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The Optimized Woman

Using your menstrual cycle to achieve success and fulfillment

Miranda Gray

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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.

At last a book on creating success specifically designed for women. Miranda offers us exciting new insights on how to make long lasting changes and to dare to live the life we want. I never thought of using the menstrual cycle as a success tool, but I will now! **Shila Jassal, Mphil**

Author Information: Miranda Gray lives what she teaches. Her work as the Creative Director of a multimedia company, an international workshop facilitator, a writer, a women's online life-coach, and an illustrator all revolve around her cycle. She lives in Hampshire, UK.

The Optimized Woman
Miranda Gray

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O is a symbol of the world, of oneness and unity. O Books explores the many paths of wholeness and spiritual understanding which different traditions have developed down the ages. It aims to bring this knowledge in accessible form, to a general readership, providing practical spirituality to today's seekers.

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