



Code Red: Know Your Flow, Unlock Your Super Powers and Create a Bloody Amazing Life. Period.

Lisa Lister

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There's a code.

A lady code.

It's ancient, it's deeply spiritual and more than that, it's powerful. Fiercely powerful.

So powerful that it's barely been spoken about in over 2,000 years.

Your menstrual cycle.

Yep, your period is way more than PMS, carb cravings and lady rage, your menstrual cycle/period/ragtime/ – insert whatever you call your 'time of the month' here – is actually a 4-part lady code, that once cracked, will uncover a series of monthly superpowers that can be used to enhance your relationships with others, build a better business, have incredible sex + create a 'bloody' amazing life.

Code Red, from the creatrix of www.thesassyshe.com, Lisa Lister, is a call to action. A rallying cry that dares you to explore, navigate and most importantly, love your lady landscape.

You'll learn how to live and work in complete alignment with the rhythms of nature, the moon and your menstrual cycle, be inspired by insights from Wise + Wild Women like Meggan Watterson, Alexandra Pope + Uma Dinsmore Tuli and gain access to easy-to-follow strategies and SHE Flow yoga practices. You'll be invited to connect with your true nature as a woman, tap into the transformational power of your innate feminine wisdom and use your menstrual cycle as an ever-unfolding map to crack your lady code.

REVIEWS

"Lisa Lister is the woman we all wish we were lucky enough to have as our sister. But short of having her on speed dial, this book is the next best thing to a full on feminine support system!"

- Kathleen McGowan, Activist and International Bestselling Author of *The Expected One*; *The Book of Love*

"Code Red is a modern priestess guide for women to go within and use their feminine cycles to lead the good life. Lisa Lister is sounding the call for you to heal your cycle, accept your ever changing body, and honor your feminine soul. This is the essential foundation and practice for you to get in your 'FLO' and become the powerful force of nature that you are designed to be!"

- Alisa Vitti, Hormonal Health Expert and Author of *WomanCode*

"Lisa Lister doesn't mess around. She's here to break boundaries and barriers that have been created by what society defines 'normal' and in turn, remind us what's real. Teaching and leading other girls to honour their divinity inside and out is no easy task and for that reason alone, I respect Lisa wholeheartedly. As far as I'm concerned, Lisa is part angel, part goddess and part rocker – she writes in a way that's friendly, honest and captivating. This book is filled with 'aha!' moments from beginning to end. Let Code Red help you recognize your monthly flow – as a reminder you are fiercely feminine."

- Kyle Gray, Bestselling Author of *Angel Prayers*

"Lisa's sheer passion is palpable, whether she's presenting her practical guide to getting the most out of your

cycle or tackling complex philosophical questions of femaleness. She stands strong in that space between cycle-worship and cycle-commodification, making room for more women to feel self-knowledge through body acceptance is here for them, too. To paraphrase Gail Dines, if women loved their bodies, how much might society change for the better? Lisa gives us a glimpse of a bright future.” - Holly Grigg-Spall, Author of Sweetening the Pill: or How We Got Hooked on the Hormonal Birth Control

"I've been searching for this book for years. Lisa Lister sheds the veil on the hidden power of the divine feminine with sass, compassion and deep wisdom. Jam packed full of tools, stories and even tips for guys... I'm recommending it to anyone who gets a period or knows someone who does."

- Rebecca Campbell, Author of Light is The New Black

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From reader reviews:

Mellisa White:

Do you have favorite book? In case you have, what is your favorite's book? Book is very important thing for us to be aware of everything in the world. Each reserve has different aim or goal; it means that publication has different type. Some people really feel enjoy to spend their time to read a book. They may be reading whatever they consider because their hobby is definitely reading a book. Think about the person who don't like reading a book? Sometime, man or woman feel need book after they found difficult problem or perhaps exercise. Well, probably you should have this Code Red: Know Your Flow, Unlock Your Super Powers and Create a Bloody Amazing Life. Period..

Leslie Bergeron:

The reason why? Because this Code Red: Know Your Flow, Unlock Your Super Powers and Create a Bloody Amazing Life. Period. is an unordinary book that the inside of the guide waiting for you to snap it but latter it will surprise you with the secret the idea inside. Reading this book alongside it was fantastic author who all write the book in such remarkable way makes the content inside of easier to understand, entertaining means but still convey the meaning totally. So , it is good for you for not hesitating having this anymore or you going to regret it. This unique book will give you a lot of rewards than the other book have such as help improving your proficiency and your critical thinking way. So , still want to hold off having that book? If I have been you I will go to the guide store hurriedly.

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