

LHW WELCOME!

YOU ARE ABOUT TO EMBARK ON A JOURNEY TO CONNECT WITH YOUR INNER FEMININE WISDOM AND EMBRACE YOUR CYCLICAL NATURE. THIS WORKBOOK IS DESIGNED TO HELP YOU DISCOVERING THE PROFOUND POWER WITHIN YOU TO HONOUR YOUR AUTHENTIC SELF.

LHW'S CYCLE WONDERS OFFERS A GREAT INTRODUCTION TO UNDERSTANDING HORMONES AND EMBRACING YOUR WELLNESS JOURNEY.

YOU WILL CONNECT DEEPLY WITH YOUR CYCLICAL NATURE, EXPLORE YOUR INNER SEASONS AND GAIN DEEP UNDERSTANDING HOW TO EMBRACE THIS NEW JOURNEY MONTH BY MONTH.

THE PROFOUND WISDOM US WOMEN CARRY WITHIN US CAN TRANSFORM YOUR AWARENESS OF BOTH BODY AND MIND. ENJOY THIS JOURNEY!

MUCH LOVE, MIRIAM, FOUNDER OF LHW





LHW CYCLE LIVING

Our Cycle Living is about the practice of organizing your life and activities around the natural rhythms of your menstrual cycle. It is an extension of cycle tracking, where we take the 4 hormonal phases of your female cycle as a blueprint on how to best eat, exercise and even work to experience better periods, fertility and energy.

Men and WOMEN are BOTH driven by the circadian rhythm (our daily sleep-wake cycle which roughly repeats every 24 hours) BUT us women are also connected to the infradian rhythm, which is a bodily cycle that exceeds the circadian rhythm.

The menstrual cycle is our special infradian rhythm and has four main phases (LHW likes to refer to them as seasons) which are mainly driven by Three different hormones: Estrogen, testosterone and progesterone.

A 'normal' female cycle lasts 28 up to 35 days. Our hormones fluctuate over the span of 4 weeks and we can identify 4 different phases, which compare to seasons:

- 1. Menstrual phase "Inner Winter" (day 1 to 3-7)
- 2. Follicular phase "Inner Spring" (day 7 to 12)
- 3. Ovulatory phase "Inner Summer" (day 12 to 16)
- 4. Luteal phase "Inner Fall" (day 16 to 28)

However, these phases can vary in length from person to person.

At LHW, we disfavor referring to 'normal' but here it serves to describe a women's menstrual cycle "as per the books". It doesn't mean that anything beyond that might not be normal for YOU. By tuning into your unique infradian rhythm, you will begin to understand how you change both physically and mentally during each of these four stages.

LHW CYCLE LIVING KEY PRINCIPLES

1. Awareness:

Understanding the different phases of the menstrual cycle (menstrual phase, follicular phase, ovulatory phase, luteal phase) and how hormone levels fluctuate during each phase.

2. Aligning Activities:

Adjusting activities, tasks, and commitments based on energy levels and mood during different menstrual phases. For example, scheduling intense workouts or important meetings during the follicular phase when energy levels are typically higher.

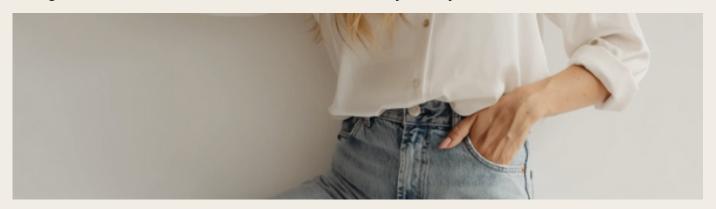
3. Nutrition:

Practicing self-care tailored to each phase of the cycle. This could include adjusting exercise routines, nutrition, and sleep patterns to support hormonal changes and overall well-being.

4. Self-Care Practices / Emotional and Mental Health:

Recognizing and honouring emotional and mental changes that may occur throughout the cycle. This may involve mindfulness practices, journaling, or seeking support during challenging phases like pre-menstrual syndrome (PMS).

Cycle living will empower you to optimize your productivity, creativity, and overall wellbeing by honouring your natural rhythms and working with your body rather than against it. It's about embracing the menstrual cycle as a natural part of life and using this awareness to live more harmoniously with yourself.



Disclaimer: The information provided in this workbook is for educational and informational purposes only. It is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read online.



Here you'll check your symptoms when menstruating

SYMPTOMS

Fatigue
Headache
Cramps
Cravings
Spotting
Acne

	FLOW						
Light				6			
Medium							

LENGTH OF CYCLE

Heavy

JAN	FEB	MAR
APR	MAY	JUN
JUL	AUG	SEP
ОСТ	NOV	DEC

	J	F	M	Α	М	J	J	Α	S	0	N	D
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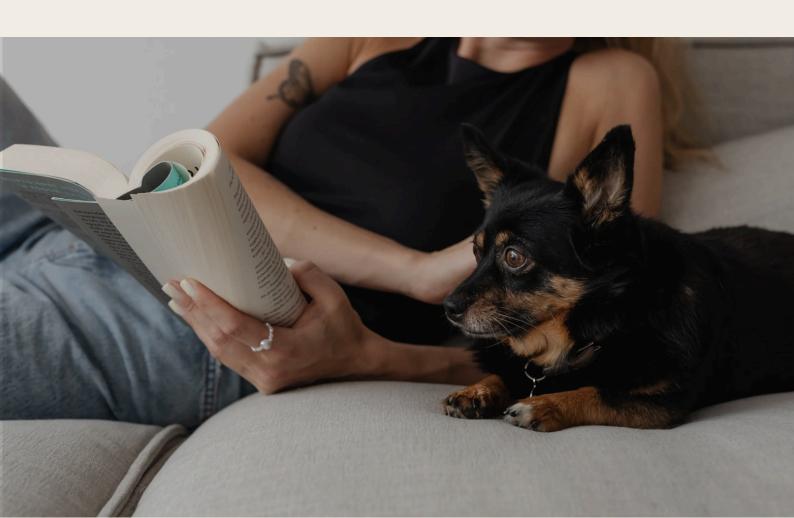
FACTS

PHASE: MENSTRUAL

ANALOGY: INNER WINTER

LENGHT: 3-7 DAYS

CHAPTER 1



OVERVIEW:

The menstrual phase is the first phase of the menstrual cycle and typically lasts for 3-7 days. This phase is often associated with winter because it is a time of rest, reflection, and renewal. Just as winter is a time when nature slows down and withdraws, the menstrual phase is a time when the body sheds the old uterine lining and prepares for a new cycle of growth. During this phase, it's important to rest and nourish your body with warming, comforting foods and gentle exercise, much like how we tend to hibernate indoors and eat warm soups and stews during winter.

HORMONE LEVELS:

Progesterone decreases, triggering the breakdown and shedding of the uterine lining, resulting in menstrual bleeding. Estrogen levels also decline.

LHW FASCINATING WONDERS:

Lower estrogen levels during this phase actually alter brain chemistry, presenting interesting cognitive functions. Studies highlight significant cognitive differences between men and women. Estrogen levels influence neurocognitive processes, enhancing performance on right-hemisphere tasks advantageous to women, such as verbal IQ, memory, fine motor skills, and perception (both speed and accuracy). During menstruation, heightened lateralization of brain function occurs, synergizing with low estrogen levels to improve performance on left hemisphere tasks like spatial ability, visual representation, and mathematics.

HOW TO FLOURISH IN THIS PHASE:

During the menstrual days, although they may feel challenging, you have the opportunity to perceive both the world around you and within you in a fresh light. Your heightened sensitivity is a natural response to the significant changes occurring in your body. Instead of succumbing to stress, leverage your enhanced cognitive abilities to avoid feeling overwhelmed. Take a step back to assess and gain perspective on the situation. Your energy levels may be lower, so take time to listen attentively to your inner thoughts and feelings. Consider journaling, meditation, and self-reflection as valuable practices during this phase. Remember to prioritize self-care and nurture yourself during this beautiful time.

NUTRITION

During the menstrual phase, it's important to focus on nourishing your body with nutrient-dense foods that can help support hormone balance and alleviate menstrual symptoms. Here are some types of foods that may be beneficial:

Iron-rich foods:

Many women experience some degree of blood loss during their period, so it's important to focus on foods that are high in iron. Good sources of iron include red grass-fed meat, poultry, fish, beans, lentils, spinach, and tofu.

Magnesium-rich foods:

Magnesium can help alleviate menstrual cramps and improve mood. Good sources of magnesium include dark leafy greens, nuts and seeds, whole grains, and legumes.

Foods rich in omega-3 fatty acids:

Omega-3 fatty acids have anti-inflammatory properties and can help reduce menstrual cramps and inflammation. Good sources of omega-3s include fatty fish (such as salmon), chia seeds, flax seeds, and walnuts.

Complex carbohydrates:

Complex carbohydrates can help stabilize blood sugar levels and provide sustained energy throughout the day. Good sources of complex carbs include whole grains, sweet potatoes, beans, and lentils.

Fruits and vegetables:

Fruits and vegetables are packed with vitamins and minerals that can help support overall health and well-being. In particular, leafy greens like kale and spinach are good sources of iron and magnesium.

Water:

Staying hydrated is important during the menstrual phase, as it can help alleviate bloating and constipation. Aim to drink at least 8-10 glasses of water per day, and consider incorporating other hydrating fluids like herbal tea or coconut water.

EXERCISE

During the menstrual phase, it's common for many women to experience fatigue, cramping, and mood changes, which can make it challenging to engage in intense exercise. However, staying active during this phase can actually help alleviate menstrual symptoms and improve mood. Some types of exercise that may be beneficial during the menstrual phase include:

Yoga:

Gentle yoga poses can help alleviate cramps and promote relaxation, which can be especially helpful during the menstrual phase. Restorative yoga, in particular, can help release tension in the body and calm the mind.

Walking:

Low-impact cardio activities like walking can be a good way to stay active without putting too much strain on the body. Taking a brisk walk outside can also help improve mood and reduce stress.

Swimming:

Swimming is another low-impact activity that can be beneficial during the menstrual phase. The buoyancy of the water can help relieve pressure on the lower back and abdomen, which can alleviate cramps.

Stretching:

Gentle stretching can help release tension in the body and promote relaxation. You can try simple stretches like hamstring stretches, hip openers, and spinal twists to help ease menstrual cramps.

Light strength training:

Some light strength training exercises can help strengthen the muscles in the core and lower body, which can help alleviate menstrual cramps. However, it's important to avoid exercises that put too much strain on the body, such as heavy lifting or high-intensity interval training.

MINDFUL PRACTICE

their period. Therefore, we always recommend making day 1 a day for YOU. Do what feels good for you and take time for yourself to reflect on the below:
Some things on my mind are:
Close your eyes and slowly scan your body. Gently observe your bodily sensations What form of self-care would feel really good for me today:
What do I want to let go off? For example: an old limiting belief, a person, a pattern a habit, guilt, a grudge, a situation or a painful memory you're still holding onto?
Things I am most grateful for:

Please know, that even the healthiest women can feel knocked down on day 1 of

AFFIRMATION

"I honor my body's natural rhythms and embrace the wisdom of my menstrual cycle. I allow myself to rest, knowing that this phase is a time of renewal and inner reflection. I trust in the process of shedding and releasing, knowing it brings balance and rejuvenation to my mind, body, and spirit."

FOLLICULAR PHASE

FACTS

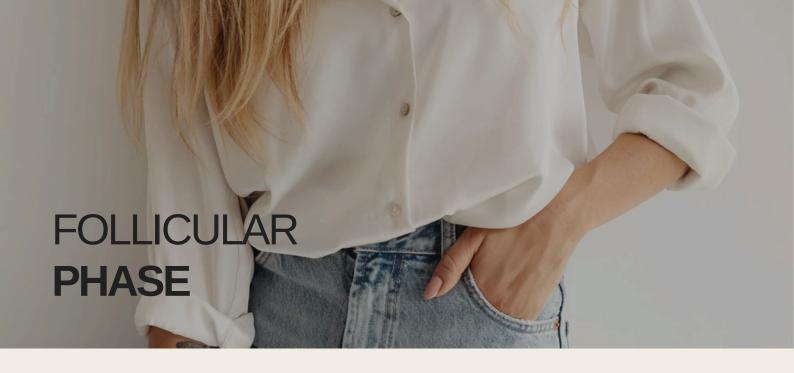
PHASE: FOLLICULAR

ANALOGY: INNER SPRING

LENGHT: 7-10 DAYS

CHAPTER 2





OVERVIEW:

The follicular phase is the second phase of the menstrual cycle and typically lasts for 7-10 days. This phase is often associated with spring because it is a time of growth, renewal, and new beginnings. Just as spring is a time when nature wakes up and starts to bloom, the follicular phase is a time when the ovaries begin to produce follicles (eggs) and the uterine lining starts to thicken in preparation for potential fertilization. During this phase, it's important to focus on nourishing your body with fresh, light, and energizing foods and engaging in more physical activity, much like how we tend to eat lighter and spend more time outdoors during spring.

HORMONE LEVELS:

Hormone levels are relatively low initially. Estrogen starts to increase in the second half of the cycle, thickening the uterine lining in preparation for potential conception.

LHW FASCINATING WONDERS:

Similar to the spring season, the follicular phase signifies a fresh start. Energy levels are naturally high, mood is stable, and overall outlook is positive. During this phase, your brain is primed for forming new neural connections, enhancing creativity, and boosting problem-solving abilities.

HOW TO FLOURISH IN THIS PHASE:

You may feel more adventurous, willing to take risks, and open to new experiences. Utilize this energetic phase to explore your interests and try new activities. It's an ideal time for long-term planning, setting goals for the weeks ahead, brainstorming new ideas, strategizing for projects, and tackling mental challenges.

FOLLICULAR PHASE

NUTRITION

During the follicular phase, which occurs after menstruation and before ovulation, the body is typically in a state of growth and renewal. Hormones like estrogen begin to rise, which can help support physical activity and promote a sense of energy and vitality. Here are some types of foods that may be beneficial during this phase:

Leafy greens:

Leafy greens like spinach, kale, and collard greens are rich in vitamins and minerals that can help support hormone balance and promote overall health.

Whole grains:

Whole grains like brown rice, quinoa, and oats are high in fiber and other nutrients that can help support digestion and provide sustained energy throughout the day.

Lean protein:

Lean protein sources like chicken, turkey, fish, and legumes can help support muscle growth and repair, and promote a sense of satiety.

Nuts and seeds:

Nuts and seeds like almonds, walnuts, chia seeds, and flax seeds are rich in healthy fats and other nutrients that can help support hormone balance and promote overall health.

Fermented foods:

Fermented foods like yogurt, kimchi, and sauerkraut contain beneficial probiotics that can help support digestive health and promote overall wellness.

Fresh fruits and vegetables:

Fresh fruits and vegetables are packed with vitamins, minerals, and antioxidants that can help support overall health and vitality

FOLLICULAR PHASE

EXERCISE

During the follicular phase, which occurs after menstruation and before ovulation, the body is typically in a state of growth and renewal. Hormones like estrogen begin to rise, which can help support physical activity and promote a sense of energy and vitality. Here are some types of exercise that may be beneficial during this phase:

Cardiovascular exercise:

Cardiovascular exercise, like running, cycling, or dancing, can help improve heart health, boost energy levels, and promote overall well-being. This type of exercise can also help regulate hormones and support healthy ovulation.

Strength training:

Strength training, like lifting weights or doing bodyweight exercises, can help build lean muscle mass, improve bone density, and support overall physical health. This type of exercise can also help regulate hormones and support healthy ovulation.

High-intensity interval training (HIIT):

HIIT involves short bursts of intense exercise followed by periods of rest. This type of exercise can help improve cardiovascular health, boost metabolism, and support overall well-being.

Yoga:

Yoga can help improve flexibility, strength, and balance, and promote a sense of calm and relaxation. During the follicular phase, a more energizing yoga practice like vinyasa or power yoga may be beneficial.



FOLLICULAR PHASE

MINDFUL PRACTICE

Let's dive deeper into this season and discover all the goodness it has to offer. Start this phase by setting positive intentions, write down your desired goals and aspirations: Now, observe and take note of the positive emotions you experience when thinking about your goals. Then, try visualization: Begin to imagine the goals you desire as if they are already happening for you here and now. Immerse yourself in these positive emotions, take a bath in them, enjoy! Let's use our heighted brainpower and note down a specific problem you're currently dealing with and would like to solve. Is there a way you can use your creative mental power to tackle it? Things I am most grateful for:

Now that you're period has ended, you've arrived in spring, or the follicular phase.

AFFIRMATION

"I embrace the energy of renewal and creativity. My mind is clear, my spirit is vibrant. I am ready to embark on new beginnings with loving enthusiasm."



OVULATORY PHASE

OVERVIEW:

The ovulatory phase is the third phase of the menstrual cycle and typically lasts for around 3 days. This phase is often associated with summer because it is a time of high energy, heat, and vitality. Just as summer is a time when nature is in full bloom and everything is ripe for harvest, the ovulatory phase is a time when the mature egg is released from the ovary and travels down the fallopian tube in preparation for potential fertilization. Here it can survive for around 12-24 hours. During this phase, it's important to focus on self-care, enjoying life, and engaging in activities that bring you pleasure and joy, much like how we tend to take vacations and indulge in fun activities during summer.

HORMONE LEVELS:

Rising levels of Luteinizing Hormone (LH), estrogen levels peak, which further thicken the uterine lining and support the growth of immune cells in the uterus. Testosterone quickly increases and drops right around ovulation.

LHW FASCINATING WONDERS:

Just like the summer season, the ovulatory phase heralds a vibrant time in your cycle. Your energy peaks, along with your libido, making you naturally more flirtatious, social, and communicative. You're magnetic!

HOW TO FLOURISH IN THIS PHASE:

During this phase, your communication skills shine brightly. Studies show that verbal IQ and fluency peak around ovulation, accompanied by the highest energy levels of the month. Unconsciously, you're inclined to look and feel your best during these days. Seize this peak communicative phase for important discussions, meetings, or tackling challenging conversations. Your clarity of thought makes it ideal for resolving conflicts, asking for a raise, or addressing any issues head-on. You're also a natural connector and attentive listener, making it the perfect time to engage with your community, network, and enjoy quality time with your friends. And, of course, these energetic days are perfect for fun and memorable dates!

OVULATORY **PHASE**

NUTRITION

During the ovulatory phase, which is the time when the ovary releases an egg and fertility is at its highest, the body is typically in a state of increased energy and strength. Here are some types of foods that may be beneficial during this phase:

Protein-rich foods:

Eating protein-rich foods like chicken, fish, tofu, lentils, and beans can help support muscle growth and repair, which is important during ovulation when the body may be in a state of increased physical activity.

Healthy fats:

Consuming healthy fats like avocado, nuts, seeds, and olive oil can help support hormone production and balance, which is important for fertility and overall health.

Whole grains:

Eating whole grains like quinoa, brown rice, and oats can help provide sustained energy and support healthy digestion.

Leafy greens:

Eating leafy greens like spinach, kale, and arugula can help provide important nutrients like iron, calcium, and vitamin K.

Fruits and vegetables:

Eating a variety of colorful fruits and vegetables can help provide important vitamins and minerals, as well as antioxidants that can help support overall health and reduce inflammation.

OVULATORY **PHASE**

EXERCISE

During ovulation, which is the time when the ovary releases an egg and fertility is at its highest, the body is typically in a state of increased energy and strength. Here are some types of exercises that may be beneficial during this phase:

High-intensity interval training (HIIT):

HIIT workouts are short, intense bursts of exercise followed by brief periods of rest. This type of workout can help boost metabolism, improve cardiovascular health, and promote strength and endurance.

Strength training:

Strength training exercises like weightlifting, resistance band workouts, and bodyweight exercises can help build muscle mass and improve overall strength and fitness.

Yoga:

Yoga can help improve flexibility, balance, and strength, and promote a sense of calm and relaxation. During ovulation, a more invigorating yoga practice like power yoga or vinyasa flow may be beneficial.

Pilates:

Pilates exercises heavily focus on core strength and stability. This supports pelvic health and helps strengthening the abdominal and back muscles which can also contribute to better posture and improved body alignment.

Dancing:

Dancing can be a fun and energizing way to get exercise during ovulation. Try a high-energy dance class like Zumba or hip hop.

Outdoor activities:

Take advantage of the increased energy levels during ovulation by going for a hike, a bike ride, or a swim.

OVULATORY **PHASE**

MINDFUL PRACTICE

Harness your heightened energy, emotional resilience and confidence and engage in fun and social activities. Trust the unconscious and magnetic appeal you've got working for you. It's nature's gift of ovulation.

Now that your verbal IQ is at a peak in your cycle, are there any issues at home of in your relationships or work that you really want to resolve? Write them down below. Communication is the cure for almost everything!
What would be the ideal outcome of this challenging situation which came to mind?
Visualize yourself dealing with this challenge as your highest / best version of yourself. Imagine being proud of you after overcoming this situation. What exactly did you do and how did it feel?
Things I am most grateful for:

AFFIRMATION

"I love my strong body and I enjoy my time as I radiate positivity and confidence. I embrace my creativity and communication skills, trusting that I am capable of achieving my goals and connecting deeply with others."

FACTS

PHASE: LUTEAL

ANALOGY: INNER FALL LENGHT: 10-14 DAYS

CHAPTER 4



OVERVIEW:

The luteal phase is the fourth and final phase of the menstrual cycle and typically lasts for 10-14 days. This phase is often associated with fall because it is a time of transition, reflection, and preparation for winter. Just as fall is a time when nature starts to wind down and prepare for the cold winter months, the luteal phase is a time when the body prepares for menstruation and the start of a new cycle. During this phase, it's important to focus on self-care, stress management, and nourishing your body with warming, comforting foods, much like how we tend to slow down and prepare for winter during fall.

HORMONE LEVELS:

Progesterone and estrogen is on the rise after ovulation. If the egg hasn't been fertilized, progesterone stops, triggering the period at the end of this phase.

LHW FASCINATING WONDERS:

In the first half of the luteal phase, rising progesterone and estrogen levels contribute to feelings of positivity, heightened energy, and increased stamina. Progesterone also promotes calmness and acts as a natural aid for sleep. During this phase, your attention to detail is exceptional. You're inclined to tackle all the small tasks and to-do's that may have been put off earlier in the month. Studies indicate that women perform well in memory tasks (both visual and verbal) and exhibit heightened attention during the mid-luteal phase. As progesterone levels decline in the second half of the luteal phase, energy, stamina, and resources decrease

HOW TO FLOURISH IN THIS PHASE:

For the first couple of day, utilize this time to delve into detailed projects, meet deadlines, and accomplish tasks that require focus. It's the perfect opportunity to tackle domestic chores such as finances, household cleaning, and meal preparation that may have been postponed. As your energy naturally decreases in the latter part of the luteal phase, embrace a more introspective approach. For some women with hormone imbalances, this phase may bring about symptoms such as pain, cravings, and PMS (including bloating, irritability, headaches, mood swings, and breast pain). Reduce social engagements and prioritize self-care activities to prevent exhaustion. Give yourself permission to enjoy the slower days.

NUTRITION

During the luteal phase of your menstrual cycle, your body experiences hormonal changes that can affect your appetite, metabolism, and nutrient needs. To support your body during this time, it's important to focus on eating nutrient-dense foods that provide the right balance of macronutrients and micronutrients. Here are some specific types of foods to consider:

Protein-rich foods:

Protein is essential for muscle repair and growth, as well as for maintaining stable blood sugar levels. Good sources of protein include lean grass-fed beef, poultry, fish, eggs, legumes, nuts, and seeds.

Complex carbohydrates:

Complex carbohydrates provide sustained energy and help regulate mood and appetite. Choose whole grains, fruits, and vegetables that are high in fiber and low in refined sugars.

Healthy fats:

Healthy fats are important for hormone production and absorption of fat-soluble vitamins. Include sources of healthy fats such as avocados, nuts, seeds, raw butter, olive oil, ghee and fatty fish.

Iron-rich foods:

Iron is important for red blood cell production and energy levels. Good sources of iron include dark leafy greens, beans, lentils, lean meat.

Magnesium-rich foods:

Magnesium is important for muscle and nerve function, as well as for regulating mood and reducing inflammation. Good sources of magnesium include leafy greens, nuts, seeds, whole grains, and legumes.

EXERCISE

The luteal phase is the second half of your menstrual cycle, following ovulation. During this time, your body experiences hormonal changes that can affect your energy levels, mood, and physical performance. While there is no specific set of exercises that are best suited for the luteal phase, there are some general guidelines that can help you optimize your workouts and wellbeing during this time. Here are some tips:

Focus on low-impact exercises:

During the luteal phase, you may experience bloating, cramps, and fatigue, so it's important to choose exercises that are gentle on your body. Walking, cycling, swimming, and yin yoga are great options.

Incorporate light strength training:

Strength training can help build muscle, increase metabolism, and improve mood. Focus on compound exercises such as squats, lunges, and deadlifts that work multiple muscle groups at once.

Light Pilates and soft Yoga:

For the preparation of the menstrual phase, light Pilates and Yoga Sessions help preparing your lower body for your inner winter and may help alleviate discomfort associates with the menstrual symptoms and hormonal changes.

Prioritize recovery:

Your body needs more rest during the luteal phase, so make sure to give yourself plenty of time to recover between workouts. This can include taking rest days, just doing some stretching, and getting enough sleep.

Listen to your body:

Pay attention to how you're feeling and adjust your workouts accordingly. If you're feeling particularly fatigued for example, you may want to take it easy or switch to a lower-intensity workout.



MINDFUL PRACTICE

All about turning inward and focus on self-care (especially for the second half of this phase).

Time to create your own self-care menu. What are 10 things you can add to your self-care menu to fill yourself up these days? For example: taking a long bath, relax with a book, walking in nature, yin yoga, cooking nutritious meals, dancing in your living room, journaling, etc. Write them down below:
Be kind to yourself and practice self-compassion. Try to accept any physical of emotional changes without judgement. Write down your current observations of your mind without giving it further thought, just let your pen flow:
Things I am most grateful for:

AFFIRMATION

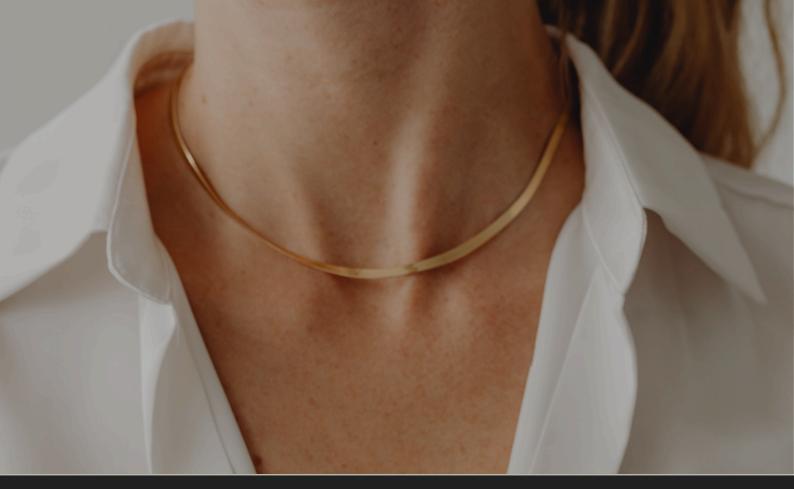
"I honor my body's natural rhythm during the luteal phase. I embrace moments of calm reflection and nurture myself with compassion. I am resilient and capable of managing any challenges that come my way. With each breath, I release self-criticism and embrace self-care. I trust in the wisdom of my body and honor its needs with kindness and understanding."











LHW

CYCLE **WONDERS** LHW

CYCLE WONDERS LHW

CYCLE WONDERS

Balkhi tar for ab photoger

YOU'RE AWESOME!

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