

Menstruation is power - the power of knowledge, understanding and love of your own mind, body and soul, the nourishment and nurturing of the Feminine - The Wild Genie.

Immediately engaging and beautifully written by Alexandra Pope, *The Wild Genie* is a self care guide for all women who want to enjoy their cyclical nature and experience a fulfilling and healthy life. It is also for parents who wish to pass on a positive experience of menstruation to their daughters, and for men to help them gain an insight into the world of women.

The Wild Genie presents a unique approach to menstruation that moves beyond biology to restore a dignity and deeper meaning to a woman's cyclical nature.



Alexandra Pope is a psychotherapist and menstrual health educator, living in Sydney, Australia. She conducts workshops for women and guest lectures at naturopathic colleges. She is passionate about supporting the Feminine, nourishing soul life, celebrating women's strengths and protecting the environment.

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the wild Genie

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