



Therapy with Men after Sixty: A Challenging Life Phase

Barry McCarthy, Emily McCarthy

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Therapy with Men after Sixty is a breakthrough book for professionals that helps them open their clients' minds to new ways of thinking, behaving, and feeling about the aging process. The authors adopt a realistic but optimistic tone as they carefully examine the psychological, relational, and sexual aspects of life after 60, while also dispelling common myths. Topics addressed include how to build and maintain Psychological Well Being, have quality relationships, build self-esteem, and deal with crisis and loss. Practical topics, such as financial issues, living situations, and relationships with adult children and grandchildren are addressed through guidelines, skill exercises, and case studies. Each chapter helps mental health professionals to account for individual, couple, cultural, and value differences, making this an unparalleled resource for helping men successfully meet the challenges of aging.

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