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# I've Got My Period. So What?



## Synopsis

Your period. What is it, really? And why is it so embarrassing to walk to the bathroom hiding a tampon in your sleeve? Comedian and Scandinavian YouTube sensation Clara Henry has the answers to all your burning questions about bleeding. Have you always wondered what menstruation is, why it causes terrible cramps, or why it makes you want to do nothing but eat chocolate and watch cute cat videos? Have you been shocked that it's taboo to talk about something that half the world's population goes through every month? And above all, have you been looking for the best snarky response to the question "Are you on your period, or what?" Whether you're expecting your first period, have already gotten it, or know someone close to you who's just begun the torment, this funny and informative book will tell you everything you need to know. In a funny, powerful, and entertaining voice, this book covers important terms, types of sanitary protection, and the history of menstruation and women's fight for equal access to reproductive healthcare. And if you suddenly find yourself hankering for chocolate or cute animals? Well. Welcome to the period club.

## Book Information

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Age Range: 12 and up

Grade Level: 8 and up

## Customer Reviews

What sets this apart from other works that explain the basics of these processes is its extensive examination of the societal attitudes (including a short section that looks at these cross-culturally) that often cause shame around this natural bodily function and how it can be used in sexist ways to

discount women who speak their minds . . . Appealingly laid out in black and white with color washes and photos, comics-style graphics, and pull quotes, this chatty, frank, exhaustive exploration provides both solid information and plenty to think about.â••Kirkus Reviews âœThis book should be read by the earth's entire population!â••Tidningen HÃ¶rjedalen âœEveryone loves [Clara Henry]. After reading her book on periods, I love her too . . . Finally there is the perfect book to speak to teens in the only language they understandâ••namely, YouTube-ish. [Fantastic,] informative and feminist.â••Gothenburg Post âœIncredibly important.â••Feministbiblioteket âœGod, how good this is! This is absolutely the best trade book I read this year, precisely because it tells a truth that we ourselves are good at hiding. I think everyone should read this, men and women, to get a better understanding of periods and what they are.â••Mitt liv som Miimz âœThe book is chock full of facts, but thanks to Clara's light and humorous tone, it is very easy to read. A book for everyone, whether you are uterus-carrier or not.â••Blanka.fi âœA good book that removes the embarrassing stamp on something very normal.â••LÃ¶fstrÃ¶m's Bokblogg

Clara Henry is twenty-one years old and is the most famous YouTuber in Scandinavia. At age twelve, she launched her first blog. Today she has hundreds of thousands of followers on her YouTube channel, Instagram, and Twitter, thanks to her cheerful and confident style. Her book, Iâ™ve Got My Period. So What? received the prize for best book of the year in 2015 in Sweden. Clara lives in Stockholm, Sweden.

I wish I'd had this book years ago! With wit and brilliance, Clara Henry explores periods in empowering, insightful ways. As someone who works in women's sexual empowerment, I'm beyond grateful that a book of this nature exists. Buy it for yourself and other uterus owners in your life.

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