

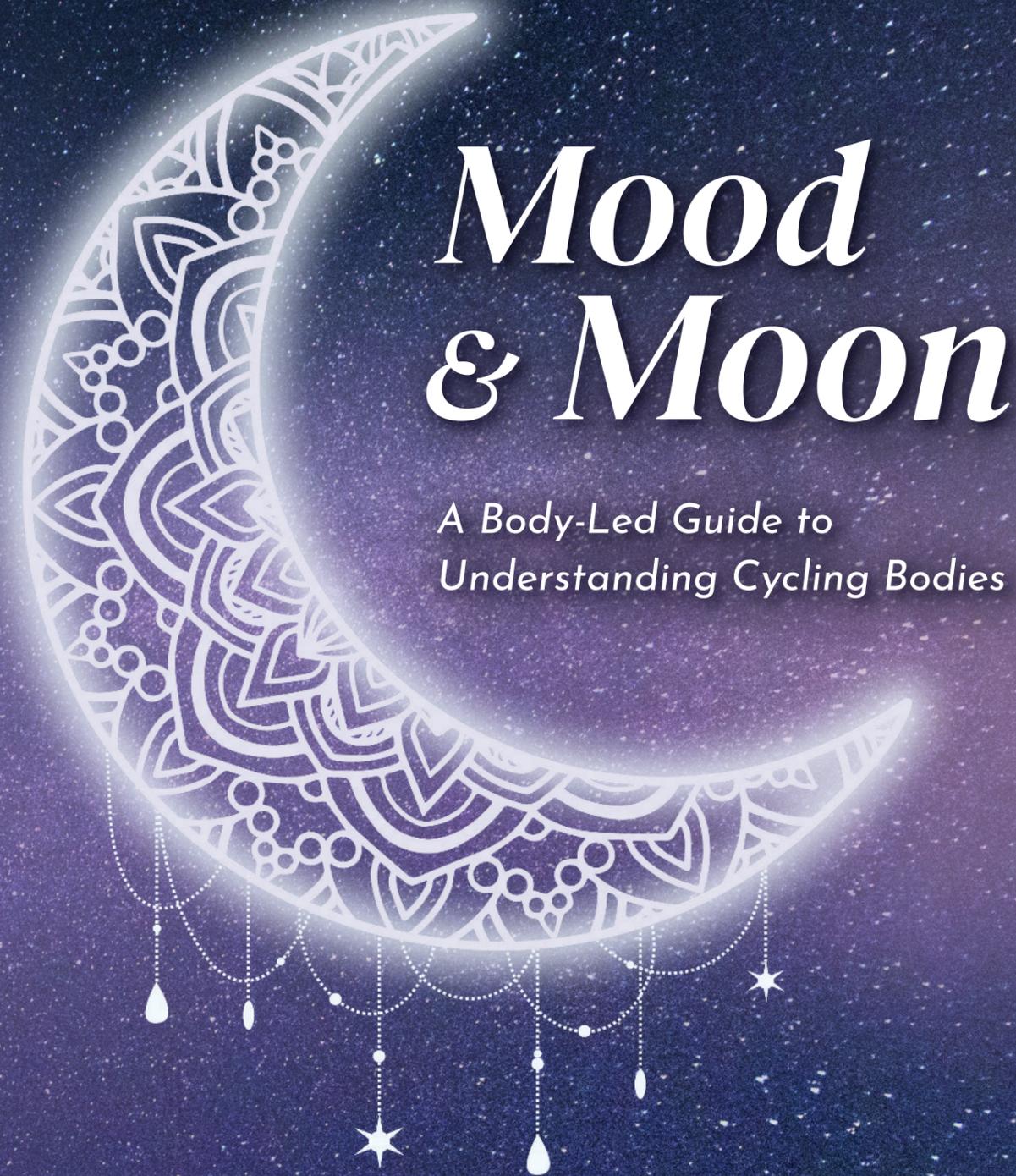
***When mood shifts, the body is speaking.
This book helps you listen.***

Mood & Moon offers a grounded & compassionate way to understand how hormonal rhythms shape mood, energy, sleep, and emotional resilience across the menstrual cycle.

Written by licensed clinical social worker and eating disorder therapist Krista Day-Gloe, LCSW, this body-led workbook is designed for women and AFAB individuals—and for partners, clinicians, and any loved ones who want to better understand and support cycling bodies.

Rather than relying on willpower or self-blame, it invites readers to notice patterns and respond with greater understanding and care. Blending hormonal literacy, nervous system awareness, and reflective tracking, Mood & Moon supports insight without shame and encourages a more respectful relationship with the body's natural rhythms.

***This book invites you to listen more closely, trust what you notice,
and work with your body's rhythms rather than against them.***



Mood & Moon

***A Body-Led Guide to
Understanding Cycling Bodies***

By Krista Day-Gloe, LCSW