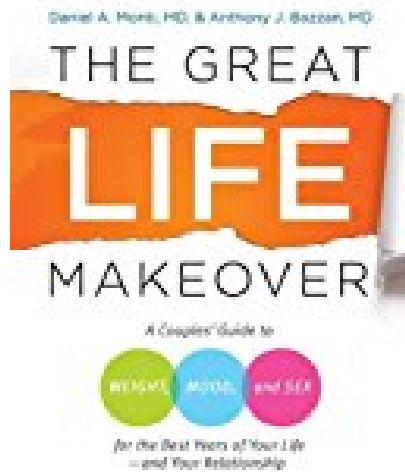


The Great Life Makeover Weight Mood and Sex



BOOK DETAILS

- Author : Daniel Monti
- Pages : 272 Pages
- Publisher : William Morrow
- Language : English
- ISBN :

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BOOK SYNOPSIS

Fat, cranky sex. Doesn't sound all that great, does it? The truth is, these three things—your weight, mood, and your sex life—are crucial elements of a great life at any age, but especially now that you're in the best years of your life. And they are the three elements that, when improperly calibrated, can cause a perfect storm. Face it: Your hormones, metabolism, blood flow, and mood aren't what they used to be. What you need is a Great Life Makeover. The Great Life Makeover does for your mind, body, and love life what a beauty makeover does for your appearance. And Dr. Daniel A. Monti and Dr. Anthony J. Bazzan are the experts who perform these makeovers. Dr. Monti, a specialist in psychiatry and couples counseling, and Dr. Bazzan, a specialist in aging and hormones, lay out a practical, comprehensive, and detailed guide for midlife couples wanting to reboot their love life, rebalance hormones, and remedy the mental and physical issues that make midlife more difficult than it should be. Addressing the three hot-button issues with a focus on diet, fitness, and stress reduction, The Great Life Makeover offers a program that can dramatically improve your health, relationship, and overall quality of life and prevent other problems from cropping up in the future.

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