



Männopause: Der Mann in seinen besten Jahren (German Edition)

Linus Höke

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Wie wird es weitergehen, das Leben jenseits der magischen Hälfte?

Auch Olaf B., Held dieses satirischen Ratgebers, befindet sich just in jener extrem kritischen Phase, in der die Träume der Jugend an den Kompromissen des Lebens zerschellen. Und zudem die persönliche Bestandsaufnahme der körperlichen und seelischen Bordmittel selten Anlass zur Freude gibt ... Die Zeit jenseits der 50, eine Hürde, die Mann ungern öffentlich macht.

Wie es Olaf B. gelingt, seinen Blues zu überwinden, den Ansprüchen seines Umfelds weiterhin gerecht zu werden und ohne größere Peinlichkeiten in die besten Jahre zu starten, beschreibt Linus Höke auf ebenso schonungslose wie humorvolle Art.

Die lebensnahen Tipps und Tricks dieses Buches sind dabei allen Leidensgenossen unterhaltsame Orientierungshilfe, die - wie Olaf - in dieser Lebensphase die spontan naheliegenden Schlupflöcher Burn-out, Auswandern, Familie 2.0 oder Extremsport gegeneinander abwägen.

„Lakonisch, selbstironisch, stilsicher und auch noch witzig. Chapeau!“

Jürgen von der Lippe



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