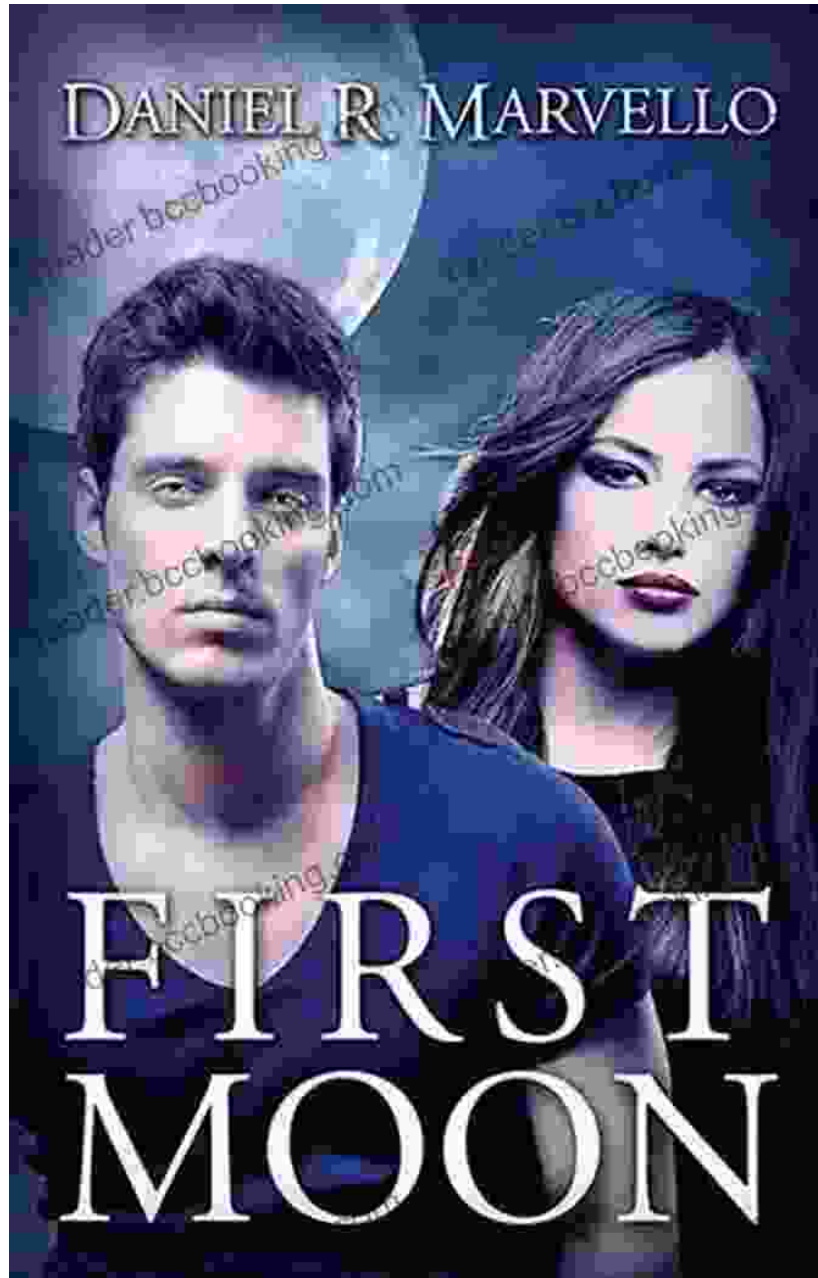


First Moon: A Guided Journal for Girls on Their Journey to Womanhood



About the Book

First Moon is a guided journal for girls on their journey to womanhood. It provides a safe and supportive space for girls to explore their feelings and

experiences, and to learn about their bodies and their changing emotions.

The journal is filled with prompts, activities, and exercises that help girls to:



First Moon: Welcome to Womanhood

★★★★★ 5 out of 5

Language : English

File size : 9797 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 106 pages

Lending : Enabled



- Understand their menstrual cycle and the changes that occur in their bodies
- Explore their emotions and feelings about their changing bodies
- Build a positive body image and self-esteem
- Develop healthy coping mechanisms for stress and anxiety
- Make healthy choices for their bodies and their lives

First Moon is a valuable resource for girls as they navigate the challenges and opportunities of adolescence. It is a book that they will cherish for years to come.

Praise for First Moon





“ "First Moon is a beautifully written and illustrated book that provides a safe and supportive space for girls to explore their feelings and experiences as they journey to womanhood." — Dr. Jennifer Hartstein, author of The Girls' Guide to Puberty”



“ "First Moon is a must-read for girls of all ages. It is a valuable resource that will help them to understand their bodies and their changing emotions." —-Emily Nagoski, author of Come As You Are”

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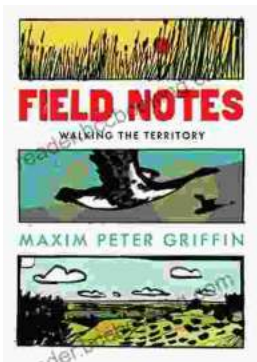
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