

# A note from your friendly neighbourhood period coach



Ever stuffed a tampon up your sleeve on your way to the office bathroom? Avoided eye contact with the cashier as you paid for your sanitary pads? Cursed your premenstrual moods while curled up with Netflix, a box of tissues, and a block of Cadbury's finest? Gritted your teeth in frustration at your body and how wildly inconsistent it seems to be? Felt overwhelmed, exhausted, and annoyed by your hormones? Wished you simply didn't have a period at all? Well, you are not alone.

Our society doesn't celebrate the menstrual cycle. It's all very hush-hush. We're told not to talk about it in public, brought up calling it 'the curse'. Even saying the word 'period' out loud is still a bit taboo, right? It's that 'time of the month' when 'Aunt Flo is visiting' and you've 'got the painters in'. My personal favourite... 'shark week'! But jokes aside, the truth is that it can be bloody hard living in a body that bleeds once a month.

## So why a book about periods then?

Well, you see, they're the missing key. You may be surprised to learn that, if you're someone who menstruates, you are at this very moment in time (and at every minute of every day) experiencing one of the four phases of the menstrual cycle. You might also be surprised to hear that these four phases vary hormonally, which might explain why you can feel like a different person from week to week. The rise and fall of your hormones (like oestrogen, progesterone and testosterone) can affect mood, motivation, focus, energy levels, memory retention, cognition, desires, confidence, personality, libido, and how your body responds to stress. So, you know, quite a lot...

## A bloody good thing

As your friendly neighbourhood period coach, I've collected together 50 bits of advice and know-how to help you understand this internal rhythm that you move through each month(ish). This will give you all the tools you need to work with your body, rather than pushing against it.

As you journey through this book, you'll learn...

- Why your period is positive and how to work it!
- That you're not crazy. It's 100% normal to have fluctuating energy levels, libido, cravings and, erm, personality traits, all month long.
- All about the four distinct hormonal phases (or 'seasons' as we'll call them) in your menstrual cycle.
- How to chart your cycle so you can identify your unique superpowers and vulnerabilities in each phase.
- How to find your flow by syncing your life, where possible, around each phase of your menstrual cycle. **Spoiler: what works one week, won't necessarily work the next.**

You'll also discover some fun facts (like what that wet stuff in your undies is and what your menstrual cycle has to do with the moon), and find some super savvy suggestions (like how to practise cycle self-care and how to chat to important people in your life about periods). You'll even pick up some excellent real-life insights from a few of my lovely clients – just a handful of the amazing women I got to know when leading workshops, running one-to-one sessions, and teaching courses (both online and IRL).

