

Testosterone for Life

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Synopsis

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From a Harvard doctor and a leading expert on testosterone comes the groundbreaking book that shows you how to raise your testosterone levels - and live your life to the fullest.

Better sex. Increased vitality. More muscle. Improved health. Greater mental agility. These are just a few of the life-enhancing benefits that men with low levels of testosterone can experience when they increase their testosterone levels. If you've noticed a decrease in your sex drive, experienced erectile dysfunction, or felt tired, depressed, and unmotivated, this authoritative, up-to-date guide from an expert at Harvard Medical School will help you determine if you have low testosterone - a surprisingly common but frequently undiagnosed condition among middle-aged men.

Learn how to:

- Recognize the symptoms of low testosterone
- Diagnose the problem with simple tests
- Find the treatment that's right for you
- Explore options your doctor might not know about
- Reduce your risk of cardiovascular disease and obesity

Reader's comments

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