

## Recommended Reading

Dr. Robert Schwalbe, a leading NY Psychoanalyst,  
can answer these questions, and many more,  
that aging males and their loved ones may be addressing  
in his new book:

# “Sixty, Sexy, and Successful:

A Guide for Aging Male Baby Boomers

We've all heard about women's mid-life menopause. But what occurs with men, perhaps at as they hit a later point in life? Aging males have many of the same afflictions such as depression, anxiety, and diminished life satisfaction. But being a bit quieter about these sorts of topics than their female counterparts, how can they cope?

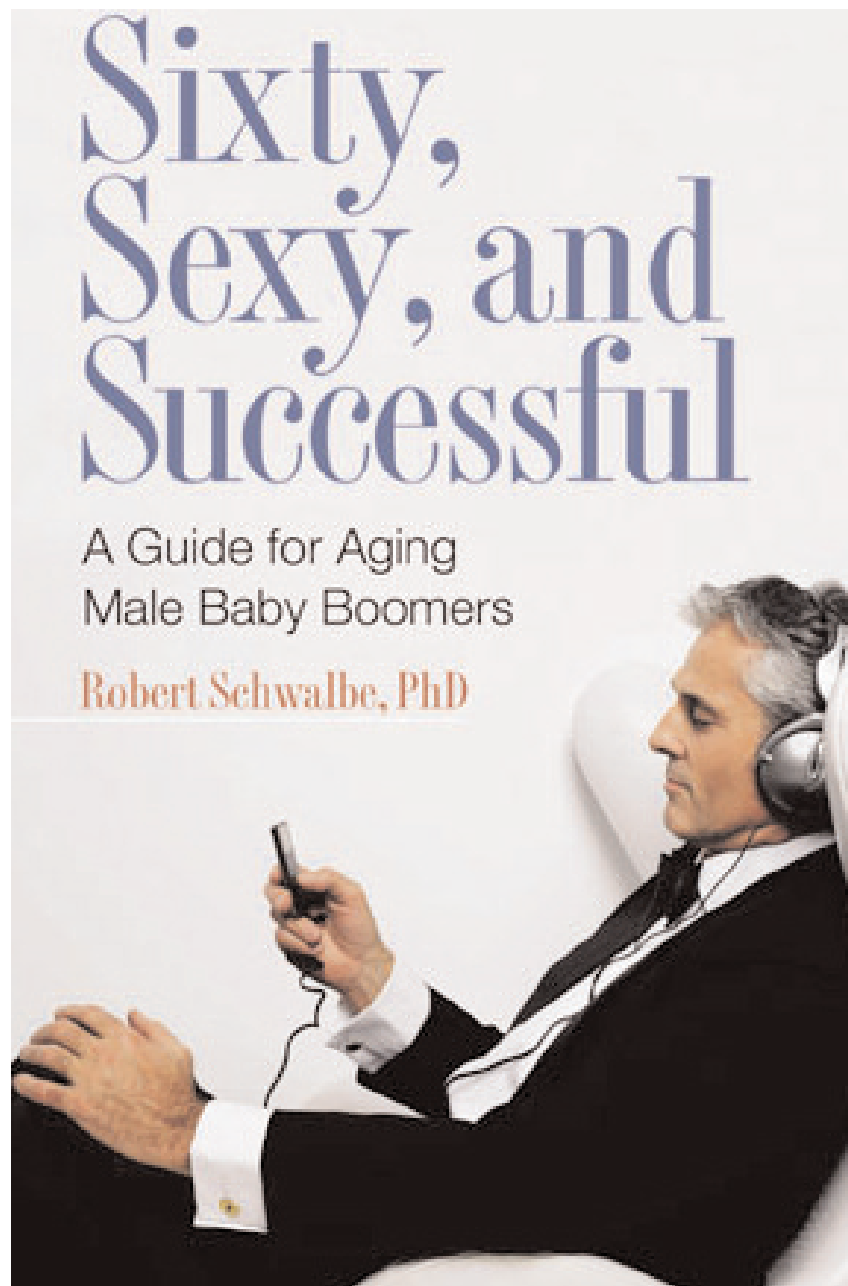
Sex after 60? Is Viagra the answer? Or is just a quick fix for the lost libido? Is meeting someone new in the latter part of life possible? And how does one create romance and sexuality in this day and age, especially if they have been out of practice for some time?

You've been stockpiling your money away for just this time in life. In today's volatile economy, with the dollar at an all time low, and prices at an all time high, how do you survive on this nest egg?

You may have 20 or more fabulous years ahead of you, and you are far from ready to retire. How do you compete in the job market that is filled hungry youngsters bursting with enthusiasm, who will work for minimum pay?

In today's technology age, the elderly are stereotyped as past the learning curve. Think of the age-old adage that one "can't teach an old dog new tricks"! This is a prevailing misconception. Older generations are embracing the Internet utilizing new resources for everything from ordering groceries, to chatting with friends, to finding new love on Match.com. How can they learn about these options if no one is willing to teach them?

Who says physical fitness and sports are just for the young? Regular exercise can provide more freedom for those who otherwise may have limited mobility do to age related conditions. How do you know what program is right for you, what new options may help afflictions that come with age, such as high blood pressure, obesity and mental sharpness, at bay?



Pre-order at Amazon.com  
or go to:

[www.sixtysexyandsuccessful.com](http://www.sixtysexyandsuccessful.com)

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