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Dr. D's Handbook for Men Over 40: A Guide to Health, Fitness, Living, and Loving in the Prime of Life

Peter Dorsen

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Dr. D's Handbook for Men Over 40 is a practical, down-to-earth plan that will show you how to continue to lead an exciting life and maintain a positive attitude as you grow older. With solid information and clear advice to help you stay strong, energetic, and confident, your best years are yet to come. This lighthearted yet reassuring book will help you overcome the fear of growing older, adjust to the physiological and neurological changes that occur at midlife, maintain or regain fitness through exercise and proper nutrition, build healthy relationships, and more. Plus, it includes real-life stories about men whose healthy habits in later years have added to their lives—and how they do it.

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