

Testosterone for Life
by Abraham Morgentaler MD
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Better sex. Increased vitality. More muscle. Improved health. Greater mental agility. These are just a few of the life-enhancing benefits that men with low levels of testosterone can experience when they increase their testosterone level. If you've noticed a decrease in your sex drive; experienced erectile dysfunction; or felt tired, depressed, and unmotivated, this authoritative, up-to-date guide from an expert at Harvard Medical School will help you determine if you have low testosterone—a surprisingly common but frequently undiagnosed condition among middle-aged men. Learn how to:

- Recognize the symptoms of low testosterone
- Diagnose the problem with simple tests
- Find the treatment that's right for you
- Explore options your doctor might not know about
- Reduce your risk of cardiovascular disease and osteoporosis
- Feel healthier, more vigorous, and more alive

Based on thirty years of research, *Testosterone for Life* covers the safest medical and natural treatments, latest scientific breakthroughs and benefits, and case studies of men who have rediscovered their zest for life. It shows the most effective, clinically proven way to reverse the effects of low testosterone and jump-start your health—your sex life, your body, your mind, and your mood—for life.

About the Author: Abraham Morgentaler, M.D., is an Associate Clinical Professor of Urology at Harvard Medical School, and is the founder of Men's Health Boston, a center focusing on sexual and reproductive health for men. He is the author of a number of popular books including *The Male Body* and *The Viagra Myth*.

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