
Robert A. Aken
University of Kentucky, robaken@uky.edu

Click here to let us know how access to this document benefits you.

Follow this and additional works at: https://uknowledge.uky.edu/libraries_facpub

Part of the Collection Development and Management Commons, and the Medicine and Health Sciences Commons

Repository Citation
https://uknowledge.uky.edu/libraries_facpub/189

This Review is brought to you for free and open access by the University of Kentucky Libraries at UKnowledge. It has been accepted for inclusion in Library Faculty and Staff Publications by an authorized administrator of UKnowledge. For more information, please contact UKnowledge@lsv.uky.edu.

Notes/Citation Information
Published in Library Journal, v. 112, issue 13, p. 134.

© 1987 Library Journal. All rights reserved.

The copyright holder has granted the permission for posting the article here.

This review is available at UKnowledge: https://uknowledge.uky.edu/libraries_facpub/189
Mylander, Maureen. The Healthy Male: a comprehensive health guide for men (and the women who care about them).
HEALTH
Mylander, a veteran health reporter, focuses on men's lifestyles (nutrition, fitness, sex, rest, and stress), diseases (including the ten leading causes of death in men), and aging. Because of her book's broad scope, her text sometimes lacks detail, but Mylander usually provides references to other works or appropriate organizations. A bibliography would help substantiate the many references to studies and opinions. Although specific male concerns are addressed (e.g., baldness, prostate problems, male menopause), most of the book applies just as well to women, so this is a good general guide that consolidates much current health knowledge.—Robert Aken, Univ. of Kentucky Libs., Lexington