



# Flow: The Cultural Story of Menstruation

*Elissa Stein, Susan Kim*

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In this hip, hilarious and truly eye-opening cultural history, menstruation is talked about as never before. Flow spans its fascinating, occasionally wacky and sometimes downright scary story: from *mikvahs* (ritual cleansing baths) to menopause, hysteria to hysterectomies—not to mention the Pill, cramps, the history of underwear, and the movie about puberty they showed you in 5th grade.

Flow answers such questions as: What's the *point* of getting a period? What did women do before pads and tampons? What about new drugs that promise to end periods—a hot idea or not? Sex during your period: gross or a turn-on? And what's *normal*, anyway? With color reproductions of (campy) historical ads and early (excruciating) femcare devices, it also provides a fascinating (and mind-boggling) gallery of this complex, personal and uniquely female process.

As irreverent as it is informative, Flow gives an everyday occurrence its true props – and eradicates the stigma placed on it for centuries.

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