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

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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