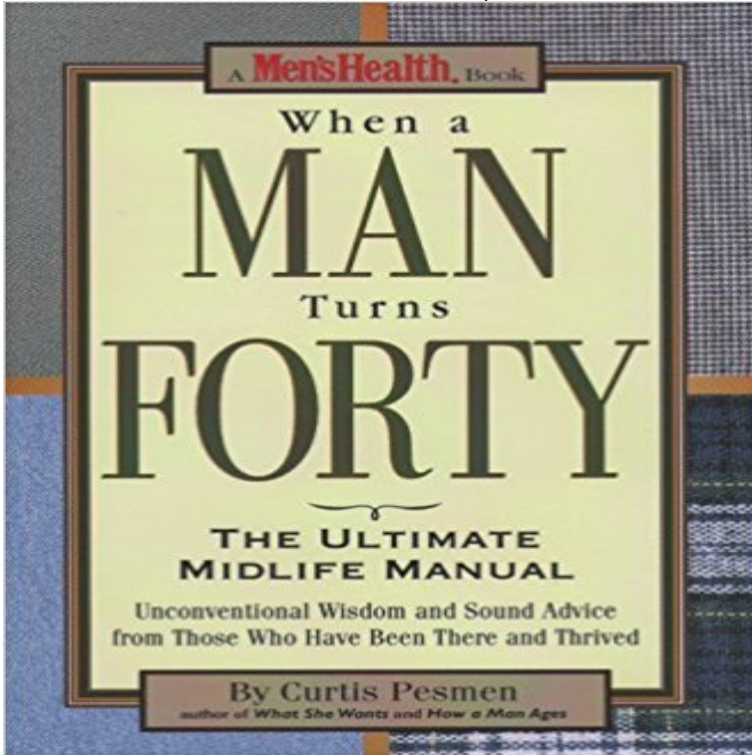


When a Man Turns Forty: The Ultimate Midlife Manual



Turning forty is a significant event in a mans life, yet its usually greeted with condescending psychobabble and tired jokes. When a Man Turns Forty provides the anecdotes and answers that men are seeking. Curtis Pesmen interviewed more than 100 men who are thriving in their 40s. He talked with dozens of health experts to determine the best strategies for men to improve their health, outlook, sexual satisfaction, and financial security. And he wrote a book that is practical, honest and entertaining--not merely a how-to but a compendium of straightforward advice from men who have seen the other side of forty.

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