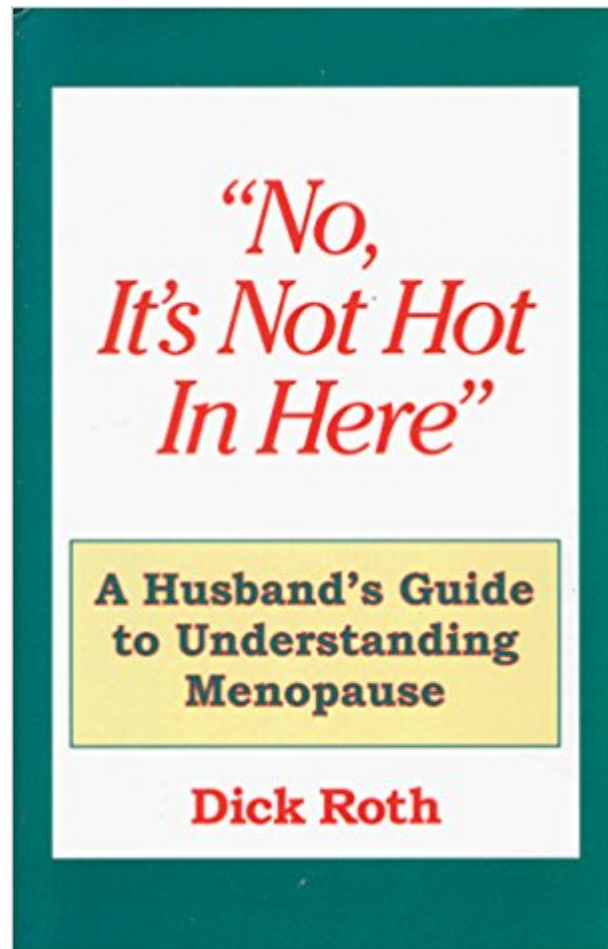




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# "No, It's Not Hot In Here" , A Husbands Guide To Menopause



## 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

At last, a guide for men about menopause that answers their biggest question: 'What can I do to help?' -- Susan M. Love, M.D., Author, *Dr Susan Love's Hormone Book*Dick Roth has written a book that I have long looked for to recommend for my patients on the topic of menopause. "NO IT'S NOT HOT IN HERE" is accurate, informative, humorous and a must for everyone in their mid-life phase. It's not just for men, but for women as well. -- H. Thompson Mann, M.D., Internal Medicine, Gold Medalist 1964 Olympics, Former World Record HolderIn an engaging, expository, and conversational style, Roth tells us everything we need to know without bogging down in polysyllabic scientific stuff or psychobabble. I highly recommend this book not only to husbands but also to wives, partners, and friends. -- James A. Autry, Author, *Confessions of an Accidental Businessman*Roth has given couples a much-needed gift: a way for husbands to understand their spouse's menopause. I highly recommend this clear and concise guide. -- John Gray, Ph.D., Author, *Men Are From Mars, Women Are From Venus*Sensitive, caring, and wise. In addition to understanding the woman in your life, you will learn a lot about your own changes and how you and your partner can find common ground as friends and lovers. I wish I had read it when my wife was first going through the change. -- Jed Diamond, L.C.S.W., Author, *Male Menopause*This is a great

book! Dick Roth has taken one of life's significant challenges and turned it into a great growing and relationship-building experience. The content is thorough, readable, and helpful. But even more important, Dick's example of seeking to genuinely understand his partner teaches a process that can empower couples to solve this or any other challenge in life. -- Roger and Rebecca Merrill, Authors of, *First Things First* and *The Nature of Leadership* This is a very informative, insightful read, but what profoundly touched me about this book was its sincerity and depth of caring. If every husband would only love his wife this much. -- Dr. Stephen R. Covey, Author, *The Seven Habits of Highly Effective People* This is the book I have wanted for years. I hope every menopausal woman buys at least one copy for her sweetheart. And men -- don't think menopause won't affect you. If you live with or love any woman under the age of 60, menopause will change your relationship. The advice and information is kind, loving and superbly helpful. I smiled, cried, laughed and found myself in every page. This is a 'must-have' book. -- Susun S. Weed, Author, *Menopausal Years: The Wise Woman Way* With pristine clarity, an enjoyable sense of humor, terrific information with excellent references, and a compassion born out of direct experience, "NO IT'S NOT HOT IN HERE" is very, very highly recommended a Must Read for both men and women. -- W. Brugh Joy, M.D., F.A.C.P., Author, *Avalanche* and *Joy's Way*

Dick Roth was at peace with the world, his life changed as his wife began going through menopause. With the tenacity of an athlete training for the Olympic Games he searched for information to assist him in understanding what was happening and how he could help. "NO, IT'S NOT HOT IN HERE" is the result of that search and five years of supporting his wife during her prolonged menopause process. The words of Donna de Varona best express how Dick approached the work: "Dick Roth and I kept a childhood promise to each other . . . to win an Olympic Gold Medal in swimming during the 1964 Tokyo Olympics. As young teenagers, we held the world records in the 400-meter individual medley and were both expected to win . . . To cope with the pressure of expectation, Dick and I would motivate each other by making bets such as, if you break a world record I will too; if you will win, I will win -- however I could never have imagined the lengths (no pun intended) to which Dick Roth would go to keep a promise. "Olympic record books rarely mention the fact that hours before Dick's Olympic final, he came down with acute appendicitis. Doctors warned him of dire consequences if he refused an immediate operation but he chose to risk everything rather than forgo a chance at winning an Olympic Gold Medal. His ability to handle pressure and pain inspired me to make good on our promise. I will always treasure my relationship with Dick, especially because we shared something that all should experience . . . friendship and support while

in the pursuit of excellence. "It is no wonder Dick has taken on another task of monumental proportions in writing a book about menopause. It is an honest and intimate account of his and his wife's journey through the emotional and frustrating minefield of myths, misconceptions, and research on a subject few want to deal with or acknowledge. Couples in menopause should read this book. It's full of answers, feelings, and common sense." Donna E. de Varona Chair, Organizing Committee, Woman's World Cup Soccer Former ABC Executive and Emmy Award Winning Broadcaster Two times Olympic Gold Medalist, Tokyo 1964 North Star Publications is pleased to offer this informative work to the forty million women and their families who will experience the effects of menopause over the next decade.

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.

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.

Easy read, good information and added bonus I know the author and family worked on a ranch with them 30 years ago.

Thanks for writing this book. I leaned a lot about what I will surely experience through my wife's change.

Great book for my husband to read and understand how I am feeling of late! Highly recommended book - need to buy.

This was a great and informative book.

Shipped on time, and packaged well. Good book. My husband is reading this because of changes I am going through he is finding it very informational. Great service.

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