



# HOW TO HAVE A BETTER PERIOD



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# Managing My Period

**Albert A Gayle**



## **Managing My Period:**

*The Edge of Sex* Lisa Speidel, Micah Jones, 2019-11-27 *The Edge of Sex* is an anthology of voices from the margins bringing together 37 writers to discuss their experiences of sex and sex education in America. The anthology explores often overlooked and excluded identities with pieces on sexuality and disabilities, survivors of assault, sex work, women of color, kink and BDSM, being Muslim and queer, reproductive rights, and the challenges of culture and identity when grappling with gender fluidity and gendered expectations. As they trace the negative effects of a restrictive fear-based sex education, particularly on marginalized individuals, these stories unearth larger themes, tensions with race and religion, expectations from heteronormative society, and pressures of femininity and masculinity. Importantly, they also highlight the resilience and empowerment of marginalized individuals within a culture designed to ostracize them. The rich, diverse, and intersectional stories of *The Edge of Sex* paint a contextualized picture of sex education and make an urgent case for better representation and more inclusive, consistent, and comprehensive content. By reading this anthology, casual readers may learn more about their sexual selves; clinicians can apply the material to their practices with clients; and educators and students can expand their knowledge of feminist theory, intersectional theory, queer theory, and sex education.

**A Happy Period: A Girl's Simple Guide to Understanding Her Menstruation** Fehintola Simeon-Umukoro, Growing up can be a wild ride, and there's so much to learn as you journey from childhood to becoming a young adult. In this book, written just for you, we dive into the changes your body will go through during puberty, especially focusing on menstrual health and hygiene. You'll discover what to expect, how to stay comfortable, and why talking about menstruation is completely normal. Whether you're curious about what's coming or already experiencing changes, this guide is here to help you navigate it all with confidence and knowledge. It's okay to have questions; let's find the answers together.

Period Matters Farah Ahmed, 2022-06-30 A pathbreaking anthology on the diverse experiences of menstruation in South Asia. Menstruation, despite being a healthy and fundamental bodily process, is a topic often buried in fear and shame, and its discussion is even taboo in many societies. But a worldwide effort to bring conversations about menstruation and menstrual health into the open is now firmly underway. *Period Matters* carries this important endeavour forward by bringing together a breadth of perspectives from well-known figures as well as those whose voices are missing from the mainstream. Essays, artwork, stories, and poems from policymakers, entrepreneurs, artists, academics, activists, as well as interviews with those at the margins such as the homeless and those living with disabilities, explore myriad aspects of how menstruation is experienced in South Asia. While activist Granaz Baloch narrates how she defied traditional notions of tribal honour and conducted the first ever menstrual health workshop in Balochistan, Radha Paudel writes about her mission to have menstrual dignity acknowledged as a human right in Nepal. Shashi Tharoor relays his radical Menstrual Rights Bill, which was tabled in the Lok Sabha in the Indian parliament. We hear from Erum about the challenges of getting one's period when incarcerated, as Farzana and Chandan relate how mimicking the rituals of

menstruation helps them feel more feminine as transwomen Tishani Doshi breaks new ground with a poem about her uterus Ayra Indrias Patras describes how some poor women in Pakistan managed their period during the Covid 19 pandemic Aditi Gupta reflects on promoting menstrual literacy among young children across India through the Menstrupedia comic books In a personal essay Lisa Ray reveals how her illness triggered an early onset of menopause The book also showcases menstrala or art inspired by menstruation ranging from Rupri Kaur s iconic photo essay Anish Kapoor s oil paintings Shahzia Sikander s neo miniaturist art photographs of wall murals made by young people in Jharkhand to Sarah Naqvi s embroidery Amna Mawaz Khan offers a perspective through the choreography of her menstrual dance A collection of breathtaking scope and significance Period Matters illustrates with power purpose and creativity both the variances and commonalities of menstruation AAKAR INNOVATIONS FARAH AHAMED GRANAZ BALOCH SIBA BARKATAKI ALNOOR BHIMANI SRILEKHA CHAKRABORTY SHASHI DESHPANDE TISHANI DOSHI LYLA FREECHILD ZINTHIYA GANESHPANCHAN GOONJ ANISH KAPOOR RUPRI KAUR K MADAVANE AMNA MAWAZ KHAN MENSTRUPEDIA SARAH NAQVI AYRA INDRIAS PATRAS VICTORIA PATRICK RADHA PAUDEL RADHIKA RADHAKRISHNAN LISA RAY MARIAM SIAR SHAHZIA SIKANDER SHASHI THAROOR MEERA TIWARI TASHI ZANGMO

**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

Advice to a Wife on the Management of Herself; during the periods of menstruation, pregnancy, labour, and suckling ... The third edition Pye Henry CHAVASSE,1875

**Being Julia - A Personal Account of Living with Pathological Demand Avoidance** Ruth Fidler,Julia Daunt,2021-08-19 Diagnosed with Pathological Demand Avoidance PDA at aged 12 and writing this memoir at age 37 Julia Daunt depicts the ins and out of PDA and its symptoms while maintaining a positive outlook on what is possible to achieve Co written with professional specialist Ruth Fidler it covers how PDA impacts Julia s life including meltdowns sensory issues and communication in relationships Including examples of school reports and handwritten letters a chapter written from Julia s partner s perspective and even an example of Julia s favourite recipe this warm and personal look at living and thriving with PDA is informative and inspiring

*Hints*

*to Mothers, for the Management of Health During the Period of Pregnancy, and in the Lying-in Room; with an Exposure of Popular Errors in Connection with Those Subjects and Hints Upon Nursing* Thomas Bull (M.D.), 1877      **Advice to a wife on the management of herself** Pye Henry Chavasse, 1873      *Gender, Sex, and Tech!* Jennifer Jill Fellows, Lisa Smith, 2022-07-29 In this timely collection gender sex and technology are explored through an intersectional and interdisciplinary lens Gender Sex and Tech provides insight into the ways that technology affects and is affected by cultural perceptions of gender and sex Through an examination of a range of past and present issues the text highlights our relationships to technology and illustrates how gendered relations are shaped and transformed through social and technological innovations Contributors bring to the fore feminist decolonizing and anti racist methods to examine our everyday uses of technology from the mundane to the surreal to the playful to the devastating Original research and scholarship is skillfully grounded in real world scenarios like revenge pornography gender bias in artificial intelligence menstrual tracking online dating and the COVID 19 pandemic inviting students to take a closer look at technological transformations and their impact on gendered lived experience and to consider how the benefits of technology are inequitably shared within society Centring Canadian scholars and Canadian perspectives without losing sight of the broader global connection Gender Sex and Tech is bursting with timely and of the moment content making this collection a must read for courses focused on gender and technology      *Temporal Structures in Individual Time Management: Practices to Enhance Calendar Tool Design* Wu, Dezhi, 2009-08-31 This book covers the latest concepts methodologies techniques tools and perspectives essential to understanding individual time management experiences Provided by publisher      *Printers' Ink; the ... Magazine of Advertising, Management and Sales* ,1908      *General Management Series* ,1929      Industrial Management ,1926      *Management and Administration* ,1922 Includes critical reviews      **Management and Administration in Manufacturing Industries** ,1922      **Public Service Management** Harvey James Gonden, Arthur W. Park, James Blythe Wootan, 1916      **Industrial Management** John Robertson Dunlap, Arthur Van Vlissingen, John Michael Carmody, 1920      *The Journal of the British Dental Association* ,1896      *Jersey cattle, their feeding and management, compiled from information received from members of the English Jersey cattle society* English Jersey cattle society, 1903      Minnesota Reports Minnesota. Supreme Court, 1917 Cases argued and determined in the Supreme Court of Minnesota

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