

A MAN'S CRY FOR HEALTH

TONI ALIKA HICKMAN

The intuitive and empathic author and survivor Toni Hickman is back again with another bestselling book, "A Man's Cry for Health," which dives into the different concepts of the mental, physical, and spiritual health of man from a woman's perspective. As Toni has channeled her higher source to write the spiritual details of this book, the message of spirit comes from a comfortable place that will resonate with each reader. Toward the end of the book, Toni invited some of her greatest male friends to tackle questions about women, health, and more.

Some of the topics covered are:

Erectile Dysfunction

Depression

Fathers

Diet & Disease

Herbs and Food for Disease

The Ego

Suicide

And More..



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"Our health is the most important gift we have, but with everything we decide to consume, we are either preparing our body for more life, or preparing the body for death."

~Alika Lesson

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A holistic look at a man's mental, physical and spiritual health from a woman's perspective

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