



# Sex Chocolate Cry -Teen Edition: How to stay happy during your menstrual cycle

*Taiecee Lanier, Yetunde Taiwo, Lanai and Ariel*

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Emotional Roller Coaster, Humor, sweet cravings and tears .... all teens can relate. SEX, CHOCOLATE, CRY- Teen Edition is the sequence to the first book with the same name, but created for adults. It is a result of 2 friends and 2 teenage sisters sharing their menstrual cycle roller coaster of emotions for teenagers, and how to find the humor in it. It contains the combined 60 years of cramps, bloating and a myriad of emotions that boys will never understand. This book is for teenage girls who experience the hormone filled, roller coaster of emotions that comes during their menstrual cycle. It is a great read while you are going through your period to have a good laugh, and give humor to the pain we never get used to. It is a sisterhood bonding book to let teen girls know, you are not alone in this. Humor, sweetness and tears .... all teens can relate. SEX, CHOCOLATE, CRY is a result of 2 friends and 2 teenage sisters sharing their menstrual cycle roller coaster of emotions, and how to find the humor in it. It contains the combined 60 years of cramps, bloating and a myriad of emotions that boys will never understand. This book is for teenage girls who experience the roller coaster of emotions that comes during their menstrual cycle. It is a great read while you are going through your period to have a good laugh, and give humor to the pain we never get used to. It is a sisterhood bonding book to let teen girls know , we are not alone in this. This book contains experiences that any teen can laugh at, relate to and understand, while on their menstrual cycle. SEX, CHOCOLATE, CRY- How to stay happy during your menstrual cycle- Teen Edition

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