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## Menalive: Stop Killer Stress with Simple Energy Healing Tools

By Jed Diamond Ph. D

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...



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