



The Great Life Makeover

Monti Daniel MD

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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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Jody Watson:

A lot of people always spent their own free time to vacation or even go to the outside with them family or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity this is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent the entire day to reading a book. The book The Great Life Makeover it is quite good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. Should you did not have enough space bringing this book you can buy the actual e-book. You can m0ore very easily to read this book out of your smart phone. The price is not to fund but this book possesses high quality.

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