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# MALIAS MAGNIFICENT MOONTIME: A HOLISTIC GUIDE TO MENSTRUAL SELF-CARE



IWS Publishing. Paperback. Condition: New. 40 pages. Dimensions: 10.0in. x 8.0in. x 0.1in. Malias Magnificent Moontime is a heartwarming story about a girl coming to terms with her first menstrual period. Unlike many coming-of-age books, the focus of this story is holistic self-care to ease menstrual symptoms, instead of concentrating on the more mature details of sexual intercourse. Angela Shabazz of Indigenous Wellness Solutions understands that for many reasons, our daughters bodies are maturing faster now than ever before. Often our...

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- Authored by Angela Shabazz
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