



I Love My Period: How to Tame the Red Dragon (I Love My Body Series Book 3)

Lia Andrews

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I Love My Period; How to Tame the Red Dragon is a quick guide on understanding and balancing your menstruation.

I Love My Period gives you:

How to avoid common period symptoms

What not to do during your period

What you need to be doing

Top foods you should be eating

And much more!

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