

FOR EVERY MAN - AND WOMAN -
WHO WANTS TO KNOW MORE ABOUT
THE MALE MIND AND BODY

THE MALE STRESS SYNDROME

HOW TO RECOGNIZE
AND LIVE WITH IT

GEORGIA WITKIN-LANOIL, Ph.D.

Author of THE FEMALE STRESS SYNDROME

THE MALE STRESS SYNDROME

GEORGIA WITKIN-LANOIL, Ph.D.



The Male Stress Syndrome How To Recognize And Live With It

Georgia Witkin



The Male Stress Syndrome How To Recognize And Live With It:

The Male Stress Syndrome Georgia Witkin,1986 [The Male Stress Syndrome](#) Georgia Witkin,1986 **The Female Stress Syndrome** Georgia Witkin,1991 The reality of female stress has been denied ignored and minimized for too long Here is the single most important book that tells it all why women experience stress differently from men and how they can learn to deal with the everyday pressures in their lives The second edition of this bestselling classic over 100 000 sold has now been revised to deal with the decade s new concerns choices and changes Seven new chapters have been added others expanded covering female stresses old and new the female body working women mothering love sex and marriage the family in its various forms children and teen stress and aging **The Male Stress Syndrome** Georgia Witkin,Georgia Lanoil,1988 Offers insights on the male mind and body concentrating on the stresses and stress symptoms unique to males and how best to manage them *The Male Stress Survival Guide* Georgia Witkin,2009-08-18 In this valuable easy to read book Dr Witkin explains why men develop the stress symptoms they do how stress affects their bodies careers families personal goals and expectations why they are particularly vulnerable to certain types of stress and not to others and how to improve the quality and prolong the length of their lives Her practical strategies include how to measure your stress level uncover ten potent hidden stressors utilize sex therapy techniques learn how to make stress work for you and tips for reducing Type A behavior

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