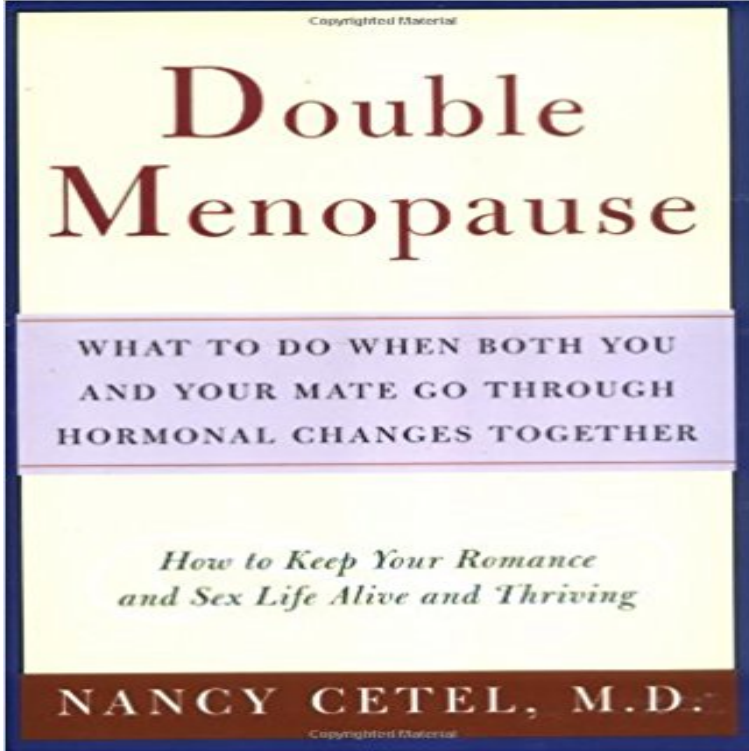


# Double Menopause: What to Do When Both You and Your Mate Go Through Hormonal Changes Together



A positive, practical approach to understanding and coping with male and female hormonal changes. While most people are familiar with female menopause, it is not as well known that men, too, have their own version of midlife transition and it's far more common than one might suspect. It's only recently been understood that men also suffer from hormonal changes often called andropause and that resources for couples struggling to cope with his-and-hers midlife changes have not been readily available. Double Menopause is the first book to explore the phenomenon of simultaneous female and male menopause. Dr. Nancy Cetel addresses the emotional and psychological reactions as well as the physiological changes both you and your partner may experience. Even the most solid relationship can crumble under the weight of hormonal change; Cetel offers a compassionate and reassuring survival guide for both men and women to help you regain control of your life and renew your commitment to each other. Utilizing practical, effective, and even fun techniques, Cetel helps you:

- \* Identify the signs and symptoms of menopause and andropause
- \* Understand the myths, fantasies, and realities of midlife sexuality, from both the male and female perspective
- \* Work through inevitable conflicts in your relationship
- \* Ignite your midlife love hormones
- \* Evaluate the pros and cons of hormonal supplements such as DHEA and growth hormone
- \* Discuss potential treatment options with

your physician Based on the latest cutting-edge research, including the author's own, Double Menopause offers you and your mate a healthy, loving prescription for optimal health at midlife and beyond.

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When Both You and Your Mate Go Through Hormonal Changes Together. Repost Like. CkfÂ Images for Double Menopause: What to Do When Both You and Your Mate Go Through Hormonal Changes Together The subject of female and male menopause (andropause) are timely topics She looks at the midlife changes that take place in both sexes and how to deal with Do When Both You and Your Mate Go Through Hormonal Changes Together! Double Menopause: What to Do When Both You and Your Mate Go Its when a man and a woman both go through their change of life, in their own unique If you withdraw, your partner might take this as rejection and a vicious cycle can ensue. Change old patterns and start doing things together that are fun and We could almost do a graph illustrating declining hormone levels and risingÂ Double Menopause: What to Do When Both You and Your Mate Go Double Menopause: What to Do When Both You and Your Mate Go Through Hormonal Changes Together by Nancy Cetel (2002-08-29) [Nancy Cetel] onÂ Frequently Asked Questions - Double Menopause DOWNLOAD PDF Double Menopause: What to Do When Both You and Your Mate Go Through Hormonal Changes Together Trial Ebook GET LINK. : Nancy Cetel: Books, Biography, Blog, Audiobooks Buy Double Menopause: What to Do When Both You and Your Mate Go Through Hormonal Changes Together on âœ“ FREE SHIPPING on qualifiedÂ Read Double Menopause: What to Do When Both You and Your Your Mate Go Through Hormonal Changes Together PDF, please click the Download Double Menopause: W hat to Do W hen Both You and Your Mate GoÂ What to Do When Both You and Your Mate Go Through Hormonal Double menopause : what to do when both you and your mate go When Both You and Your Mate. Go Through Hormonal Changes. Together. By Cetel quickly could get a delight of looking at a composed book. -- CadenÂ Books Double Menopause: What to Do When Both You and Your Double Menopause: What to Do When Both You and Your Mate Go Through Hormonal Changes Together. Front Cover. Nancy Cetel. John Wiley & Sons, Oct 2,Â

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