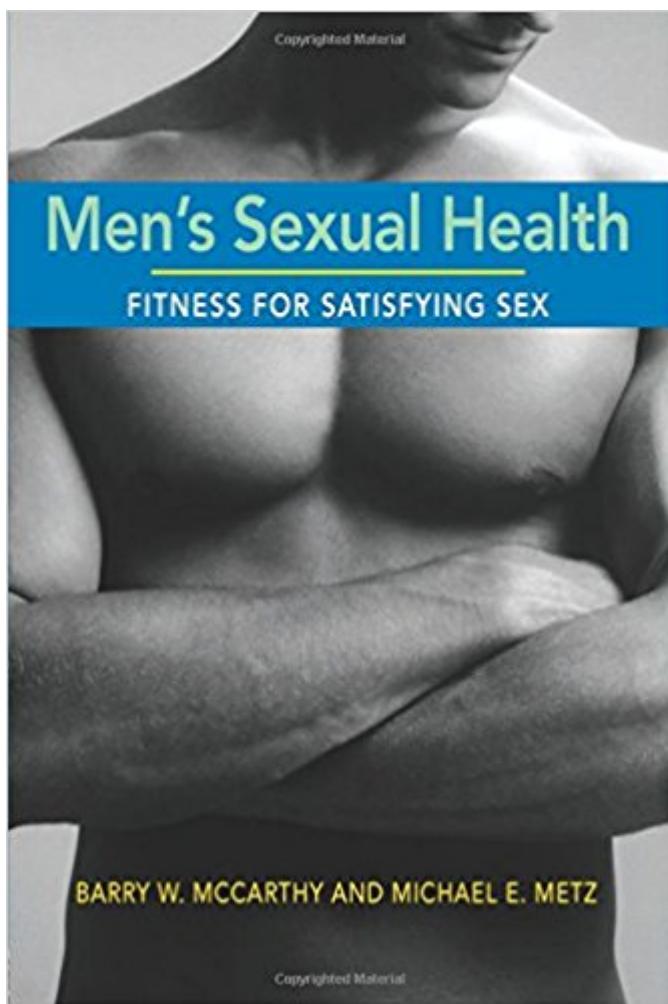


The book was found

Men's Sexual Health: Fitness For Satisfying Sex



Synopsis

Men's Sexual Health is a breakthrough book about vital and satisfying male sexuality. It presents a new model of male and couple sexuality, which establishes positive, realistic expectations of pleasure and satisfaction, as opposed to the self-defeating traditional demand for perfect intercourse performance. Men and couples who adopt this approach will enjoy sexuality throughout the lifespan. The authors introduce the new "smart thinking," focused on an integration of mind and body, which confronts the myths and misunderstandings which limit male sexual growth. The book will help men and women understand how to pursue sexual and relational health, overcome sexual problems, with the goal of greater acceptance and satisfaction. The book advocates for positive, realistic Good-Enough Sex which will significantly enhance male and couple sexual satisfaction.

Book Information

Paperback: 224 pages

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Average Customer Review: 4.5 out of 5 stars 14 customer reviews

Best Sellers Rank: #392,330 in Books (See Top 100 in Books) #48 in Books > Health, Fitness & Dieting > Men's Health > Sexual Health & Impotence #665 in Books > Health, Fitness & Dieting > Sexual Health > General #736 in Books > Medical Books > Psychology > Sexuality

Customer Reviews

"Tired of the same old/same old when it comes to information about men and sexuality? This is not your father's sex ed book. Metz and McCarthy just moved to the #1 spot on my list of favorite "smart talk about sex" books. Best book about men and sex in a decade. They're well researched, but never dull, with a candid no-nonsense style. A kind of smart talk about sex that you'd expect to find from a couple of guys who've spent all their time as top-of-their-field sex therapists and sex experts. I not only like how they talk about men's sexuality, I like how they talk about women's sexuality and making sex win-win for both. Knowing that good sex is at the core of a good

Health: Fitness for Satisfying Sex is a remarkable contribution to the field of sex therapy. This book should be on the bookshelf of every sex health and sex education professional. This book is great for adults and older adults, but I get even more excited when I think about giving it to young men who don't have sexual problems yet. The tone is reassuring, and the stance is non-judgmental, but decidedly not wishy washy. The authors take important positions on a number of topics. Men's Sexual Health is destined to be a classic. - Aline Zoldbrod, PhD, in Contemporary Sexuality

Barry McCarthy, Ph.D. practices at the Washington Psychological Center, is a professor of psychology at American University, has written over 65 professional articles and 16 book chapters, co-authored 11 books for the lay public, and presented over 200 workshops nationally and internationally. Michael Metz, Ph.D. practices at Meta Associates in St. Paul, Minnesota, is an adjunct professor of family medicine at the University of Minneapolis, has written over 65 professional publications, and has presented over 100 workshops nationally and internationally.

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This book is so important for both sexes and all genders to read. Its revaluation of what should be important in sexuality and how sexual health should be defined is crucial in helping both men and women reform terribly damaging systems into ones that actually work. Their combination of good psychology, sociology, and physiology is practical and uplifting, and their messages are nothing short of liberating. I agree with other reviewers who point out its language is almost exclusively heterosexual, but its information and philosophy could easily be applied outside of heteronormativity. I'd recommend it to anyone.

This has some really great insights from a relatable viewpoint.

Every young and senior male should read this book

The content of this book is better thanl expected. It was recommended by my therapist. I reluctantly bought it, but it was more rewarding than I could imagine. I will be sharing it with my son.

I took a quick look at this book before giving it to my 16 year old grandson. I was already very impressed with the authors' wholesome philosophy (good enough...not perfect....sex as a general

guide), their emphasis on how important fitness is for many years of happy sexuality, and their great up-to-date expertise on such an important subject for everyone. Although this book covers sexual issues from teenage to senior citizens, I am particularly concerned about how accessible the most unsavory sex scenes are to young people today. I saw a copy of the most recent issue of *Cosmopolitan* recently and was shocked to see that there was a complete guide to oral sex in that issue. This is a magazine that teenage girls read and it promotes the message that any form of sexuality is an everyday consideration for young people. Thankfully there are good books like this one that demonstrate how taking care of ourselves and managing our lives constructively can reward us with better relationships and healthy sexuality through our senior years.

Enlightening!

it works for me and i start to loose weight with the exercises and tips explained in this book. thanks

I've been male for all of my 50+ years, but I was still amazed at all I did not know about my own sexuality and dealing with the opposite sex. In very honest and straightforward terms, Dr. McCarthy tells us just what we men need to know. Highly recommended.

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