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# The Guys' Guide To Hashimoto's



## Synopsis

â œI make the mistakes, so you donâ™t have to!â • Rock Robbins Wouldnâ™t it be nice to have somebody who could pinch hit lifeâ™s tough spots for us? Well, look no further. The Guysâ™ Guide to Hashimotoâ™s is Rockâ™s story of how he was asleep at the wheel with his wifeâ™s Hashimotoâ™s diagnosis, how he woke up, and what he learned. This book is filled with bite sized wisdom, humor, survival tips, personal stories and perspective from 20+ years of experience. Itâ™s here to help you win back your relationship and your sanity â “ all while helping her to win back her health. Find out about hot topics, likeâ | â ¢ What the Heck Is Hashimoto’s Anyway? â ¢ 6 Tips That Will Save Your Time, Your Sanity, and Your Sex Life â ¢ A Husbandâ™s Confession: Lessons from Where I Blew It â ¢ What the Heck Happened to Our Sex Life? â ¢ Whatâ™s up with her Weight? â ¢ Whatâ™s up with her Moods? â œThe day I posted Rockâ™s guest article "Married to Hashimoto’s: Where’s the Woman I Married?â • at HypothyroidMom.com, it received close to 5,000 likes and over 4,500 shares with close to 1,000 comments in less than 24 hours. That little butterfly-shaped thyroid gland at the base of our neck has the power to affect our lives including our personal relationships. Thank you Rock for writing this much-needed book. You will help save marriages around the world.â • Dana Trentini a.k.a. HypothyroidMom - author and thyroid advocate â œIf you’re the guy who wants to understand, or the woman who wishes he did, the Guys’ Guide to Hashimoto’s is for you.â • Stacey Robbins, wife of Rock, and author of the award-winning book, â œYouâ™re Not Crazy and Youâ™re Not Alone. Losing the Victim, Finding Your Sense of Humor and Learning to Love Yourself through Hashimotoâ™sâ • "Thank you for your many words of wisdom and hope. I am one of those husbands you talk about. I stay in the fight because I know my wife is in there fighting to get out. She is my whole world and I will not let her be beaten by this. Thanks to you we finally have hope." Brandon - husband

## Book Information

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## Customer Reviews

Rock Robbins is an author, coach, tech geek, saxophone playing and karaoke loving husband and father of 2 boys. He married Stacey in 1989, and 7 years later when she got the diagnosis, he was Married to Hashimoto's. After some 27 years of marriage, he travels with his family giving hope to men, women, and couples on their Hashimoto's health journey at [www.marriedtohashimotos.com](http://www.marriedtohashimotos.com).

Reading this book helped me understand 110% better than trying to have my wife explain things. It was easier to identify with coming from his point of view. Very helpful because I have always been on board to live it with her and be her biggest supporter totally committed. Great tips and easy for guys to understand. Plus I can use it as a reference anytime too. Thank you!

Good stuff for guys not involved, but lack advance detail on the illness.

I bought this book with the full intention of reading the whole thing myself first before passing it on to my partner to read. I must admit I was a little apprehensive about what would be in it and the advice given. By one third of the way through I felt very safe in giving it to my partner to read. Rock writes from a place of loving support, decades of experience and a genuine desire to help others support their partner through Hashimoto's. This is the only book on the market that explains how a couple can best deal with the major health and emotional challenges that can arise from this disease. My partner found this book to be very informative and full of great links and information that is set out in an easy to understand way. This is a positive and refreshing look at Hashimoto's from a partner's perspective and provides helpful information to fast track your partner to be the most helpful they can be. Rock's writing gives information on how to address both the emotional and physical aspects of what your partner may be going through. Well done Rock for writing about your insight and experience in a loving and supporting way.

I just ordered this book for my fiance. He's already on board and fully supportive of me. He's also fairly informed about Hashi's, but he loves to read and I think having this book as a reference from a guy's perspective will be of interest to him. I gave the book 5 stars as an early rating, because

there's nothing out there like it. I'm a huge fan of Dr. Isabella Wentz and Hypothyroid Mom and both speak highly of this book and so if they recommend it, it must be good! I will update my review after my better half reads it and provides me his feedback. Good luck to all the Hashimoto's Rebels and their partners! We're all in it together!

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