

## The Menopause Manual



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### ***Reviews***

*Complete guide! Its this kind of very good read through. I really could comprehend almost everything out of this written e publication. Your lifestyle span is going to be transform the instant you complete looking over this book.*  
**(Reilly Keebler IV)**

## THE MANOPAUSE MANUAL



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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What is the manopause? Put simply, it s a time of life when men pause. Really pause, not just take a breather. We stop, think, and wonder deeply about life. The fact that we do this while looking at a sports cars, women, or electric guitars in a shop window is not the point. Trust me, we are thinking deep thoughts. Is it possible for men in their forties and fifties to stop reflecting and start to enjoy this new stage of life? The answer is yes - and here at last is the guidebook to making the most of your so-called midlife crisis. You ll discover: - How to convince your wife you need a new hobby (or two) - How not to become a grumpy old man - Cunning ways to get yourself a lad s holiday - Beard or no beard? - Sports car or no sports car? - Why a shed is the new sports car - Philosophy - have the Stoics got it right? - Straight-talking on the contradictory claims made about health, exercise, food, drink, and sport \*\*Alternative marketing to women married to men in their late forties and fifties\*\*: Find out what makes your man tick! What is he really thinking about when he casts sidelong glances at a big motorbike? Why is it is a good, healthy sign that he wants a hobby, or a holiday away with the lads? Discover the reasons you should let him have a shed, grow a beard, take up goat-keeping, meet up with his pals, and generally have a fun time. The poor chap doesn t enjoy thinking - he needs to be out...



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