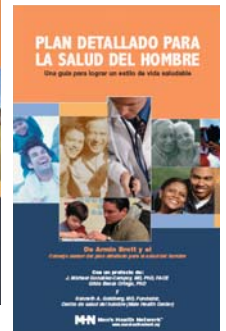
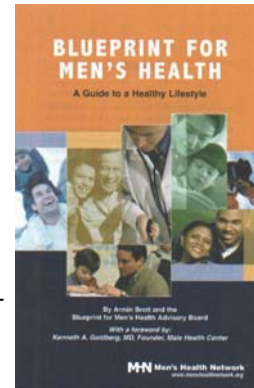


# The Blueprint for Men's Health Series

## *Blueprint for Men's Health: A Guide to a Healthy Lifestyle*

*Blueprint for Men's Health* discusses the main health issues that men face today. Each chapter focuses on a single condition or group of related conditions effecting men. This 70+ page book discusses the factors that increase health risks, shows how to recognize symptoms, and gives practical, easy-to-implement prevention strategies. Available in English and Spanish.

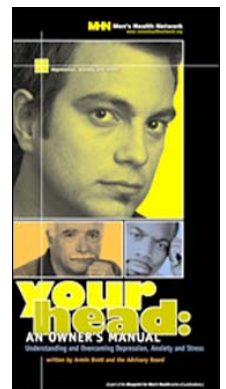
While no book should be used as a substitute for professional advice about medical or lifestyle issues, the *Blueprint for Men's Health* is a resource and a guide that will help you to protect your health and get the most out of life.



## *Your Head: An Owner's Manual: Understanding and Overcoming Depression, Anxiety and Stress*

Written by Armin Brot and an Advisory Board, the manual addresses three critical mental health issues that men face today, depression, anxiety, and stress. The Foreword includes a message about military personnel and veterans. Available in English only.

The Advisory Board—which includes psychiatrists, physicians, psychologists, public health experts, and social workers—with unique perspectives provide insights and reflections on the emotional needs of men while explaining how they can ask for help, with dignity, when needed. This book highlights common signs and symptoms of depression, anxiety, and stress to help men and those who love them recognize the need for intervention, and provide suggestions for dealing with everyday problems.



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**PLEASE NOTE:** Men's Health Network does not provide medical services. Rather, this information is provided to encourage you to begin a knowledgeable dialogue with your physician. Check with your health care provider about your need for specific health screenings.



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