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Syndrome Understanding

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The Irritable Male Syndrome Understanding

Just as PMS is now acknowledged to be a

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problem in women, IMS-thanks to this book-is gaining recognition as an affliction among men. By revolutionizing the detection, understanding, and treatment of this condition, The Irritable Male Syndrome is bringing relief and happiness back to the lives of millions.

The Irritable Male Syndrome:

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Understanding and Managing ...

As the name suggests, irritable male syndrome's leading symptom is irritability. Depression and lower self-confidence can also be symptoms. It can lead to difficulty concentrating, trouble...

Irritable Male Syndrome and Your Relationships

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He identifies the four common triggers of Irritable Male Syndrome (IMS)-fluctuating testosterone levels, biochemical imbalances, loss of masculine identity, and stress-and then shows how best to treat this condition that, research shows, affects up to 30 percent of males, especially those in adolescence and midlife.

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The Irritable Male Syndrome: Understanding and Managing ...

Irritable Male Syndrome, or IMS, is a condition that occurs when adult men start to experience the withdrawal of testosterone. This health condition can create difficult moods for the man who experiences it, causing a state of

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hypersensitivity, anxiety, and anger.

Understanding Irritable Male Syndrome - The Joint

“Older men are irritable -- it’s almost never due to testosterone.” The science doesn’t point to a single right answer. But some experts do see a link between low testosterone levels (or “low T”)...

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Irritable Male Syndrome: Fact or Fiction? - WebMD

The Irritable Male Syndrome is not only a powerful book but an essential one. Jed helps us understand why men are so irritable, angry, and depressed—and more important, what men and women can do to prevent and treat these

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problems. This book can save your relationship and may even save your life.

The Irritable Male Syndrome - MenAlive

Dr. Gerald Lincoln, who coined the term "Irritable Male Syndrome," found in his research that lowering levels of

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testosterone animals caused them to become more irritable, biting their cages as well as the researchers who were testing them. We know that testosterone fluctuations can occur in men caused by stress, conflict, and aging. 2.

Jed Diamond, PhD - The 4 Key Causes of the Irritable Male ...

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- WebMD Irritable Male Syndrome, or IMS, is a condition that occurs when adult men start to experience the withdrawal of testosterone. This health condition can create difficult moods for the man who experiences it, causing a state of hypersensitivity, anxiety, and anger.

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The Irritable Male Syndrome Understanding

Based on 35 years of clinical research and responses from nearly 10,000 males, The Irritable Male Syndrome explains why millions of men are becoming angry and depressed and why they so often vent their frustrations on the women they love the most. We give

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you all the tools you need to insure that The Irritable Male Syndrome doesn't undermine your health and destroy your relationships.

Jed Diamond - The Irritable Male Syndrome

The quiz was originally designed for a research study I conducted for my book,

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The Irritable Male Syndrome: Understanding and Managing the 4 Key Causes of Depression and Aggression. I posted the quiz on-line and it has now been taken by more than 40,000 men and many thousands of women throughout the U.S. and around the world.

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Take the Irritable Male Syndrome Quiz

After writing, *The Irritable Male Syndrome: Understanding and Managing the 4 Key Causes of Depression and Aggression*, I received hundreds of letters from women and men concerned about the impact that irritability and anger were having in their lives. Many of

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which are about either being or married to a depressed husband. This one is typical of the many I received:

Are You Married to a Depressed Husband? Maybe It's IMS ...

One of the most difficult issues to deal with is male anger. Both men and women get angry, but I've found that

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Irritable Male Syndrome (IMS) can undermine even a healthy and loving relationship....

How to Help Angry Men and Keep Relationships From Falling ...

Irritable male syndrome (IMS) can be defined as a state of hypersensitivity, frustration, anxiety, and anger that

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occurs in males and is associated with biochemical changes, hormonal fluctuations, stress, and loss of male identity.

Irritable Male Syndrome - MedicineNet

High levels of testosterone also produced anger and rage in men, but

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was rare, only common in male athletes who used anabolic steroids to increase muscle mass. Lincoln coined the term “irritable male syndrome” and suggested that it was present in all male mammals when testosterone levels fell, but he had only done research on animals.

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7 Things You Don't Know About The Irritable Male Syndrome ...

Irritable Man Syndrome or Irritable Male Syndrome (IMS) is the term used to describe the mood swings in men. Irritability in men is often a result of high stress cortisol levels and low testosterone levels. Some men respond by acting out while others hold these

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feelings in and become depressed.

What is Irritable Male Syndrome (IMS)? | BodyLogicMD

When I did research for The Irritable Male Syndrome I developed a quiz to help people better understand their anger and whether it was causing a problem in their lives. Thus far more

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than 30,000...

How to Love an Angry Man: Understanding and Helping Your ...

Before I wrote my book, "The Irritable Male Syndrome," I thought I might call it "The Jekyll and Hyde Syndrome," since men often seem to change rapidly from "Mr. Nice" to "Mr. Mean.". In "The

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Irritable Male Syndrome: Understanding and Managing the 4 Key Causes of Aggression and Depression," I describe a number of key symptoms of IMS, including hypersensitivity.

Jekyll and Hyde, Irritable Males And Attachment Love ...

Symptoms of Irritable Male Syndrome

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(IMS) can include moodiness, irritability, depression, reduced energy, trouble sleeping, and bursts of anger. Michael Gurian, author of *The Wonder Aging: A New Approach to Embracing Life After Fifty*, argues that a drop in testosterone is only part of the issue for men.

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