

Sacramento Book Review



Below is a clipping of your book review that appeared in the January 09 issue of the *Sacramento Book Review*. Thank you for sending us the book.

The Great Life Makeover

By Daniel A. Monti; Anthony J. Bazzan

Collins Living, \$24.99, 272 pages

As we age, our bodies change, and those changes are different for men and women. In the *Great Life Makeover*, doctors Monti and Bazzan, have created a book for couples, explaining what changes each other is going through, and how to work together to feel better, be happier, and recharge your sex life. The book is broken into three sections, with the first two using case studies to explain the changes in your body as you enter mid-life, and the reasons for them. The last section is six makeovers: Sex, Diet, Exercise, Hormone, Supplement and Mood—with easy-to-follow instructions. There is a great deal of current medical information given, told in clear English, and giving plenty of options for different needs. The controversial issues are discussed, and both sides explained clearly. Suggestions that don't have strong scientific support are clearly labeled as such, and nothing suggested is unusual or harmful.



For couples wanting to change their lives together, helping each other become healthier and closer together, this is a very good guide.