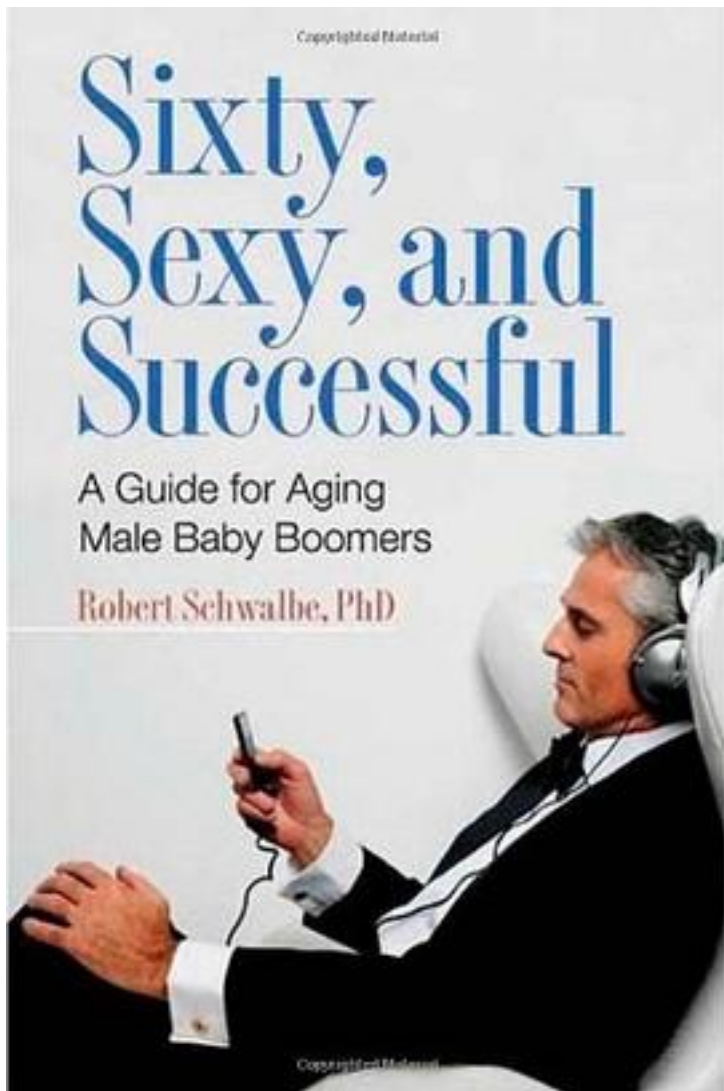


# Sixty, Sexy, and Successful



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著者:Schwalbe, Robert

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This book offers a straight-talking guide for men reaching 60 and beyond to ensure the decades to come are among the most rewarding of their lives. As a psychotherapist who focuses on working with the issues that challenge midlife and older men, Robert Schwalbe believes that the 60s and beyond can be the most rewarding or the most miserable period in a man's life. An aging male baby boomer looking at 60 encounters very specific psychological and physical changes. The impact of these changes can be felt in relationship to others and how a man sees himself in his world. Does he continue to fit in? In particular, how a man adapts to being in his 60s is an indicator of how he feels about living the rest of his life. Dr. Schwalbe knows from personal experience, as well as from his patients, the challenges produced by anxiety and depression in dealing with aging in a youth-oriented society. He looks at competition in the gym, sports field, financial and business arena, the political world and the social and sexual world and urges men to adapt to the outside forces. The key is in the expectations and how to recognize and plan for them. Candid and straightforward talk with vignettes drawn from Dr. Schwalbe's practice illustrate problems and solutions related to marriage, relationships, career, retirement, divorce, death of a partner, fitness, nutrition, sexual behaviour, dealing with adult children, lifestyle changes, financial planning, ageism and many other topics. The author presents a heart-felt and therapeutically tested guide to keeping things in perspective in order to maintain self confidence and self esteem. Most importantly, this book is directed to the aging male baby boomer (and to those who love him, know him, or live with him). It tells him that he is not alone and that the intimate thoughts that he has about his aging body and mind are shared by millions of men who are in their 60s and are dealing with their new age.

作者介绍:

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