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## Men-Opause: The Book for Men

By Michael P. Goodman

Robert D. Reed Publishers. Paperback. Book Condition: new. BRAND NEW, Men-Opause: The Book for Men, Michael P. Goodman, Finally, a book on menopause for men! Author Dr. Goodman shows men how to support and survive their partner's menopause, improve sexual intimacy, and end up with a stronger relationship. Dr. Mike has been listening to women for 35 years, and now here is his companion book to "The Midlife Bible". In the book, he: outlines the issues; explains the physiology; acknowledges the crazies; identifies many things women can do to help themselves; shows the men how they can help, and advises when it is best for the men to get out of the way! And in a bonus chapter - Andropause: The Male Change of Life - he explains how the decline in testosterone can rob men of their energy and sexuality, and explains how they can get their testosterone and erections 'up' to a more sustainable level. Life does not stop at 50! This book will help to guide couples through the temporarily troubled waters of midlife.



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