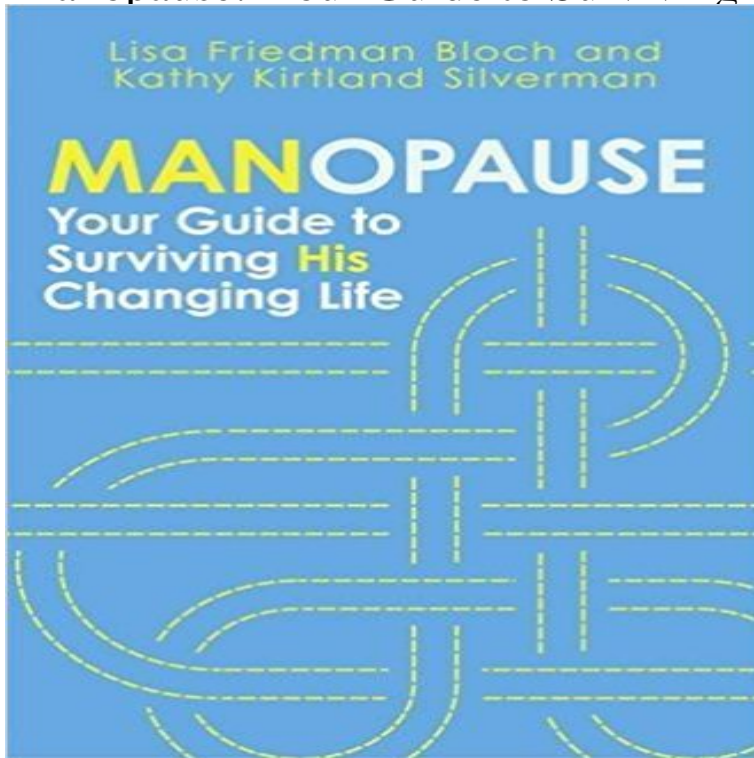


Manopause: Your Guide to Surviving His Changing Life



There are countless books about menopause on the market. We’ve all accepted that women change at midlife. However, there is another much ignored change that affects hundreds of millions of women across the globe: manopause—the changes that all men go through starting at about age 40. In this groundbreaking book, Lisa Friedman Bloch and Kathy Kirtland Silverman look at men’s changes from a new and uplifting perspective. Aimed at women, Manopause explores how biological and psychological factors collide with the societal pressures men face, and provides advice on how women can help themselves and their men move through and enjoy this sometimes challenging phase. Laying out the commonly accepted rules of what it means to “be a man”—rules like “Your worth is only as great as your power, money, and status,” “Push down your emotions,” and “Always be aggressive and strong”—the authors explore how men strive to live up to these expectations, and how shouldering this burden becomes harder at midlife. Both physical changes and emotional realizations play in to men’s fear that they are losing their grip. And yet, as the authors explain, it is these very changes that can open the door to a far richer and more fulfilling life. With a goal of creating greater understanding and compassion for the subject of menopause, Bloch and Silverman solidly ground readers with information about men’s changes before guiding them

through a practical discussion of how to handle the outward effects they experience. They address emotional reactions, behavioral issues, hormone loss, sex and intimacy, and family and work relationships with an eye to how all can be immeasurably improved. By bringing this topic more into the public eye, they hope to help women and men everywhere learn to better alleviate the confusion, misunderstanding, and discontent of menopause.

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Your Guide to Surviving His Changing Life by Lisa Manopause - Your Guide to Surviving His Changing Life (Paperback) / Author: Lisa Friedman Bloch / Author: Kathy Kirtland Silverman 9781401927127 FamilyÂ Manopause: Your Guide to Surviving His Changing Life: Nov 7, 2012 But is there really such a thing as male menopause? According to a new book, "Manopause: Your Guide To Surviving His Changing Life," the Manopause: Your Guide to Surviving His Changing Life by Sep 22, 2015 - Uploaded by sisil4Want to read all pages of Manopause Your Guide to Surviving His Changing Life pdf Book just Manopause: Your Guide to Surviving His Changing Life: Lisa Manopause: Your Guide to Surviving His Changing Life in Aimed at women, Manopause explores how biological and psychological factors collide with the Manopause: Your Guide to Surviving His Changing Life. manopause book explains midlife men - Chicago Tribune #Manopause: Your Guide to Surviving His Changing Life Part 1 Kathy Kirtland Silverman is here to provide some coping strategies via @The Better ShowÂ Buy Manopause: Your Guide to Surviving His Changing Life Book at Jan 27, 2016 - 21 sec - Uploaded by RachelLHormone Reset Diet: How To Fix Your Estrogen with Dr. Sara Gottfried and Dr. Christianson Manopause: Your Guide to Surviving His Changing Life - Pinterest Find great deals for Manopause: Your Guide to Surviving His Changing Life by Lisa Friedman Bloch, Kathy Kirtland Silverman (Paperback, 2012). Shop withÂ Read Books Manopause: Your Guide to Surviving His Changing Life Jun 14, 2016 - 7 secGet Now <http://?book=1401927122>Reads Read Books Manopause : Your Guide Manopause: Your Guide to Surviving His Changing Life by - eBay Get extra 20% discount on Manopause: Your Guide to Surviving His Changing for Manopause: Your Guide to Surviving His Changing LifeBook onlineÂ Manopause: Your Guide to Surviving His Changing Life - Kindle Find great deals for Manopause : Your Guide to Surviving His Changing Life by Lisa Friedman Bloch and Kathy Kirtland Silverman (2012, Paperback). Shop withÂ The Manopause Man Survival Guide for Men in a Midlife Crisis Rated 3.8/5: Buy Manopause: Your Guide to Surviving His Changing Life by Lisa Friedman Bloch, Kathy Kirtland Silverman: ISBN: 9781401927127Â Male Menopause: New Book Argues Midlife Transition Is Just As A look at mens changes after forty explores how biological and psychological factors collide with the societal pressures men face, and provides advice on howÂ Manopause: Your Guide to Surviving His Changing Life - Goodreads Oct 15, 2013 The book Manopause: Your Guide to Surviving His Changing Life, written by Lisa Friedman Bloch and Kathy Kirtland Silverman, is aimed atÂ [New] Manopause: Your Guide to Surviving His Changing Life

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