

How to Your Menstrual Cycle is the Key to Boosting Productivity, Income, and Impact in Business



New book, "Cycle Sync Your Business," reveals how women can harness their natural cycles to redefine success without burnout.

In a world obsessed with speed and unrelenting hustle, **Cycle Sync Your Business** offers a refreshing, feminine approach to thriving in your business and life. This groundbreaking book reveals how aligning with your menstrual cycle can bring harmony, productivity, and success to both personally and professionally.

Releases on October 17, 2024:

About the Book:

Ever had days where you're on top of the world, effortlessly smashing through your to-do list, and then days later to be met with moments of self-doubt and overwhelm? What if these ebbs and flows weren't random? In *Cycle Sync Your Business*, Renae Fieck unveils a revolutionary approach to success—one that leverages the power of your menstrual cycle to bring balance, increase revenue, and expand your impact without the burnout of hustle culture. This groundbreaking book offers a feminine roadmap to thriving in both business and life.

Author Quotation:

"Women are told they need to be consistent all the time, but we're designed to operate in cycles. When we learn to embrace and sync with those natural rhythms, we not only achieve more—we do it in a way that honors our bodies, our families, and our need for rest. True success comes when we align with who we truly are." – *Renae Fieck*

Advanced Reader Praise:

"I read your book over the weekend and absolutely devoured it. While taking a lot of notes! (Herm I actually started putting a plan together in a spreadsheet – how 'masculine' of me! Working on allowing for more flexibility, openness and flow in my planning –and my spreadsheets.) This was such a great way for me to assess where I

am and where I want to go in a way that aligns more with my health, hormones and natural ebb and flow of energies. I will definitely come back to this when I plan and review my goals and vision.”

Mini Author Bio:

Renaë Fieck is a mom of three, occupational therapist, and feminine leadership coach who helps women unlock their full potential by syncing their lives and businesses with their menstrual cycles. With a background in breathwork facilitation and a passion for helping high-achieving women reclaim their power, Renaë has created a framework that balances life’s demands while making a bigger impact.

Book Information:

In *Cycle Sync Your Business: How to Leverage Your Menstrual Cycle for More Income and Impact in Business*, Renaë Fieck guides readers through practical strategies for harnessing their hormonal cycles to increase productivity, boost revenue, and enjoy more rest time. This 150-page guide offers personal stories, neuroscience-backed insights, and actionable steps to align work with natural rhythms for sustainable success.

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Call to Action:

Get your copy of *Cycle Sync Your Business* today and start working in alignment with your body’s natural rhythms for more income, greater impact, and a balanced life. Review copies available upon request.

Hashtags:

#CycleSyncYourBusiness #FeminineLeadership #MenstrualCycleSyncing #RenaeFieck #WomenInBusiness