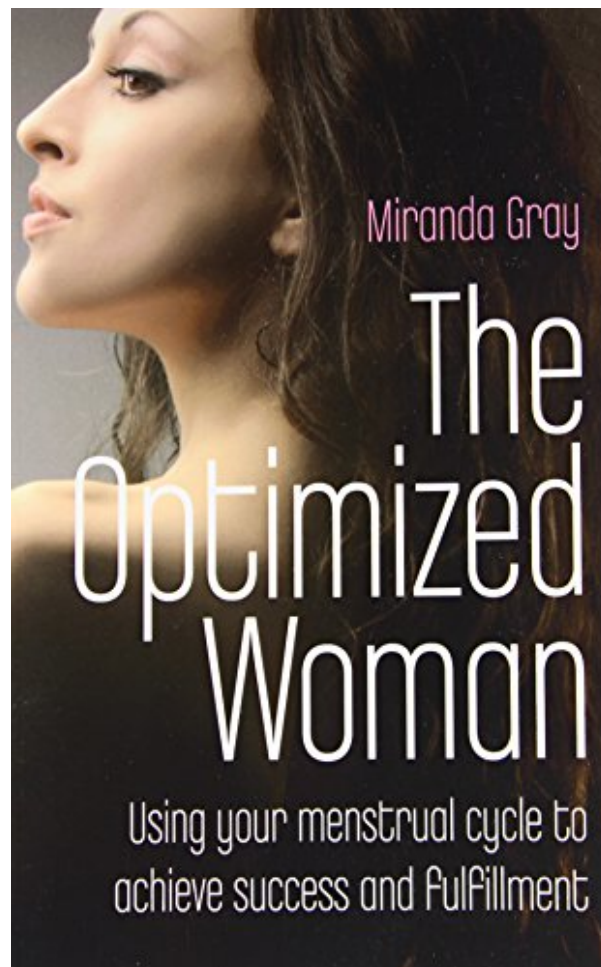
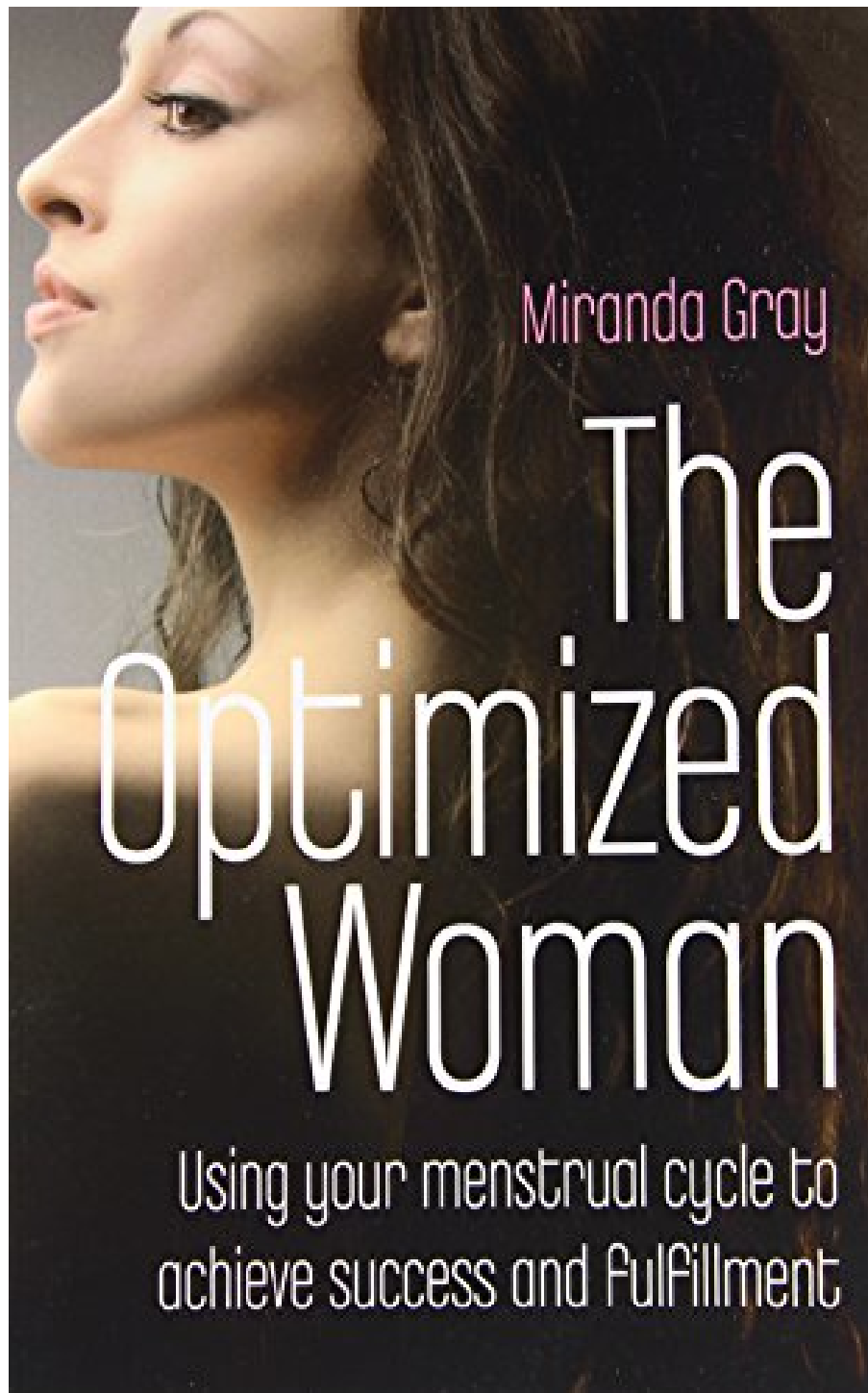


**THE OPTIMIZED WOMAN: IF YOU WANT
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Review

This book is a must read for any woman who is seeking to maximize her ability to accomplish her dreams and goals by utilizing and understanding the power of her menstrual cycle. Miranda Gray provides a practical tool that teaches women how to appreciate and respect the beauty and power of womanhood and feminine energy. This is an excellent resource for mothers to give to their daughters to help them appreciate the gift of their monthly cycles. Cassandra George Sturges, MA, MA, Psy.D, Author & publisher Triumph and Authentik Beauty Publications

About the Author

Miranda Gray lives what she teaches. Her work as the Creative Director of a multimedia company, an international workshop facilitator, a writer, a women's online life-coach, and an illustrator all revolve around her cycle. She lives in Hampshire, UK

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THE OPTIMIZED WOMAN: IF YOU WANT TO GET AHEAD, GET A CYCLE BY MIRANDA GRAY PDF

At last a book that teaches us to how to harness the power of our cyclic nature! Miranda Gray has provided us with an indispensable guide to understanding how the variable (often considered inferior) nature of women's abilities can in fact be an invaluable tool to women and society as a whole. Amy Sedgwick O.T. Reg. (Ont.), Red Tent Sisters, Toronto

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- Binding: Paperback
- 240 pages

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About the Author

Miranda Gray lives what she teaches. Her work as the Creative Director of a multimedia company, an international workshop facilitator, a writer, a women's online life-coach, and an illustrator all revolve around her cycle. She lives in Hampshire, UK

Most helpful customer reviews

2 of 2 people found the following review helpful.

I really loved how Miranda gives a full plan for each day ...

By Amazon Customer

This book is full of tools for not only understanding but working with all the parts of a woman's cycle. It looks at the ways women's bodies and how the fluctuations of hormones can effect her mentally, physically and emotionally. It gives you a plan and guide for exploring your own personal cycle, and how that cycle effects you.

I really loved how Miranda gives a full plan for each day on a typical 28 day cycle, but also explains how to adjust it if your cycle is longer or shorter. I felt the plan she gave had a lot of flexibility and that she did a great job of showing how you can not only recognize which optimum time you are in, but also how to adjust the plan if your times didn't follow the breakdown outlined in the book.

This book is one I think would be of benefit to a lot of women who are trying to better handle the hormonal tides of their period (and the rest of the time as well!). It even has a chapter for the men in our lives who may want to learn how to understand us better and help us to live happier and more fulfilled lives through becoming more attuned with the natural workings of our bodies.

6 of 7 people found the following review helpful.

A Feminine Take on Self Help

By Sutra

This is another great book by author Miranda Gray, which emphasizes how important it is for women to come to understand, accept, and learn to work with their menstrual cycle in order to achieve lasting success and fulfillment in all areas of life. It encourages women to look upon their cycles as a positive part of being female, rather than as the weakness or "curse" that our patriarchal society would have us believe it is.

0 of 0 people found the following review helpful.

Great book!

By JenniferGT

Frankly, I was surprised by how informative and helpful this book has been. I've been using it for a few months and I really have a better understanding of my cycle and more tools about how to address problems. My husband was pretty grateful for the "demystification" as well.

See all 5 customer reviews...

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