



Guided by the Moon: Living in Harmony with the Lunar Cycles

Johanna Paungger, Thomas Poppe

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For centuries humans have recognized that the moon's cycles influence our lives and the world around us—the ebb and flow of the tides, women's menstrual cycles, and the most beneficial times to plant and harvest. But this ancient body of knowledge—the impact of lunar rhythms on our lives and our surroundings—has become known to fewer and fewer of us, as we have migrated from agrarian to urban living. Now in *Guided by the Moon*, authors Johanna Paungger and Thomas Poppe recapture this wisdom, providing advice to help readers determine the timing most likely to bring them success in anything they do. Paungger and Poppe cover every area of daily life, from health, beauty, and housekeeping to nutrition, gardening, and family outings. *Guided by the Moon* is the most comprehensive, accessible guide to this native wisdom—and will be an invaluable resource for everyone seeking to harness the moon's power to live happier, more harmonious lives. Not simply is this a book on lunar astrology, but a comprehensive guide to the moon's influence on our lives and surroundings—and includes charts, illustrations, and a moon calendar through 2010.

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Ismael Soliz:

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Margaretta Lee:

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