democracy From The Next Trump By Miles Taylor](#)
- [Kindergarten, Here I Come!](#)
- [How To Win Friends & Influence People \(dale Carnegie Books\) By Dale Carnegie](#)
- [Saved: A War Reporter's Mission To Make It Home By Benjamin Hall](#)
- [A Court Of Mist And Fury \(a Court Of Thorns And Roses, 2\) By Sarah J. Maas](#)
- [Why A Daughter Needs A Dad: Celebrate Your Father Daughter Bond This Father's Day With This Special Picture Book! \(always In My Heart\) By Gregory E. Lang](#)
- [Little Blue Truck's Valentine By Alice Schertle](#)
- [Never Never: A Romantic Suspense Novel Of Love And Fate By Colleen Hoover](#)
- [The Collector: A Novel](#)
- [Saved: A War Reporter's Mission To Make It Home](#)