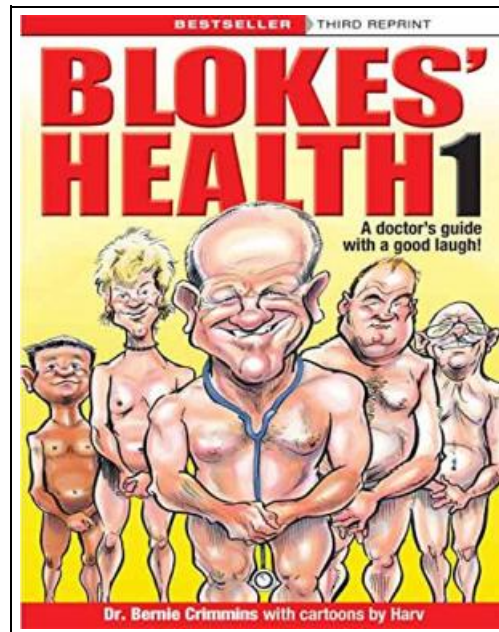


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Wilkinson Publishing, Australia, 2016. Paperback. Condition: New. 2nd edition. Language: English . Brand New Book. REPRINT OF THE BEST SELLER A DOCTOR S ADVICE GIVEN IN PLAIN, EASY TO UNDERSTAND TERMS THAT EVERY MAN CAN RELATE TO. LIGHT-HUMOURED APPROACH TO SERIOUS TOPICS THAT OFTEN GET OVERLOOKED BY MEN. FRANK DISCUSSION THAT PROVIDES EASY TO FOLLOW ADVICE TO CHANGE YOUR LIFE AND IMPROVE YOUR HEALTH. CARTOONS THROUGHOUT BY PAUL HARVEY It often takes the well publicised and very much public battles of celebrities with illness to bring the issue of Men s Health to the fore. We all want to live as long and as healthy as we can, with a good quality of life. In this book Dr Bernie Crimmins outlines the main health problems that affect males and gives some simple advice on how to prevent, or detect early, those particular diseases which may lead to an early demise. The main aim of this book is to keep it short and simple, to give the reader a stepping stone to take their health seriously and do it for themselves! ABOUT THE AUTHOR Bernie Crimmins is a general practitioner with a special interest in men s health. Bernie has been a doctor for 30 years including Club Doctor to the Hawthorn Football Club where he is a Life Member. Bernie continues to compete at sport, including football and swimming, while also taking time for a drink and yarn with his mates. Paul Harvey is one of Australia s leading cartoonists and caricaturists. Dr Bernie Crimmins and Paul Harvey fi rst collaborated on Blokes Health.



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