

# Welcoming Womanhood

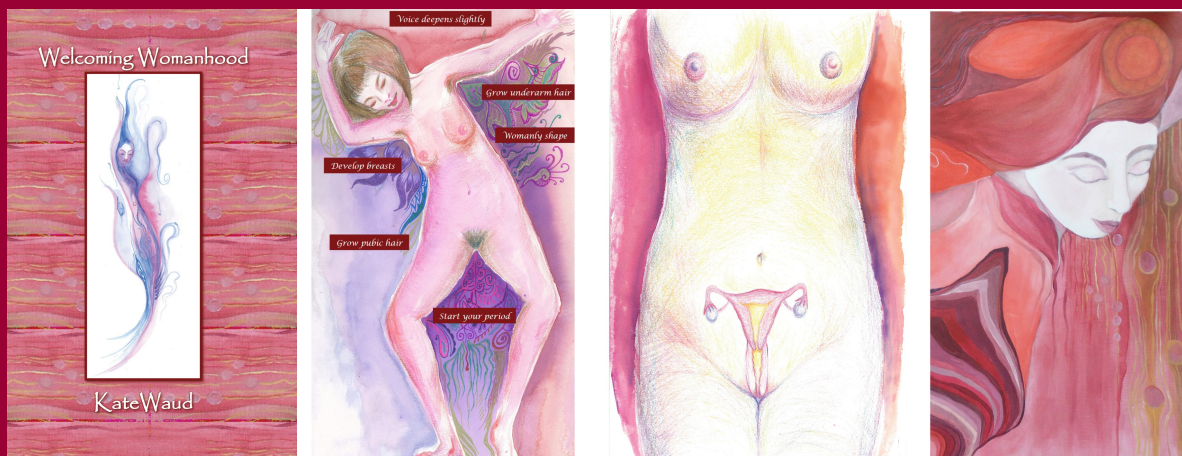
Welcoming Womanhood is a beautiful book about the transition from girl into young woman. It challenges us to acknowledge how amazing our bodies are and to develop a positive image of ourselves.

The perfect book for girls, filled with information that is clear and stunningly visual, helping to make our wonderfully intricate bodies easier to understand.

Welcoming Womanhood covers the changes of adolescence, the menstrual cycle, feminine hygiene and ideas on looking after yourself during your cycle. There are also sections to plan for menarche, share stories and become familiar with your body through a cycling journal.

A must have book for girls who are yet to start their period and for girls who already have.

The perfect gift for girls in your life.



“If I could give you a gift, it would be that you can see how wonderful and beautiful you are as girls and women. You are amazing, your body is exquisite; always remember how incredible you are.”

Kate xxx

Author Kate Waud - Illustrator Ruth Dennison

‘Welcoming Womanhood’ is available online at Amazon

To find out more, go to [www.welcomingwomanhood.com](http://www.welcomingwomanhood.com)