

*“No,
It’s Not Hot
In Here”*

**A Husband’s Guide
to Understanding
Menopause**

Dick Roth

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"No, It's Not Hot In Here" , A Husbands Guide to Menopause



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Presents the facts about menopause, discovering both the physical and psychological aspects, to help men know very well what their wives are experiencing



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The Basics Spouse/partner Must Know An easy read, straight forward, compact book perfect for someone it doesn't want to read a medical journal but wishes helpful, uncomplicated information about a significant subject for lovers. The author writes the book almost conversationally and provides the info about menopause in uncomplicated terms that make what may be mysteries to the male quite understandable. No doubt, this is a topic that is very difficult for a man to take care of and I provide credit to the author for making the effort. He also explains the life span changes as having its benefits, sexual desire will not always fall off for instance. He also has some good points about the adjustments that coincides with aging as well. It was clearly written by a man who truly cares about his wife with the intent of helping out other men who are riding the wave of menopause in their own lives. She is my everything and I am hoping it isn't too late A Noble Work with an Antiquated Perspective There is a large amount of good information in this book. The good message which come through is certainly to have sensitivity through understanding and become supportive during this time period of her lifestyle. He also advises that acquiring medication to improve some effects have dangers that may be best avoided and suggests additionally that accepting what goes on will be a benefit for both you and your female counterpart. Well written with a whole lot of good information I ordered this for my hubby to obtain a better understanding of what my own body and mind are going through during this ever so fun time. I read it first and was so impressed with the authors candor and info. Easy read, good info and added bonus I know . I have read many informative books concerning menopause and was amazed that I learned other things not only about myself but also in regards to what my spouse may be going through.. Highly recommended book - need to buy. I'm sure it's a great book. But I guess it requires a nude ... I'm sure it's a great book. But I guess it needs a nude woman on the cover therefore my husband will READ it! Man looking for change Dick Roth hit the nail on the top. I was blind and in denial to the. I did learn several things from reading this reserve, and that assists in understanding and being supportive. He also touches on the male's changes with ageing that certainly is reasonable and compliments those of the female partner. Good book. It's also done so concerning assist the male in understanding what occurs to ladies, why and how better to become supportive and understanding. He clearly do this out of love and with the best of intentions. But simply because a woman reading this publication to get a grasp on adjustments my mother is certainly going through, the tone of the book read very much like someone trying to create travel tips on place to which they had under no circumstances traveled with a delicate undertone of distaste for these unvisited place. Useful, however, not great. It feels as though it had been written for a era already done with their fertility transition. Plenty of info, really helpful. This was a great and informative book. It is an extremely fast read since it does not contain over your mind physician's babble but simply the self-explanatory facts and stories... Easy read, good details and added bonus I know the writer and family done a ranch with them 30 years back. Thanks for composing this book. Nevertheless there is still that antiquated tone of haughtiness that guys tend to have when trying to talk about women and their "conditions". My hubby is reading this because of changes I am going through he's finding it very informational. Great service. Thanks for writing this reserve. I learned a lot . It is a little dated however the information still rings accurate.. Good Information Shipped on time, and packaged well. I learned a whole lot about what I will surely experience through my wife's change. Five Stars good funny book Have your husband go through this! Great reserve for my hubby to read and know how I am feeling of late! A very good book if you are going through menopause and wants to help there man partner to understand the procedure and that there exists a nice end to "the pause".



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