



## The Manopause Manual

By Pk Munroe

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What is the manopause? Put simply, it's a time of life when men pause. Really pause, not just take a breather. We stop, think, and wonder deeply about life. The fact that we do this while looking at a sports car, women, or electric guitars in a shop window is not the point. Trust me, we are thinking deep thoughts. Is it possible for men in their forties and fifties to stop reflecting and start to enjoy this new stage of life? The answer is yes - and here at last is the guidebook to making the most of your so-called midlife crisis. You'll discover:

- How to convince your wife you need a new hobby (or two)
- How not to become a grumpy old man
- Cunning ways to get yourself a lad's holiday
- Beard or no beard?
- Sports car or no sports car?
- Why a shed is the new sports car
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