

A **Canadian Living** Health Book  
IN COLLABORATION WITH THE COLLEGE OF FAMILY PHYSICIANS OF CANADA

# Healthy Together

A couple's guide to midlife wellness



By **Christine Langlois**, Health and Family Editor, **Canadian Living**

# Healthy Together A Couples Guide To Midlife Wellness

**Marilyn Hughes Gaston, Gayle K.  
Porter**



## **Healthy Together A Couples Guide To Midlife Wellness:**

Healthy Together Christine Anne Langlois,2000      Quill & Quire ,2000      **Canadian Books in Print 2002** Marian Butler,2002-02      *Canadian Books in Print* ,2003      **The World Leadership Opportunity** Douglas John Thom,2001

*Two Jobs, No Life* Peter Marshall,2001 A practical approach to the dilemmas of balancing work and home from setting priorities renegotiating roles to cutting corners and learning to say no Tried tested and true strategies for coping with the challenges of day to day life      *Midlife Is Not a Crisis* Virginia Bell,2025-09-12 Midlife Is Not a Crisis combines astrology inspiration and wisdom about aging to empower people to live more fully in the second half of life It is based on the generational life cycles we all share at certain ages from the Saturn Return at 29 and Midlife which peaks at 42 all the way to the Uranus Return at 84 These cycles are the great crossroads of life and each cycle is a journey in itself Strung together they offer a road map to life s most challenging and rewarding passages In every decade there are trials lessons and losses in this we have no choice Our freedom lies in how we respond consciously or unconsciously awake or asleep The planet that governs each cycle acts as a wise elder or guide and holds the key to navigating the cycle successfully This book tells the story of these cycles and provides a guide to living consciously and well We are aging differently from the way we did in the past we are not only living longer we are staying healthy and vital longer as well Midlife Is Not a Crisis motivates people to grow and prosper at any age Ultimately it is a practical guidebook for our later years that shows us what to expect as we age and helps us make the most of our journey to becoming whole      **Prime Time** Marilyn Hughes Gaston, Gayle K. Porter,2003 Today seven million African American women are living in their prime experiencing the joys and challenges of middle age Now at last here is the book that addresses our total health needs physical emotional and spiritual Written by a distinguished physician and a clinical psychologist Prime Time is the first complete guide that empowers us to take charge of our lives and attain the well being we deserve In many ways it s true that we are better off today than our foremothers were We earn more money command more respect Yet in spite of these advances we still experience more chronic health problems endure more stress and live shorter lives than women of other races That s why Prime Time is both urgent and essential This groundbreaking book not only lays out a detailed practical plan for overall healing and for maintaining wellness it also addresses the underlying attitudes and assumptions that lead so many of us to neglect ourselves and undermine our own health Prime Time will help you Reframe priorities to put yourself and your own health needs first Interpret the latest medical findings on the Big Four killers and how they affect black women in middle age Profile your current health with worksheets quizzes and assessment tools Renew sex at midlife by eliminating restricting myths and taboos and finding new paths to pleasure Reduce anger and attitude that block you from attaining good health Identify the nontraditional signs of depression and anxiety common to African American women Comprehensive straight talking and grounded in science and spiritual truth Prime Time is at once a guide to total health in middle age and a celebration of the strength wisdom and beauty of African

American women in their second half of life      **Geriatric Mental Health Care** Gary J. Kennedy, 2012-02-29 This essential guide is designed for mental health practitioners and primary care providers without advanced training in geriatric psychiatry Gary J Kennedy sets forth a clear framework for understanding the interplay of medical psychological and social factors in frequently encountered problems among older adults Clear guidelines are delineated for assessing and treating such conditions as depression and anxiety dementia psychosis and mania sleep disturbances personality and somatoform disorders substance abuse and suicidality Throughout the book focuses on ways to sustain seniors independence and overall quality of life while enhancing their adaptive capacities Winner American Journal of Nursing Book of the Year Award 2000 See also the author s Geriatric Depression A Clinical Guide which distills the best available interventions for depression in older adults in a highly accessible format      **The Publishers Weekly** ,2002      **Official Guide to Mastering DSST Exams** Peterson's, 2012-07-15 The only official prep guide from the makers of the DSSTs Peterson s Official Guide to Mastering DSST Exams includes full length DANTES Subject Standardized Tests DSSTs on a variety of subjects to help non traditional students earn college credits for life and learning experiences Full length DSSTs with detailed answer explanations Reviews of verbal clerical math and memory skills you ll need to score high Expert tips and strategies from the editorial team that writes and prepares actual DSSTs Offers students a cost effective time saving way to use the knowledge they ve acquired outside of the classroom to accomplish their education goals      **Sex after Service** Drew A. Helmer, 2014-12-11 Military service members and veterans are perhaps particularly vulnerable to sexual dysfunction given some common experiences in the military and during combat deployments Deployment to a combat theater is an inherently stressful experience made worse with actual combat exposure and other physical and psychological hardships and trauma This in turn contributes to higher rates of physical damage including traumatic brain injury and amputations post traumatic stress disorder and unhealthy coping mechanisms alcohol and substance abuse Medications commonly prescribed to treat or manage these conditions can also contribute to sexual dysfunction Perhaps worst of all the most intense period of experiencing these complications is likely to occur in the service member s or veteran s 20s and early 30s the life stage at which most Americans are dating selecting a partner and creating a family Sexual dysfunction can have significant impacts on all of those important activities This book serves as an authoritative resource for military service members veterans and those who love them on all manner of sexual health issues Starting with an introduction to the basic concepts of sexual health Helmer then goes on to discuss the effects of combat on overall health sexual health and function and differences in those effects on men and women Including Veterans stories throughout the book illustrates some of the challenges and complex situations empathically and in nonjudgmental terms While many service members join and experience combat before the age of 30 the author also considers the effects of aging and life stage on sexual health and function in military personnel Finally Helmer clearly articulates a process for determining if there is a sexual health issue that rises to the level of a problem and

what can be done about it This is handled with a positive hopeful tone and general yet effective suggestions on where and how to seek assistance      *Womenopause: Stop Pausing & Start Living* Lovera Miller,2010-05-11 WOMENOPAUSE presents a clear fresh voice to the controversy of hormone therapy for menopausal symptoms Over the past thirty years Dr Lovera Wolf Miller has witnessed public fascination swing from one trend to the next Through it all women have benefited and at times suffered whenever new treatment strategies have come into vogue WOMENOPAUSE invites readers into the intimate conversation that takes place between a woman and her female gynecologist      **Marriages and Families in the 21st Century** Tasha R. Howe,2023-05-12 In *Marriages and Families in the Twenty First Century A Bioecological Approach* Tasha R Howe s unique micro to macro perspective invites all readers to explore the full complexity of contemporary relationships and family structures within their ever changing social cultural psychological and biological frameworks The illuminating narrative leads students into the future of the field by uniting the latest developmental science with everyday examples that place the individual within the context of family peers neighbors teachers schools media religious institutions and culture The Third Edition encourages students to analyze and apply the material with abundant self reflection exercises self assessments case studies and critical thinking questions providing them with a firm grasp of the research as well as concrete tools to use in their own lives relationships and careers      **Retirement Counseling** Jane E. Myers,Harold C. Riker,2014-07-22 This portrays retirement as an exceptional opportunity for individuals to create new lifestyles for themselves The authors encourage professionals in various fields to assist pre retirees as well as retirees in planning for a stimulating retirement future      **Wong's Nursing Care of Infants and Children Australia and New Zealand Edition - For Professionals** Lisa Speedie,Andrea Middleton,2021-11-09 This new text has been adapted from the highly trusted Wong s *Nursing Care of Infants and Children* to provide a reference for professional nurses working in paediatric and child and family health settings in Australia and New Zealand The content covers all aspects of infant child and adolescent care including anatomy and physiology child and adolescent mental health nursing care guidelines critical thinking family centred care rural and remote health cultural and psychosocial considerations common presenting conditions and therapeutic management With input from leading local expert paediatric clinicians and academics and carefully curated for practising paediatric nurses and nurses newly entering paediatrics the text aligns with local professional standards health policies legal and ethical considerations and population data Well established comprehensive text that focuses on clinical relevance for professional nurses Covers all aspects of infant child and adolescent health through an assessment and management approach Foundational information builds a solid knowledge base in paediatric nursing Written to help nurses develop a deeper understanding of the psychosocial needs of infants children adolescents and their families Case studies and research questions to build critical thinking skills Aligned to National Safety and Quality Health Service NSQHS Standards User friendly accessible content suitable for practising paediatric nurses across a variety of clinical settings and geographic locations      **Gerontologic**

**Nursing** Annette Giesler Lueckenotte, 2000 GERONTOLOGIC NURSING provides comprehensive coverage of health promotion gerontologic concepts and issues and medical surgical problems associated with the older adult Divided into seven parts each chapter follows a consistent organization including learning objectives emergency boxes client and family teaching boxes research boxes key points special insights and new health promotion and nutrition boxes The second edition also includes a new chapter on health promotion expanded chapters on nutrition and functional assessment and a dedicated MERLIN which provides the student and instructor with additional up to date tools and resources to enhance and expand their content knowledge Includes a FREE MERLIN website at [www.harcourthealth.com](http://www.harcourthealth.com) MERLIN Lueckenotte *Library Journal*, 1980 **Paperbound Books in Print**, 1991 *The Times Index*, 2003 Indexes the Times Sunday times and magazine Times literary supplement Times educational supplement Times educational supplement Scotland and the Times higher education supplement

## Decoding **Healthy Together A Couples Guide To Midlife Wellness**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Healthy Together A Couples Guide To Midlife Wellness**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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