



Healthy Are We: Women Around the World (Paperback)

By M H Larsen

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Healthy Are We: Women Around the World is a book to springboard meaningful discussion surrounding health issues and how they impact our minds, bodies and spirits. It can be used in small group and classroom settings, one on one, and individually. This beautifully illustrated book is a resource to use in discussing women s health topics including: mind/body health, decision making, menstruation, anatomy, menstrual cycle, urinary tract infections, life cycles, menstruation products and the pros and cons of each, social health and safety, and the importance of women supporting each other for education and safety. Originally illustrated and written with women in developing countries in mind, but has been used successfully in many cultures and economic situations. Ideas for use: -Read book with a younger gal or women needing empowerment in her health--each page is illustrated with discussion questions and information. -Use the book as discussion for a woman to sell menstrual products allowing her client to discuss the best product for her and her situation. -Read and discuss in a classroom/ small group to educate and discuss how to best...



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