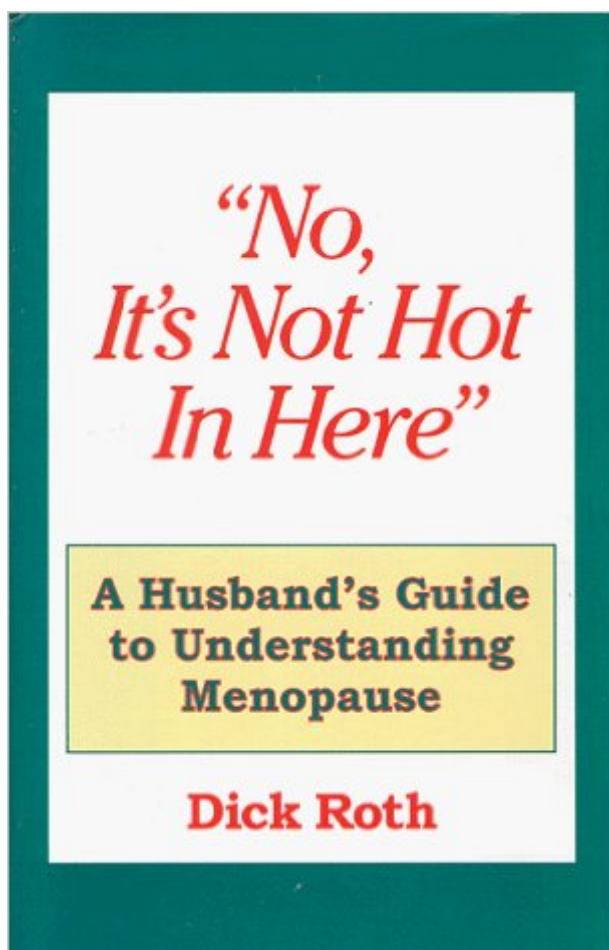


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# "No, It's Not Hot In Here" , A Husbands Guide To Menopause



## Synopsis

In a survey of menopausal women, it was found that what most of them wanted from their partners was understanding and support. However, many men are unsure of what they can do to help. This book offers an informal guide for partners of menopausal women.'

## Book Information

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## Customer Reviews

This is not a heavy, scholarly work of medicine or psychology...I read it in a couple of quick evenings. Roth explains what goes on during menopause, but does an even better job sketching out the large unknown areas surrounding this poorly understood transition. He describes a variety of "treatments" available to menopausal women but makes a strong case that, since menopause is a natural (and possibly valuable) process, it isn't an illness that requires treatment in most cases. He puts most of his energy into suggesting ways for husbands to understand and help their wives during this transition...all simple common sense, but clear and welcome just the same. Thank you, Dick Roth.

My fiance has entered into 'instant menopause' to use her terminology, after a hysterectomy. We wrestled with HRT and its risks, but neither of us knew what to expect on the personal relationship side. Dick Roth's book clarified this whole situation for us instantly! We have actually turned her physical discomforts and the annoying everyday 'stuff' into a new form of entertainment. This is a Must Read! It takes only a few hours and will transform a potential disaster into a real benefit for you and your lady.

I'm guessing this is one of those books women buy for their husbands who, of course, will never bother to read it. BUT...I found it very enlightening to get some understanding of how men might react to menopause. For example, in a comment about hot flashes, the author says it's important to realize "she's not doing this on purpose." Whaaa? It never even occurred to me that my hubby might think I was intentionally bringing these symptoms on or could simply wish them away! This one phrase was worth the price of the book, because it put a lot of my husband's insensitive responses into perspective. Though this might not have been the author's intention (and truly, he seems to have a much higher opinion of men's ability/desire to support their partners during menopause than I do) this book helped me tremendously because I have stopped taking my husband's lack of understanding personally. I can see now that it's very difficult for a man to empathize with a physical change he will never experience. But Dick Roth manages to do it, and if your husband DOES read this book, I hope you appreciate how lucky you are.

I ordered this for my husband to get a better understanding of what my 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 information. It is a very fast read as it does not contain over your head physician's babble but just the straight forward facts and stories. I have read many informative books regarding menopause and was pleasantly surprised that I learned other things not only about myself but also in regard to what my husband may be going through. It is a little dated however the information still rings true. A very good book for anyone who is going through menopause and wants to help there male partner to understand the process and that there is a nice end to "the pause".

There is a lot of good information in this book. 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. However there is still that antiquated tone of haughtiness that men tend to have when trying to talk about women and their "conditions". No doubt, this is a topic that is very difficult for a man to handle and I give credit to the author for making the effort. He clearly did this out of love and with the best of intentions. But as a woman reading this book to get a grasp on changes my mother is going through, the tone of this book read very much like someone trying to write travel tips on place to which they had never traveled with a subtle undertone of distaste for the aforementioned unvisited place. Useful, but not great. It feels like it was written for a generation already done with their fertility transition.

An easy read, straight forward, compact book perfect for someone that doesn't want to read a medical journal but desires helpful, uncomplicated information about an important subject for couples. The author writes the book almost conversationally and provides the information about menopause in uncomplicated terms that make what may be mysteries to the male quite understandable. It's also done in such a way as to assist the male in understanding what happens to women, why and how best to be supportive and understanding. He also explains the life changes as having its benefits, sexual desire does not necessarily fall off for example. He also advises that taking medication to alter some effects have risks that may be best avoided and suggests further that accepting what happens will be a benefit for both you and your female counterpart. He also touches on the male's changes with aging that certainly is fair and compliments those of the female partner. I did learn several things from reading this book, and that assists in understanding and being supportive. The good message that come through is to have sensitivity through understanding and be supportive during this time of her life. He also has some good points about the changes that coincides with aging as well.

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