

# Are you a Man Living in Lockdown with a Woman with a Menstrual Cycle?

## Need help?

With the current pandemic crisis, many couples and families are now living and working together 24/7 and often in confined space. With social-distancing and isolation, we now no longer have the opportunity to give ourselves some 'time-out' from arguments by going out to work or meeting up with friends, and small disagreements have the potential to become nuclear war!

For the first time many men are finding out what it is truly like to live with a Cyclic Woman. With lockdown potentially lasting months, men are seeing their partner in each of her cycle phases 24 hours a day. All the assumptions and expectations about who women are starts to crumble, and suddenly men realise that perhaps they are not living with the woman they thought they were!

The result can be men subconsciously feeling insecure, and added to the insecurity and anxiety about the virus, lack of income, finding food and having the children with them all the time, men need **extra help and support** to meet this challenge to their lives and to their relationship.

Aware of this situation, Miranda has written a lockdown 'survival guide' for men which introduces them to the four amazing women that are expressed in their partner in each of the phases of her menstrual cycle. The book guides men towards understanding their partner in each phase, what she may need, what abilities and energies she has, how to create a positive relationship with each aspect and how to **build a strong, co-creative and fulfilling relationship that will weather the storms of this crisis.**



**The focus of the book is win-win.** Men will know how to approach their partner and the benefits of this approach will be less arguments, a more supportive relationship, feeling good, and being labelled 'the most amazing, understanding and helpful' partner! And for women, they will lose a lot of their cycle stress, feel valued for who they truly are, be able to express their energies with their partner and feel happy at the wonderful relationship they are building together.

### The benefits for men - knowing:

- ✓ what to say and how to say it
- ✓ what NOT to say or do, and when!
- ✓ how to approach a woman to get a positive response
- ✓ when to help and when to allow the partner to lead
- ✓ that there are four amazing women with skills and abilities to help them create their goals and dreams
- ✓ that there are four different and amazing sexual women in their lives!

### The benefits for women:

- ✓ having an understanding and attentive partner
- ✓ being validated and appreciated
- ✓ being able to meet her needs in a way that is not

- ✓ avoiding confrontation and argument
- ✓ support applicable to the phase
- ✓ freedom to be who they are
- ✓ a stronger more flexible, loving and exciting relationship
- ✓ the type of sex they want in the phase they want it in!

**This lockdown is an opportunity for both men and women to understand the cyclic nature of women, to change their lives to live in harmony with the cycle, create a better relationship, and perhaps in the future when things are less restricted, to bring these changes out into the world.**

**This small book has the power to change the male-female relationships for the better – it would be good to have something positive emerge from this worldwide tragedy.**

Amazon.com kindle: <https://www.amazon.com/dp/B086WBFRT>

Amazon.com paperback: <https://www.amazon.com/dp/B086Y7CGM2>

Amazon.co.uk kindle: <https://www.amazon.co.uk/dp/B086WBFRT>

Amazon.co.uk paperback: <https://www.amazon.co.uk/dp/B086Y7CGM2>

Amazon.es kindle: <https://www.amazon.es/dp/B086WBFRT>

Amazon.es paperback: <https://www.amazon.es/dp/B086Y7CGM2>

Amazon.fr kindle: <https://www.amazon.fr/dp/B086WBFRT>

Amazon.fr paperback: <https://www.amazon.fr/dp/B086Y7CGM2>

Amazon.it kindle: <https://www.amazon.it/dp/B086WBFRT>

Amazon.it paperback: <https://www.amazon.it/dp/B086Y7CGM2>

Amazon.de kindle: <https://www.amazon.de/dp/B086WBFRT>

Amazon.de paperback: <https://www.amazon.de/dp/B086Y7CGM2>

Amazon.br kindle: <https://www.amazon.com.br/dp/B086WBFRT>

Amazon.mx kindle: <https://www.amazon.com.mx/dp/B086WBFRT>