



MILA'S 28 DAYS
Nadine Descheneaux
Illustrator: Chloé Baillargeon

With humour and authenticity, 15-year-old Mila tells us about the ups and downs in her life, thanks to her menstrual cycle!

72 pages
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Petit Homme

A teenager with a funny and earnest temperament, Mila observes the changes that upset her life now that it's governed by her menstrual cycle. Whether she's feeling like Wonder Woman or Ugly Mila, she tells us frankly about her emotional states, mood swings, incisive reflections, doubts, certainties and contradictions.

This book is really a lifeline for its female readers, offering comfort to make them smile when they're having a tough day—or two, or three! Because in the midst of the hurricane the menstrual cycle causes, Mila shows us that the important thing is to accept it, with its highs and lows, to be completely yourself, to rush headlong toward your dreams and to start again four weeks later!

Readership: ages 10 to 14

Strong points

- Mila's strong personality will resonate with teenagers.
- Depicts the physical and psychological ups and downs experienced during a period.
- Presented as a graphic novel, a format teenagers really like.
- Humorous tone that is both comforting and soothing, for sharing secrets and exchanging ideas.

Nadine Descheneaux has published over 50 books for young readers. She runs reading workshops in schools designed to stimulate children's and teenagers' imaginations!

Chloé Baillargeon loves to add a funny side to her illustrations. She studied and worked in furniture restoration, and then in interior design. Since her daughters were born, she has worked mainly in children's illustration and produces comics trips under the name Khlö.

