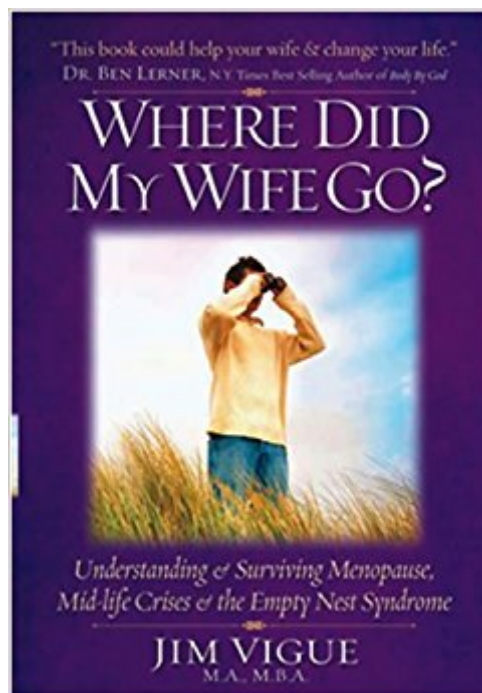




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# Where Did My Wife Go? Understanding & Surviving Menopause, Mid-Life Crises & The Empty Nest Syndrome



## Synopsis

This book will help men and their wives understand more clearly what is happening to a woman when she enters this stage of her life. It is an eye-opening account of biological and psychological roadblocks to healthy relationships and what can be done about them. The book offers practical and easy to follow steps that can help men deal with and understand these very complex issues.

## Book Information

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## Customer Reviews

A remarkably sensitive explanation of this incredibly complex, but common and emotionally dangerous, life transition that menopause and mid life crisis represent. --Lars Boman MD, Diplomate American Academy of Anti-Aging Medicine

Jim Vigue has a BA in English from Colby College, an MA in Leadership from Duquesne University and an MBA from the University of Dallas. He is CEO of the Hamilton Foundation, a nonprofit organization he established in 1989. Jim, a member of the American Academy of Anti-Aging Medicine, is also CEO of Matrix Capital, a 35 year old business consulting firm focusing on the natural health industry.

This book is easy to read, and met my expectations. (This is an annoying review to have to write -- sorry.)

Written by a man for men. His was an extreme case, and he seemed to blame hormones for all his problems.

This book is both practical and comforting for husbands AND wives. Here's what each of you can do to help save your marriage (even if you're the only one who wants to). Full of wisdom, information and suggested courses of action to counteract the potentially devastating effects of menopause, midlife crisis and empty nest syndrome. Written by a non-medical person who speaks from his own heart and experience, this is a gem of a book. Read it NOW, even if no one is menopausal yet!

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From Mom to Me Again: How I Survived My First Empty-Nest Year and Reinvented the Rest of My Life  
Waking Up in a Tent: Empty Nest on the Pacific Crest Trail  
The Perfect Menopause: 7 Steps to the Best Time of Your Life [ THE PERFECT MENOPAUSE: 7 STEPS TO THE BEST TIME OF YOUR LIFE ] by Hess, Henry M. ( Author ) May-01-2008 Paperback  
Irritable Bowel Syndrome: Cure Irritable Bowel Syndrome Naturally And Live Free From Irritable Bowel Syndrome For Life (Natural Health Healing And Cures)  
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