

Men's Health: Emotions & Family

Monday, 10 March 2008

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Even for tough guys, emotions and family relationships can affect a man's health for better or worse. Give yours a tune-up. [Men's Minds](#) [Male Menopause](#)

Is male menopause for real, or is it an urban legend? [Learn more here.](#)

[Related Web Site: Men's Midlife Crisis](#)

Say goodbye to midlife crisis: Here's the road out.

[Related Web Site: Workplace Wellness](#)

Read about five potentially career-busting health conditions -- and what to do about them.

[Related Guide: Sex and Depression](#)

Depression can seriously dampen a man's interest in sex. Getting help could help you get your sex life back. [Read more.](#) [Workaholism](#)

Is your career your king? Where's the line between loving your job, a good work ethic, and workaholism? [Find out.](#) [Addiction](#)

Whether it's alcohol, tobacco, or drugs, addiction's grasp can be hard to shake -- but it's possible, and it's worth it. [Read more.](#) [Talk It Like a Man](#)

Read what happened when a man relied on other men for advice after a breakup. [Relief: Bouncing Back](#)

[Stressed Out](#)

[Stress](#)

How do you compare to others when it comes to resilience? [Find out with this quiz.](#)

[Work Stress](#)

Has stress at work left you at your wit's end? Not only could this damage your sanity, it could wreck your health. It's time for solutions. [Anger Management](#)

Temper, temper. Is yours spinning out of control? [Learn how to reel it in, before you get a road rage ticket.](#) [Family](#)

[Family](#)

Becoming a father is huge. [Find out what to expect before baby comes, and after.](#)