

(Period

Kirsten Karchmer

The Period Book Karen Gravelle, Jennifer Gravelle, 2017-06-20 This bestselling, essential illustrated guidebook for adolescent girls is a trusty friend that can help girls feel confident about this new phase of their lives. What is my period exactly? Do I need to see a doctor? What does it feel like to wear a pad? What if I get my period at school? Karen Gravelle and her fifteen-year-old niece, Jennifer Gravelle, have written a down-to-earth and practical book that answers any questions you might have about your period, from what it is and what it feels like, to how to choose pads and tampons, to how to talk to your parents about it. The Period Book will help guide you through all the physical, emotional, and social changes that come with your period, as well as related issues like dealing with pimples, mood swings, and new expectations from friends and family. Debbie Palen's funny and sympathetic cartoons ease the confusion and exasperation you might feel, and celebrate the new sense of power and maturity that your period can bring.

Period Power Nadya Okamoto, 2018-10-16 PERIOD founder and Harvard College student Nadya Okamoto offers a manifesto on menstruation and why we can no longer silence those who bleed—and how to engage in youth activism. Throughout history, periods have been hidden from the public. They're taboo. They're embarrassing. They're gross. And due to a crumbling or nonexistent national sex ed program, they are misunderstood. Because of these stigmas, a status quo has been established to exclude people who menstruate from the seat at the decision-making table, creating discriminations like the tampon tax, medicines that favor male biology, and more. Period Power aims to explain what menstruation is, shed light on the stigmas and resulting biases, and create a strategy to end the silence and prompt conversation about periods.

Period Power Maisie Hill, 2019-05-02 'Hill's advice is straightforward and no-nonsense' - The

Guardian 'A life-transforming book... fascinating - Daily Mail 'Maisie Hill has written a bloody brilliant book (pun intended). Everything you need to know about periods and how they affect you and your life is here. It's revolutionary' - Miranda Sawyer 'Thank GOODNESS for Maisie Hill! Flipping open the lid on a vital conversation. It's about time we claimed the power of our periods!' - Gemma Cairney, broadcaster & co-founder of Boom Shakalaka Productions 'This is such an important book. Maisie's insights and cycle strategy have changed my life and my cycle. Period Power is written with such intelligence, humour and a deep understanding of women's health. If you have a period you need to read this book.' - Anna Jones, author of The Modern Cook's Year A profound and practical blueprint for aligning daily life with your menstrual cycle. Period Power is the handbook to periods and hormones that will leave you wondering why the hell nobody told you this sooner. The hormones of the menstrual cycle profoundly influence our energy, mood and behaviour, but all too often we're taught that our hormones make us unreliable, moody bitches, or that it's our lot in life to put up with 'women's problems'. Maisie Hill, a women's health practitioner, knows the power of working with the menstrual cycle and refuses to accept this theory. Instead, Maisie believes that our hormones are there to serve us and, if utilized correctly, can be used to help you get what you want out of life. Yes, we are hormonal, and that's a very good thing. This revolutionary book reveals everything you need to know about taking control of your menstrual cycle and outlines The Cycle Strategy to help us perform at our best, throughout our cycle. In Period Power you will discover how to: - maximise your natural superpowers each month while making adjustments for the darker days, and use Maisie's favourite tips to improve them - identify your personal patterns, powers and pitfalls for each phase of the menstrual cycle - plan your month to perform at your best in all aspects of your life - figure out if you have a hormonal imbalance and

what to do about it. *Period Power* is a no-nonsense guide with all the tools you need to improve your menstrual health.

Welcome to Your Period! Yumi Stynes, Dr. Melissa Kang, 2021-01-12 This frank, funny guide to getting your period gives preteens all they need to master—and even celebrate!—menstruation. Getting your period for the first time can be mortifying, weird, and messy—and asking questions about it can feel even worse. But it doesn't have to be that way. This taboo-free guide is packed with honest advice and big-sisterly wisdom on all the things girls need to know: from what cramps feel like to whether you can feel blood coming out, to what you should do if your pad leaks onto your clothes. *Welcome to Your Period* includes case studies, first-person accounts, questions from real teens, and answers from health journalist Yumi Stynes and adolescent health specialist Melissa Kang, MD. Cheerful illustrations keep the tone fun, and help with how-tos on different period supplies. There are even suggestions for throwing a first-period party. With its inclusive, body-positive message, pocket size, and reassuring vibe, this must-have menstruation manual will make girls feel not only normal but proud.

Erin's Period Book Barb Zimmerman, 2010-09 *Erin's Period Book* uses simple language to explain the scary process of menstruation. Detailed photographs show young ladies how to change a pad. This book is a wonderful tool to teach girls with developmental delays how to take care of their feminine hygiene needs, at home, school or in the community.

The Autism-Friendly Guide to Periods Robyn Steward, 2019-04-18 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.

Period JoAnn Loulan, Bonnie Worthen, 2001 Discusses the physical and psychological changes at the onset of menstruation. Includes a guide for parents and teachers.

Period Various Authors, 2018-05-08 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.

Seeing Red Kirsten Karchmer, 2019-11-12 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.

Period. End of Sentence. Anita Diamant, 2021-05-25 Explores the subject of menstruation, from toxic historic and religious roots to how young activists are challenging the silence and shame that can erode self-esteem and even threaten lives ...--Page 4 of cover.

Period Dennis Cooper, 2007-12-01 The final novel in the award-winning George Miles Cycle. "A triumphant finale to one of the most intense series of novels ever written" (Mondo). The stunning conclusion to Dennis Cooper's five-book cycle, *Period* earned its author the accolade "a disquieting genius" by Vanity Fair and praise for his "elegant prose and literary lawlessness" from The New York Times. Breathtaking and mesmerizing, it is the culmination of Cooper's explorations into sex and death, youth culture, and the search for the ineffable object of desire. Cooper has taken his familiar themes—strangely irresistible and interchangeable young men, passion that crosses into murder, the lure of drugs, the culpabilities of authorship, and the inexact, haunting communication of feeling—and melded them into a novel of flawless form and immense power. Set in a spare,

smoke-and-mirror-filled world of secret websites, Goth bands, Satanism, pornography, and outsider art, *Period* is a literary disappearing act as mysterious as it is logical. Obsessive, beautiful, and darkly comic, *Period* is a stunning achievement from one of America's finest writers. "A fascinating, intricately crafted jewel of a book . . . It's a book one could read over and over and never exhaust." —San Francisco Chronicle Book Review "To read *Period* (a book so intricate, it comes with its own strategy guide) is to witness the idea of the novel itself imploding; to glimpse the end of language; to become aware of literature's dizzying possibilities." —The Guardian "An elegy to the nature of obsessive love, the need to feel . . . [Cooper] is a profoundly original American visionary, and the most important transgressive literary artist since Burroughs." —Salon "Haunting." —Details

You Can Have a Better Period Le'Nise Brothers, 2022-03-08 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.

The Period Comic Florence Igboayaka, 2019-11-30 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 is 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 is 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.REVIEWSWow!! 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)

The Modern Period Lara Freidenfelds,2009-06-15 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.

The Palgrave Handbook of Critical Menstruation Studies Chris Bobel, Inga T. Winkler, Breanne Fahs, Katie Ann Hasson, Elizabeth Arveda Kissling, Tomi-Ann Roberts, 2020-07-24
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.

Periods Gone Public Jennifer Weiss-Wolf, 2017-10-10 The first book to explore menstruation in the current cultural and political landscape and to investigate the new wave of period activism taking the world by storm. After centuries of being shrouded in taboo and superstition, periods have gone mainstream. Seemingly overnight, a new, high-profile movement has emerged—one dedicated to bold activism, creative product innovation, and smart policy advocacy—to address the centrality of menstruation in relation to core issues of gender equality and equity. In *Periods Gone Public*, Jennifer Weiss-Wolf—the woman *Bustle* dubbed one of the nation's “badass menstrual activists”—explores why periods have become a prominent political cause. From eliminating the tampon tax, to enacting new laws ensuring access to affordable, safe products, menstruation is no longer something to whisper about. Weiss-Wolf shares her firsthand account in the fight for “period equity” and introduces readers to the leaders, pioneers, and everyday people who are making change happen. From societal attitudes of periods throughout history—in the United States and around the world—to grassroots activism and product innovation, Weiss-Wolf challenges readers to face stigma head-on and elevate an agenda that recognizes both the power—and the absolute normalcy—of menstruation.

Period Emma Barnett, 2021-02 'I wish this book had been written before I stopped having them. I might have enjoyed them more! It's brilliant, informative and funny. Period.' Jennifer Saunders 'I want to hear what Emma Barnett says about everything, and this terrific and timely book proves to be no exception.' Elizabeth Day

The Better Period Food Solution Tracy Lockwood Beckerman, 2019-10-22 “Cravings, headaches, mood swings, fatigue, bloating—you can manage these PMS/period symptoms through your diet! Tracy Lockwood Beckerman tells you how.” —Joy Bauer, MS, RDN, health and nutrition expert for NBC’s *Today* show Sometimes it feels like there’s just no way to feel good during your

menstrual cycle. It seems like ibuprofen and sick days are the only way to get through—until now. The Better Period Food Solution teaches you how to eat for a better, healthier, more comfortable period! This helpful guide shows how nutrition and certain foods can not only help alleviate painful period symptoms, but also heal your body through every stage of your cycle. Whether you suffer from painful periods or low energy, or a more chronic problem like endometriosis, The Better Period Food Solution will guide you through the nutrition choices that are best for your body. The book also includes sample meal plans and recipes that allow you to enjoy a lifetime of healthier cycles. “The book that every woman with a period never knew she needed, but she does. She really, really does. Tracy Lockwood Beckerman empowers readers to use real food to take control of their cycles, from ‘feisty hormones’ to fertility. She writes with charm, wit, and a solid evidence base. Beckerman’s expert advice and approachable voice make this book the most entertaining non-fiction I’ve read all year.” —Maggie Moon, MS, RD, author of The MIND Diet “[Tracy] makes it easy (and fun) to learn how food can help reduce menstrual cramps and PMS and manage other conditions like amenorrhea and PCOS.” —Rachel Berman, RD, author of Mediterranean Diet for Dummies

Menstruation Matters Bridget J. Crawford, Emily Gold Waldman, 2022-06-21 Explores the burgeoning menstrual advocacy movement and analyzes how law should evolve to take menstruation into account. Approximately half the population menstruates for a large portion of their lives, but the law is mostly silent about the topic. Until recently, most people would have said that periods are private matters not to be discussed in public. But the last few years have seen a new willingness among advocates and allies of all ages to speak openly about periods. Slowly around the globe, people are recognizing the basic fundamental human right to address menstruation in a safe and affordable way, free of stigma, shame, or barriers to access. Menstruation Matters explores the role

of law in this movement. It asks what the law currently says about menstruation (spoiler alert: not much) and provides a roadmap for legal reform that can move society closer to a world where no one is held back or disadvantaged by menstruation. Bridget J. Crawford and Emily Gold Waldman examine these issues in a wide range of contexts, from schools to workplaces to prisons to tax policies and more. Ultimately, they seek to transform both law and society so that menstruation is no longer an obstacle to full participation in all aspects of public and private life.

The Black Period Hafizah Augustus Geter, 2023-09-26 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.

Ignite the flame of optimism with *Get Inspired* by is motivational masterpiece, **(Period)**. In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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