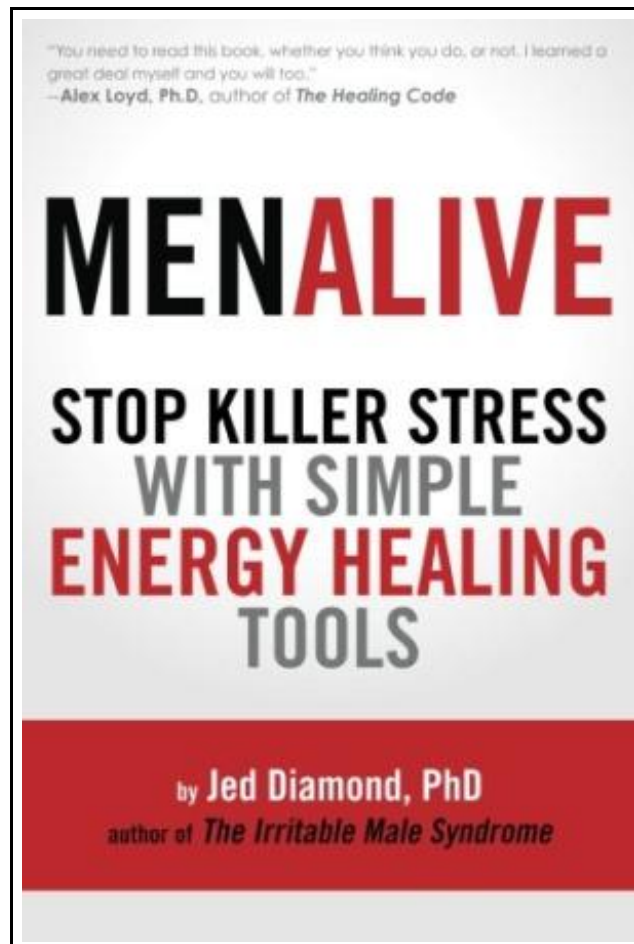


Menalive: Stop Killer Stress with Simple Energy Healing Tools



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Reviews

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(Taylor Medhurst)*

MENALIVE: STOP KILLER STRESS WITH SIMPLE ENERGY HEALING TOOLS

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Fifth Wave Press. Paperback. Book Condition: New. Paperback. 376 pages. Dimensions: 8.9in. x 6.0in. x 1.0in. MenAlive is for everyone who wants to keep stress from shortening their lives and damaging their relationships. It is more than a book. MenAlive is a complete tool kit for relieving stress and bringing about lasting health. 80 percent of all illnesses are stress induced, says Woodson Merrell, M. D. , Chairman of the Department of Integrative Medicine at Beth Israel Medical Center. Although stress impacts everyone, men are particularly vulnerable. According to social scientist Dr. Thomas Joiner, Males experience higher mortality rates than females at all stages of life from conception to old age. Diamond, best-selling author of *Surviving Male Menopause* and the *Irritable Male Syndrome*, teaches men and women four simple, yet effective, practices that can be used to prevent stress-related problems all of us face in this fast-paced, often chaotic world. In Part I of the book, Diamond describes the hazards and blessings of being male, why perpetual stress is deadly, the science behind energy healing, and the ultimate power tool for guys who want their lives to work. In Part II, he details the four energy healing tools Diamond believes to be the most effective and scientifically sound: Earthing, Heart-Coherence, Attachment Love, and Emotional Freedom Techniques (EFT). In Part III, he applies the tools to the most pressing problems men face today including: Irritable Male Syndrome (IMS), male-type depression, chronic pain, sexual dysfunction and loss of desire, Andropause (male menopause) and age-related issues, and the stresses related to our economic and ecological transition. Both men and women will be interested in getting answers to the following questions: Is Irritable Male Syndrome (IMS) undermining your health and relationship How can you treat depression without talk therapy or drugs Which simple Energy Healing...

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