

A frank, insightful, practical guidebook
for men in midlife and for the women who
want to understand them.

The Gray Itch

The Male
Metapause Syndrome



Dr. Edmund C. Hallberg

The Gray Itch The Male Metapause Syndrome

Richard L Dayringer



The Gray Itch The Male Metapause Syndrome:

How to Survive Your Husband's Midlife Crisis Gay Courter, Pat Gaudette, 2003 Explains how to deal with a husband's midlife crisis covering topics including infidelity thrill seeking behavior and financial irresponsibility and deciding whether or not to continue with the relationship

The Testosterone Factor Shafiq Qaadri, 2009-02-23 In *The Testosterone Factor* the first practical all natural guide for midlife men Dr Shafiq Qaadri offers a groundbreaking strategy for assessing and overcoming without hormonal supplements the symptoms of male menopause including depression fatigue explosive anger loss of ambition and perhaps most widely recognized loss of virility He offers comprehensive worksheets to help readers quantify their symptoms and gauge their level of andropause then arms them with specific personalized strategies for improving their overall wellness He also tackles that most sensitive of issues plumbing problems and discusses the pros and cons of Viagra and its cousins By offering clear information in an upbeat tone as well as a variety of lifestyle approaches natural exercises and step by step techniques *The Testosterone Factor* helps the midlife andropausal man identify his priorities and follow a strategy that's best for him

Life Cycle Richard L Dayringer, 2013-03-07 Understand the spiritual and psychological stages of human life *Life Cycle Psychological and Theological Perceptions* provides professors and students of religion pastoral counselors and parents with a description of human personality development from birth to death from both psychological and theological perspectives You will examine how personalities develop and unfold as individuals grow and how they are influenced by family members and by God helping you view the life cycle as a sacred journey *Life Cycle* will help you as a parent to understand your children better and as an individual to gain a meaningful perspective of the unfolding of your own life As a pastoral counselor this book will help you to enlarge your comprehension of developmental problems and solutions enabling you to better help your parishioners develop healthy spiritual identities Through this insightful book you will discover the natural process of development through life stages such as the Age of Works the Age of Friendships and the Age of Discovery This unique book will help you in your pursuit of self discovery Within these pages you will examine the history and theories of personality development from such theorists as Freud Erikson and Sullivan to get a solid foundation for understanding the process of identity formation understand theological as well as psychological views of personality development realize the impact of the family unit on the development of individuals learn to recognize the stages of human development and see how the integration of theology and psychology can clarify them *Life Cycle* includes a comprehensive bibliography on the subject of development as well as beautiful and moving poems that depict personal growth to help describe new concepts and help you to better understand important identity issues This informative book will help you clearly define the stage of life that you or the person you are trying to help is in and identify the stage where problems originated giving you the necessary information to begin to problem solve and promote healthy spiritual and mental growth and balance

Menopause Charles B. Hammond, Florence Haseltine, 1989 This study provides details of a full

range of biomedical concerns related to the menopausal process In addition to evaluating changes in ovarian function the compilation discusses the psychosocial aspects of menopause as well as the many health problems related to female reproductive physiology Leading investigators present their latest research findings on ovarian function and analyze various palliative therapies alleviating the symptoms of menopause Other important topics covered include the relationship between menopause and dermatological changes screening techniques for breast cancer the therapeutic importance of calcium diet and exercise the effects of androgens on physical and mental functions and fertility control during perimenopausal years

Finding Help Nan J. Giblin, Barbara A. Bales, 1995 **Men's Health and Wellness Encyclopedia** Charles B. Inlander, People's Medical Society (U.S.), 1998 Designed to be the first place men can turn to when any question about their health arises this comprehensive reference covers a wealth of men's health topics from conditions to tests from treatments to medicine addressing the most relevant topics in a straightforward candid and thorough way 15 line drawings **The Gray Itch** Edmond C. Hallberg, 1977 Offers a series of stock taking tests for men undergoing the psychological and behavioral metamorphosis of the middle age change of life tests keyed to a program of planning control and willed action *Family Systems in America* Ira L. Reiss, 1980 Subject Catalog, 1978 Library of Congress, 1978 The Plain Truth, 1983

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