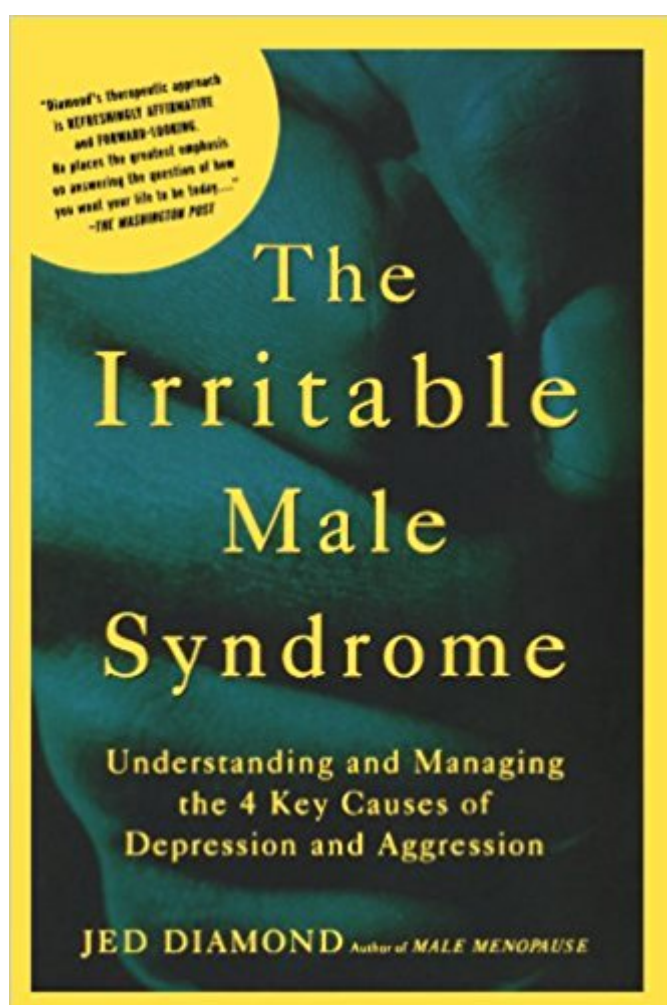


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# The Irritable Male Syndrome: Understanding And Managing The 4 Key Causes Of Depression And Aggression



## Synopsis

From the best-selling author of *Male Menopause* comes another life-transforming book for men-and the women who love them-on overcoming the mood and behavior changes caused by fluctuating male hormones. Jed Diamond presents the most up-to-date research from around the globe to reveal why so many normally loving husbands, fathers, and sons suddenly become irritable, angry, and withdrawn. He identifies the four common triggers of Irritable Male Syndrome (IMS)-fluctuating testosterone levels, biochemical imbalances, loss of masculine identity, and stress-and then shows how best to treat this condition that, research shows, affects up to 30 percent of males, especially those in adolescence and midlife. Just as PMS is now acknowledged to be a problem in women, IMS-thanks to this book-is gaining recognition as an affliction among men. By revolutionizing the detection, understanding, and treatment of this condition, *The Irritable Male Syndrome* is bringing relief and happiness back to the lives of millions.

## Book Information

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#386 in [Books > Health, Fitness & Dieting > Men's Health](#)

## Customer Reviews

Psychotherapist Diamond (*Male Menopause*) focuses on how hormonal changes and chronic stress can trigger "irritable male syndrome: a state of hypersensitivity, anxiety, frustration, and anger."

Drawing a parallel to premenstrual syndrome, he explains how IMS can result at any time of life, but primarily in puberty and midlife, from shifting testosterone levels; he also shows how it has roots in the changing role of women, workplace situations, increased stress and interpersonal relationships, which threaten male self-esteem. The disorder's earliest symptom is irritability, which untreated can spiral into anger, violence or depression. Diamond focuses on the syndrome's blaming behavior,

often directed toward women. "We can have an almost irrational need to break away and be free.... We often see our partners as the ones who are holding us back," he writes. So Diamond includes diagnostic questionnaires and counsels men on how to recognize and handle these difficult feelings. He also offers specific steps for others to help an IMS man in denial, plus what to do if either partner wants to leave the relationship. While some advice is familiar—eat right, exercise, consider taking medications, nurture your spiritual side—Diamond's insights may help men most by giving them context and explanation for what they're feeling physically and emotionally, thus helping IMS men to take steps to feel better about themselves. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"A pioneering breakthrough!"  
Stephen Johnson, PhD, executive director of The Men's Center of Los Angeles  
"A hopeful book that offers psychological and spiritual wisdom to those men who are struggling with anger, depression, and the changing emotional realities of their lives."  
Fredric E. Rabinowitz, PhD, coauthor of Men and Depression and Man Alive

Great book and a must read for any man (or woman) who searched this far.

this explained a lot of things I was going thru. All men should be checking their testosterone regularly.

Good writing on a little addressed problem.

yes!

There's 191 pages of describing the issues of mankind. Resolution: 1. Walk 30 minutes a day (at least) 2. Exercise 3. Take prescription SSRIs 4. Testosterone Therapy 5. Stretch 6. Eat good.

Everything you need to ready is on the website. This book was a waste. I returned.

this item was purchased for a friend of mine. she got it for a birthday gift for her husband. she was happy

Didn't like. Repetitive and boring.

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