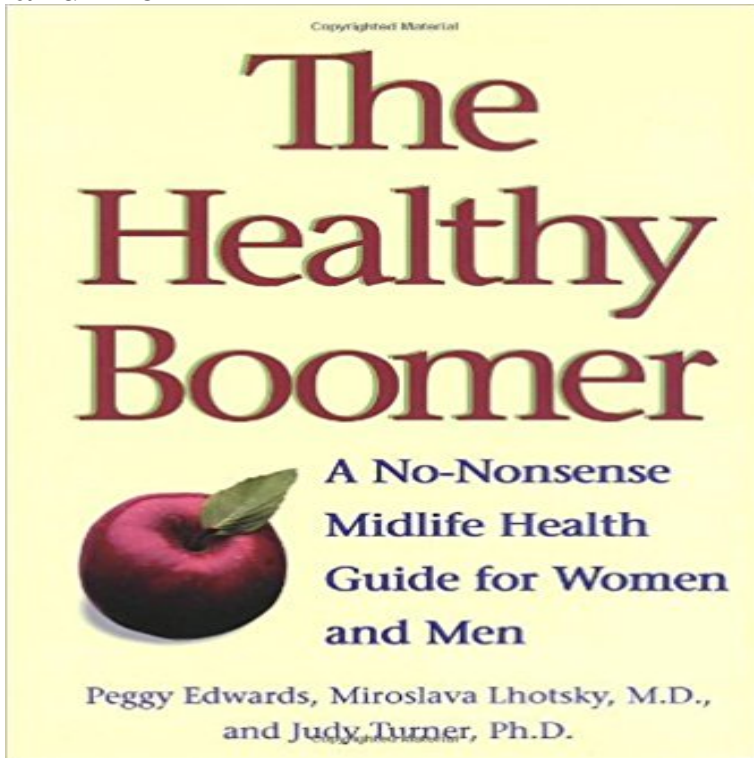


The Healthy Boomer: A No-Nonsense Midlife Health Guide for Women and Men



In North America, some eighty-eight million boomers are facing the physical and personal challenges of midlife. But midlife can also be a time of tremendous vitality, confidence, and joy. In this comprehensive guide, three experts in midlife health draw on interviews, the latest research, and their own expertise to help men, women, and couples on the journey from midlife turbulence to midlife mastery. The Healthy Boomer provides easy-to-use decision-making tools, accurate information, and practical advice on such topics as: The male and female menopause; how to make a decision about hormone replacement therapy; alternative health care; preventing heart disease, cancer, and osteoporosis; prostate health and impotence; healthy relationships and great sex in midlife; anti-aging techniques; weight control, exercise, and healthy eating; the importance of spiritual well-being; handling midlife stress; what to do if you can't remember names any more. For the many North American boomers who are experiencing midlife challenges, The Healthy Boomer is required and reassuring reading.

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The healthy boomer: a no-nonsense midlife health guide for women and men
Provides a complete health guide for people in their forties and fifties facing the challenges of midlife. In this comprehensive guide, three experts in midlife health draw on interviews, the latest research,

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