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*The first book that addresses midlife health and sexual issues from the perspective of a couple, **The Great Life Makeover** offers a clear path towards total life improvement.*

GREAT LIFE MAKEOVER

*A Couple's Guide to Weight, Mood, and Sex for the Best Years of Your Life
– and Your Relationship*

**Daniel A. Monti, M.D. and
Anthony J. Bazzan, M.D.**

Frazzled, fat, fatigued and cranky sex. Many couples dismiss these problems, with “What do you expect? We’re middle aged.” But the new generation of midlife couples expects a great deal more. They expect to have great sex, great health, and a great life well into their later decades. As a result, Drs. Monti and Bazzan developed a unique program and wrote **THE GREAT LIFE MAKEOVER: A Couple's Guide to Weight, Mood, and Sex for the Best Years of Your Life – and Your Relationship** (Collins Living, December 2008; Hardcover, \$24.99; ISBN 978-0-06143540-9), the first book that addresses midlife health and sexual issues from the perspective of a couple. It helps couples understand what each of them is experiencing and then offers a clear path towards a total midlife makeover.

In order to face the realities of midlife head-on, it is crucial for couples to understand the three hot button issues of midlife:

- **Weight** – Slowdown in metabolism makes it harder to maintain muscle and keep off excess fat.

- **Mood** – Chronically high levels of stress can aggravate midlife symptoms, accelerating aging, disrupting your hormones, making you fat, and putting you in a bad mood.
- **Sex** – A decline in the production of hormones can dampen libido and diminish sexual capacity in both men and women.

These three inter-related issues can feed off of each other making a bad situation even worse, and the telltale physical and emotional changes can have a profound impact on a couple, straining the relationship. Husbands seek help for wives who have lost their sex drive or who have become irritable or withdrawn. Women struggle with men who ignore their health and symptoms that could lead towards serious health problems or can't perform the way they used to in bed.

Dr. Monti, a physician with a specialty in integrative health and couples counseling, and Dr. Bazzan, a specialist in aging and hormones, are an unbeatable team, helping couples deal with both the mental and physical issues of midlife. What they propose in **THE GREAT LIFE MAKEOVER** is nothing short of a total life makeover. The program begins with a diet that helps restore hormonal imbalance, enhance metabolism, improve blood flow, and boost mood. A daily routine of relaxation exercises keep couples calm and focused. It then provides readers with specific language and techniques to approach difficult but important issues with their partners, showing them how to reboot their love life and reestablish intimacy. And finally, supplements and over-the-counter products that can help rebalance hormones and relieve symptoms of deficiency are discussed selectively and carefully.

With a unique program focusing on diet, fitness, and stress reduction, readers will dramatically improve health, relationships, overall quality of life, and prevent other problems from developing in the future. **THE GREAT LIFE MAKEOVER** helps you to live the best of years of your life-and your relationship-to the fullest.

About the Authors

Dr. Monti is Executive and Medical Director of the Jefferson Myrna Brind Center for Integrative Medicine and with Bazzan, heads up one of the only comprehensive university-based treatment programs for male and female midlife health issues. He is also Associate

Professor of Psychiatry and Emergency Medicine at Jefferson Medical College. He has been published in numerous mainstream, medical peer-review journals and medical texts, and he is editing a book for the Andrew Weil textbook series to be published by Oxford University Press in 2009. Dr. Monti graduated Summa Cum Laude from the State University of New York at Buffalo, School of Medicine.

Dr. Bazzan is an attending physician and clinical instructor of medicine at Jefferson Medical College. He directs the Andropause program at the Jefferson Myrna Brind Center of Integrative Medicine at Thomas Jefferson University. He is a consultant to the Hippocrates Health Institute in West Palm Beach, which attracts health conscious patients from all over the country. Born and raised in Italy, Dr. Bazzan graduated from the University of Padua School of Medicine with honors.

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