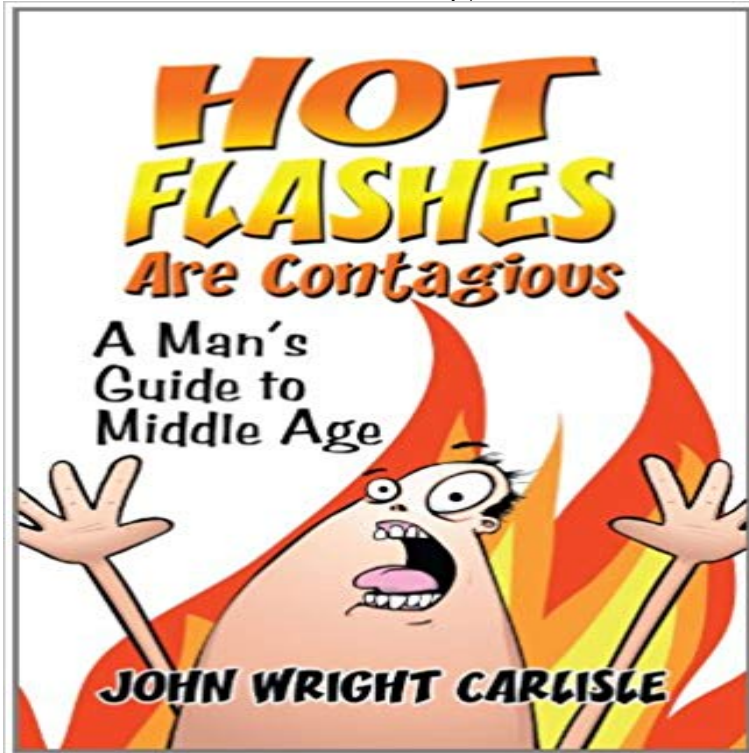


Hot Flashes Are Contagious A Mans Guide to Middle Age



I AM NOT OLD!Hearing, Honey, do these pants make my butt look big? should send off more red flags than the number of burgers served at McDonalds. How you respond can spell the difference between serious cuddle time and joining the sofa circuit. Hot Flashes Are Contagious is a humorous memoir geared toward those baby boomers that are just reaching, or finally coming to grasp with, this somewhat traumatic milestone. Think of All I Really Need to Know, I Learned in Kindergarten for the Grecian Formula set. Using his own life experiences as a starting point, John Wright Carlisle has written thirty short essays/observations covering various topics that appear to be common among men as they struggle with getting older. The examples and stories are based upon surviving these adventures and having had some time to place them into proper perspective.

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