



The Little Women's Guide to Personal Power

Kyla Plaxton

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Have you ever wondered why you get your menstrual cycle every single month for approximately forty years? Your menstrual cycle can't be just about making babies! There must be something more! This book is aimed specifically at teenage girls who are just learning about this amazing aspect of their bodies. Building on a sound medical base, Jin Shin Do acupressurist Kyla Plaxton leads her readers on a path to discovery. In Little Women's Guide to Personal Power the reader discovers how the primary purpose of a woman's period is to create life, and then is invited to consider how it is their own life they get to create. Menstrual symptoms are a girl's access to listening to her little inner voice and creating a life she loves.

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