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## The Optimized Woman: Using Your Menstrual Cycle to Achieve Success and Fulfillment

By Miranda Gray

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, The Optimized Woman: Using Your Menstrual Cycle to Achieve Success and Fulfillment, Miranda Gray, If you want to get ahead, get a cycle. The menstrual cycle consists of Optimum Times - days of heightened performance skills and abilities. When we 'match the task to the time' we have the opportunity to excel beyond our expectations. We can achieve goals and success more easily, get ahead in the workplace, and enhance our feelings of fulfillment. In "The Optimized Woman", Miranda Gray presents a flexible plan of practical daily actions for self-development, goal achievement and work enhancement, aligned to the phases of the menstrual cycle. This book will totally change how women think about their cycles. It will change how they live their lives, achieve their goals, plan their work and careers, and create happiness and well being. The reader will be amazed that this is the one self-development method that they can apply month after month without losing the commitment and motivation to achieve their dreams, and bring fulfillment and success.



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