

# **Coping With Erectile Dysfunction How To Regain Confidence And Enjoy Great Sex**

*New Directions in Sex Therapy* Peggy J. Kleinplatz 2013-05-13  
*New Directions in Sex Therapy: Innovations and Alternatives* focuses on cutting-edge therapy paradigms as alternatives to conventional sex therapy and expands the definition of the field. Replete with helpful clinical illustrations to demonstrate these new approaches in action, this book is intended for anyone who deals with sexual issues and concerns in therapy, clinicians of every kind, in addition to sex therapists.

*Sex Addiction: The Partner's Perspective* Paula Hall 2015-08-20  
Sex and pornography addiction are growing problems that devastate the lives of partners as well as sufferers. *Sex Addiction: The Partner's Perspective* has been written to help partners and those who care about them to survive the shock of discovering their partner is a sex addict and to help them make decisions about the future of their relationships and their lives. First and foremost, it is a practical book, full of facts, and self help exercises to give partners a much needed sense of stability and control. Like its sister book, *Understanding and Treating Sex Addiction*, it includes case examples and survey results revealing the reality of life for partners of sex addicts. *Sex Addiction: The Partner's Perspective* is divided into three parts. Part I explores the myths surrounding sex addiction and provides up to date information about what sex addiction is and what causes it before moving on to explain why the discovery hurts partners so much. Part II is about partners' needs and includes self-help exercises and strategies to help partners regain stability, rebuild self-esteem and consider their future. The controversial topic of co-dependency is also explored with guidance on how to identify it,

avoid it and overcome it. Part III focuses on the couple relationship starting with the difficult decision of whether to stay or leave. Whatever the decision, partners will then find help and support for rebuilding trust and reclaiming their sexuality. This book has been written to help partners not only survive, but to grow stronger and move on with their lives - whether alone, or in their relationship. Readers will find revealing statistics and real life stories shared by partners who kindly took part in the first UK survey of sex addiction partners. This book will be a valuable guide for partners, but also for the therapists who seek to support them on their journey of recovery.

**Men's Sexual Health** Barry W. McCarthy 2017-10-03 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.

**Healing the Prostate** Dr. Mark Stengler 2021-01-19 A practical, integrative guide to men's prostate health, including holistic therapies for prostate cancer, BPH, prostatitis, and bladder function. Foreword by Dr. Geo Espinosa, author of the best-selling book *Thrive Don't Only Survive: Dr. Geo's Guide to Living Your Best Life Before & After Prostate Cancer* For all its many important functions, the prostate gland can become a health curse to many men, young and old. Common prostate conditions

include: benign prostatic hyperplasia (BPH), prostate cancer, prostatitis, testosterone deficiency, and erectile dysfunction. While conventional therapies exist for all these conditions, scientific studies have demonstrated that a comprehensive, integrative, or holistic approach to healing can dramatically reduce risk and/or decrease negative side effects and symptoms. Mark Stengler, N.M.D., draws upon his over 25 years of expertise in naturopathic medicine and holistic hormone therapies to provide a comprehensive approach to optimal prostate health, including a focus on bladder function, hormone balance, and a thorough exploration of prostate cancer diagnosis, treatment options, and holistic support. By thoroughly addressing these key aspects of the genitourinary system, you will be able to discover optimal prostate health and functionality.

*Erectile Dysfunction* Michael J. Howard In *The Erectile Dysfunction Cure*, you will first learn what erectile dysfunction is - both the psychological and physical aspects - and then zoom in on your specific issue. With the laser-like focus provided in this guide, you will find out exactly what is causing your erectile dysfunction and the steps needed to regain your raw masculine strength. The important thing to understand is that erectile dysfunction is NOT something that defines your worth as a man. Every single man has been struggling to get an erection at one time or another. It doesn't matter how many "failures" or "embarrassments" you've encountered - none of that matters. What truly matters is your willingness to apply the steps laid out in this guide to overcome this issue. 99,9% of the time, erectile dysfunction is a psychological problem. One that can easily be overcome. The first step is have the confidence to admit that you have an issue - by reading this, I know you're one of those few who are truly honest with themselves.

**Kegel Exercises for Men** Michael Irwin 2018-11-10 Learn How to Perform Kegel Exercises to Last Longer in Bed, Manage Urinary Incontinence and Premature Ejaculation For Overall

Better Prostrate Health What are Kegel exercises? Do they even have any benefits? If you're like a lot of people, you've probably wondered why doctors and health professionals recommend Kegels. Truth is, there are a lot of health benefits associated with performing Kegels. Kegel exercises are one of the exercises that can strengthen your pelvic floor. Your pelvic region is the area that holds your reproductive organs.

**Physical Health And Well-Being In Mental Health Nursing: Clinical Skills For Practice** Nash, Michael 2014-06-01 This book was the first of its kind to focus on providing mental health nurses with the core knowledge they need.

Sexual Impotence - Coping with Erectile Dysfunction Sheila Leigh 2016-11-22 Thirty million men suffer from some form of erectile dysfunction, according to recent estimates. Though unwelcome and embarrassing, it doesn't have to end a couple's sex life. Both informative and practical, "Sexual Impotence - Coping with Erectile Dysfunction" gives couples cause for hope. This book includes practical treatments which are used to cure patients who are seeking a solution to overcome ED (Erectile Dysfunction) which is common in many people who live under stress. All the information mentioned here are scientifically proven by doctors. No matter your age or gender, if impotence--or fear of impotence--has crept into your life, read this book NOW!

**Saving Your Sex Life** John P. Mulhall 2013-05-22 In a straightforward style, Dr. John Mulhall guides the reader through the basics of male sexuality, explains the role of testosterone, the functions of the prostate, and the common difficulties men encounter when disease strikes. In plain language, this book spells out the causes and symptoms of prostate disease and diseases of the lower urinary tract and the approach to deal with the aftermath of treatment.

*Sexual Awareness* Barry McCarthy 2015-08-27 In the newest edition of this classic text, veteran authors Barry and Emily McCarthy explain how desire, pleasure, and satisfaction can

enrich your relationship. As the premier book on the subject, *Sexual Awareness* focuses on factors that promote and subvert healthy couple sexuality. Reading this book and partaking in the psychosocial skill exercises it contains will help couples learn how to value sexuality as a positive and satisfying part of their lives. Couples at any stage of their relationship will learn how to enhance sexual awareness, communication, feelings, and function. The result will be enhanced desire and eroticism that will help couples understand themselves and each other better. [The New Male Sexuality](#) Bernie Zilbergeld 2013-02-27 *The New Male Sexuality* addresses the most urgent questions of men today--and of the women who love them. Bernie Zilbergeld reports findings from his twenty years as a psychologist specializing in human sexuality, as well as those other experts in the field, and shares his own and his clients' experiences. the result is the most comprehensive guide ever to enhancing desire and arousal, focusing on pleasure rather than performance, and keeping sex exciting and fulfilling. Clear, comprehensive, witty, and refreshingly realistic, *The New Male Sexuality* is destined to be a classic.

[Prostate Cancer and the Man You Love](#) Anne Katz 2022-11-11 *Prostate Cancer and the Man You Love* is for the women and men who love and support a man with prostate cancer. Each chapter tells the story of a man and his partner dealing with this cancer, from diagnosis through survivorship. Fully updated and comprehensive, this book educates and informs partners on the latest studies and findings.

**How to Overcome Premature Ejaculation** Helen Singer Kaplan 2013-06-17 *How to Overcome Premature Ejaculation* discusses male sexual response and the cause of its disorders, and provides advice on leading a more normal sex life. Based on the same therapeutic methods that have proven clinically effective for 90% of men suffering from premature ejaculation (PE), this straightforward volume describes a rapid, practical self-

help program that can be used by single men or couples in the privacy of their home. Dr Kaplan first explains the nature of PE and its causes and then describes her effective treatment techniques. She also discusses the errors and resistances that can arise and provides suggestions on how to overcome them.

### **Couple Sexuality After 60** Barry McCarthy 2021-08-29

Confronting taboos and misunderstandings about sexuality and aging, *Couple Sexuality After 60: Intimate, Pleasurable, and Satisfying* motivates couples to embrace sex and sexuality in their 60s, 70s, and 80s. The book busts two extreme myths—that people over 60 cannot and should not be sexual and that the best way to be sexual is to emphasize eroticism, using sex toys, and "kinky sex". Using a variable, flexible approach to couple sexuality based on the Good Enough Sex (GES) model, this book places the essence of sexuality in pleasure-oriented touching, not individual sex performance. Barry and Emily McCarthy introduce a new sexual mantra of "desire/pleasure/eroticism/satisfaction" with the goal of presenting a healthy model of sexuality to replace the traditional double standard that couples learn in young adulthood. Specific chapters focus on important areas like coming to terms with the new normal, female-male sexual equity, satisfaction being about more than intercourse and orgasm, valuing synchronous and asynchronous sexuality, psychobiosocial approaches to sexuality, and more. In addition to aging heterosexual couples, single individuals and queer couples will find this book interesting. Additionally, sexual health clinicians and sex therapists with clients over the age of 60 will find this a fascinating read.

### **Psychiatry and Sexual Medicine** Michal Lew-Starowicz

2020-09-02 Psychiatry meets sexual medicine! This book explores the links between mental and sexual health and provides guidance for the treatment of the most common sexual problems. The book fills the need of many clinicians and trainees who work in the field of psychiatry and sexual medicine. Offering

comprehensive and clearly structured information, case presentations, and key messages this book focuses on sharing essential knowledge and skills of recognized experts in the field. Get inspired by the vivid interactions of psychiatry and sexual medicine and help your patients on their way to improved sexual health!

**Overcome Psychological Erectile Dysfunction** T. Patrick Daly 2018-02 Sexuality is a touchy, paradoxical subject. When things are going well, it's great. You feel connected to life; like you could conquer the world. When things aren't going so well... You feel alone; like you're at the bottom of the barrel. The reader may feel an utter lack of hope, like I once did. Rest assured: the only reason for any of the content being here in this book is because it was useful to me in overcoming erectile dysfunction.

Coping with Erectile Dysfunction Michael E. Metz 2004 Offers a program for overcoming erectile dysfunction that includes assessment, treatment strategies, and a relapse prevention program.

*Discovering Your Couple Sexual Style* Barry W. McCarthy 2011-03-17 Winner of the 2009 Smart Marriages® Impact Award Think all sex should be earth shattering? The quality of most couple sex doesn't measure up to the much distorted image of the perfect romantic love/passionate sex encounter portrayed in popular culture. In *Discovering Your Couple Sexual Style: Sharing Desire, Pleasure, and Satisfaction*, renowned marital and sex therapist Barry McCarthy and his wife Emily McCarthy urge couples to ignore what they see on TV, in books, or online, and discover their own unique sexual style. The McCarthys offer three guidelines for sexual satisfaction: develop positive, realistic sexual expectations; explore sensual and sexual options; and communicate sexual desires. With this foundation, couples can take a straightforward survey to determine which of four couple sexual styles best fits their relationship. Based on three years of research and treating more than 4,000 individuals and couples,

Discovering Your Couple Sexual Style provides information, guidelines, exercises, and case studies that will help readers find their own sexual voice and develop a mutually satisfying sexual style.

Rekindling Desire Barry McCarthy 2013-12-17 For over a decade Rekindling Desire has helped to restore and restructure sexuality in thousands of lives. This expanded edition continues the exploration of inhibited sexual desire and no-sex relationships by the author, who brings decades of knowledge and the expertise that comes from having treated almost 3,000 couples for sexual problems. Contained within are suggested strategies and exercises that help develop communication and sexual skills, as well as interesting case studies that open the doors to couples' sexual frustrations. The shame, embarrassment, and hesitancy that individuals feel with themselves, and the resentment and blame they can feel towards their sexual partners, are explored and put into context. Whether you are married, cohabitating, or dating, or if you are 25, 45, or 75, reading this book will help renew your sexual desire and put you on the path towards healthy, pleasure-oriented sexuality.

*Primary Care Mental Health* Linda Gask 2018-09-20 A comprehensive guide to this emerging field, fully updated to cover clinical, policy, and practical issues with a user-centred approach.

**The Natural Cure For Erectile Dysfunction** Michael Cesar 2016-05-07 Don't Let Erectile Dysfunction Destroy Your Self-Esteem And Your Relationship Any Longer Discover how to finally overcome erectile dysfunction, impotency, premature ejaculation, inhibited ejaculation, sexual inexperience, and pornography addictions or sexual addiction as well as other sexual issues. For centuries, men have been associating their value as men with their jobs, their bank account, their physique, and their virility. Our contemporary culture has flooded our mind's eye with images of the "perfect man"-one who possess the right job, the right



family, and with a trip down to the local pharmacy, nights of virile intimacy. But there are often consequences to the proverbial "happiness in a bottle." This book will explore alternative and much healthier methods to deal with the sensitive issue of erectile dysfunction. It's time for men to realize that there is life beyond the pharmacy counter, beyond what our contemporary culture tells us is acceptable, and it's time to delve into centuries-old remedies that build up, not tear down our system. Here Is A Preview Of What You'll Learn... Mind and Body Effect on ED Tantra Cure for ED Tantric Massage cure for all sexual issues Yoga Cure for ED Ayurveda Cure for ED Vajikarana - Aphrodisiac Medical Formulations The Healing Power of Diet and Herbs Master Your Sexual Life By Following These Easy and Simple Proven Methods Much more...

**Reclaiming Sex and Intimacy After Prostate Cancer** Jeffrey Albaugh 2018-11 Almost all treatments for prostate cancer can result in some degree of erectile dysfunction (ED). Assessing a man's sexual health is particularly important in the treatment of prostate cancer. Jeffrey Albaugh, PhD, APRN, CUCNS, is a pioneer in the field of sexual medicine who emphasizes that treating a man with prostate cancer requires an assessment of his sexual history. ED is no longer considered a foregone conclusion for patients with prostate cancer. All men and their partners should read this book prior to undergoing prostate cancer treatment. This second edition highlights the patient and partner experience of acknowledging that sexual health is a fundamental part of treating the whole patient.

**Erectile Dysfunction** Bradley Martin 2015-08-10 Conquer Erectile Dysfunction and Have a Happier and Healthier Sex Life! No matter how hard you try, you may need help to address, treat, and cure your erectile dysfunction. Do you ever wish you were better in bed? Would like to have stronger, more vigorous erections? Would your partner appreciate your increased libido? Erectile Dysfunction explains how your sexual organs are

stimulated, and the best ways to do so. Also, it describes what factors make it harder for you achieve an erection. You'll explore the physical and psychological factors that create this issue in men - and the various ways you can address it. You'll also learn how to talk about erectile dysfunction with your partner, and what they can do to help! The bad news is - you may have to change your habits. However, the good news is that there are many lifestyle changes and treatments that can help you end this embarrassing condition. You may be able to regain your sexual vigor and stamina - without costly drugs and other treatments! This essential book also helps you understand how porn addiction, substance abuse, and obesity can contribute to your problem, as well as other many other factors. Read *Erectile Dysfunction TODAY* to find out about the many solutions to this issue - and start living a happier, more fulfilling life! You'll be so glad you did!

**Advanced Sexual Techniques** Linda Banner 2004-11-10 The Sinclair Intimacy Institute, the leading creator of award winning, sex education videos, is widely known for introducing the acclaimed Better Sex Video Series®, the bestselling sex education videos offered today, with more than 4 million copies sold worldwide. These programs are recommended by hundreds of physicians, therapists and universities, and they have been featured on Jenny Jones, Inside Edition, and Donahue. Now the Institute's top-selling, 76-minute instructional DVD is available to Running Press readers in combination with a terrific new book by leading sex therapist and Stanford University Medical Center researcher, Dr. Linda Banner. She presents current research on human sexuality, with candid details and frank advice. Dr. Banner also appears as the clinician-narrator on the enclosed DVD. *Advanced Sexual Techniques* shows real couples, demonstrating in explicit detail, key skills and techniques for pleasing each other, exciting, and new sexual positions to spice up anyone's love life, how to achieve deeper penetration, the best foreplay and oral

lovemaking practices to master and pathways to heightened orgasm.

## **Curing Erectile Dysfunction - How to Get Rock Hard Erections and Last Longer With Exercises, Diet & Natural Remedies**

Jason Brown 2021-10-08 Do you find that you can't get an erection, or the erection you get is barely hard enough to count as one? Do you ejaculate when you are just starting to have sex, much to the dismay of your partner? Have you wasted your time and money on dubious erectile dysfunction and premature ejaculation remedies that don't work? Imagine getting strong, consistent erections, and lasting longer in bed without having to resort to expensive pharmaceutical drugs or supplements that come with their own risks. All you have to do is take a few minutes every other day to perform some simple exercises that are easy to learn. What if all your sex-related problems could be solved by a simple workout that barely requires any physical exertion? We are talking about pelvic floor muscle exercises for men. Within just three weeks of doing these exercises, which take less than ten minutes per session and can be done anywhere, you will start noticing a reversal in erectile dysfunction, and you will regain control over your penis so that you get to decide on your own, exactly when to ejaculate. All you need to do is learn to follow a series of precisely outlined instructions, and you will be free to perform these exercises as often as you want and condition your penis until it regains its maximum strength and then some. Eradicate erectile dysfunction and premature ejaculation, and become the stud you were born to be. We all know that erectile dysfunction and premature ejaculation are the most demoralizing experiences that we can have as men. That is why it sickens me that many companies and gurus out there are trying to make money from our insecurities by selling us products which are essentially pseudoscientific hype. That's why this book cuts through the fluff and focuses on simple solutions that have been proven to work. This book works because every piece of

advice we provide has a simple anatomical or biological explanation, and all that's asked of you is to put in a little bit of physical exercise to get the result you want. There are no magical solutions here. You are required to learn the precise techniques for performing these exercises, follow our holistically designed workout routines, make a few specific lifestyle changes, and in the end, your penis function will be better than ever. "Pelvic floor exercises and biofeedback are an effective treatment for men with erectile dysfunction" - The British Journal of General Practice. In this book you will discover: - How ED and premature ejaculation come about, and how to keep them at bay. - What foods to eat or avoid to cure your ED. - What your pelvic floor muscles are and why strengthening them will turn you into a stud. - Simple sexercises that you can do even in public to enhance your sexual performance. - Natural ways to reverse erectile dysfunction without resorting to expensive pharmaceuticals. You can have a rock hard erection and satisfying sex without the aid of pharmaceuticals. All you've got to do is learn and practice the techniques outlined in this book. Take the first step to cure your erectile dysfunction or premature ejaculation today. Come inside and let's get started!

**Enhancing Couple Sexuality** Barry McCarthy 2019 Sexuality is multi-causal and multi-dimensional, with large individual, couple, cultural, and value differences. Each person and couple deserve to experience sexuality as a positive factor in their lives and relationships. *Enhancing Couple Sexuality* is an accessible guide that will help you to explore couple sexuality, with a focus on promoting healthy sexuality and overcoming sexual dysfunction, conflict and avoidance. The couple challenge, regardless of relationship status or sexual orientation, is to integrate intimacy and eroticism into your relationship, while reinforcing the new sexual mantra of desire/pleasure/eroticism/satisfaction. Healthy sexuality is a combination of responsibility for your authentic sexual self and being an intimate sexual team. Each chapter in

this book presents scientifically-validated guidelines, a compelling case study, and a psychosexual skill exercise to make every concept personal and concrete. Enhancing Couple Sexuality will motivate and empower couples to create and maintain a satisfying, secure, and sexual relationship. Whether you are married or dating, 25 or 65, this valuable resource will provide strategies to enhance your sexual relationship now and in the future.

**Male Sexual Awareness** Barry W. McCarthy 1998-01 Discusses male sexuality, contraception, marriage, pregnancy, sexual fantasies, the effects of aging, sexual problems, homosexuality, and sexually transmitted diseases

Cognitive-Behavioral Therapy for Sexual Dysfunction Michael E. Metz 2017-11-13 Cognitive-Behavioral Therapy for Sexual Dysfunction provides clinicians and graduate students with a comprehensive biopsychosocial model of useful, practical, empirically-based strategies and techniques to address common sexual dysfunctions. It is the most comprehensive volume describing the couple cognitive-behavioral approach to assessment, treatment, and relapse prevention of sexual dysfunction. The focus is on sexual desire and satisfaction with an emphasis on the Good Enough Sex (GES) model of sharing sexual pleasure rather than an individual perfect intercourse performance test. This title reflects the contributions of Mike Metz to the field of couple sex therapy.

*The Hardness Factor* Dr. Steven Lamm 2009-03-17 A diet, exercise, and supplement regimen to help men achieve optimal sexual fitness Sexual fitness goes hand in hand with overall health: Good sex means a man is most probably in good condition. The Hardness Factor is a comprehensive guide to sexual fitness for men, pointing the way to an enhanced self image, better sex, and improved health, and detailing how to increase sex drive and develop a measurably harder erection in just four days. The advent of Viagra and its competitors is a sign that we are entering

a new era of male sexual health, in which erectile problems are glitches to be overcome, not sources of shame and anxiety. This is the first major trade book to identify and describe how to achieve and preserve optimal penile hardness—and to show why the actual degree of hardness is the all-important barometer of a man's overall health. Drawing on the cutting-edge research that he has carried out over the past several years with his Digital Inflection Rigidometer, New York clinician and researcher Dr. Steven Lamm explains his revolutionary approach to achieving and maintaining maximal male sexual performance, with easy-to-follow suggestions that translate to not only better sex, but greater emotional intimacy and a longer and more fulfilling life. Dr. Lamm gives men all the tools and information they need to take control of their bodies, including health quizzes and a simple at-home test to assess one's hardness.

*Everything You Never Wanted to Know about Erectile Dysfunction and Penile Implants: End Your Silence, Sadness, Suffering, and Shame* Rick Redner MSW 2016-06-27 Erectile dysfunction (ED) is a thief. ED takes away physical and emotional intimacy. ED steals your confidence in the bedroom. ED robs you of your manhood. ED walks off with your self-esteem. ED has the potential to destroy lives, and end relationships. Here's a surprising fact, the sudden onset of ED can save your life. Frequently, ED is early warning signal of current or future cardiovascular problems. In *Everything You Never Wanted to Know about Erectile Dysfunction and Penile Implants: End Your Silence, Sadness, Suffering, and Shame*, help men and couples recognize and overcome the roadblocks to seeking help with ED. They guide men and couples through the depression, grief and the inevitable relational conflicts when coping with ED. They set couples on a path to discover healthy ways to think about, talk about, or cure erectile dysfunction. Rick and Brenda share their four-year journey with ED, and the intimate details about their experiences with penile implant surgery.

**Textbook of Female Sexual Function and Dysfunction** Irwin Goldstein 2018-07-02 A comprehensive text on female sexual function and dysfunction that offers a multi-disciplinary, biopsychosocial approach to diagnosis and treatment Textbook of Female Sexual Function and Dysfunction offers a multi-disciplinary, biopsychosocial approach and provides guidance for the safe and effective diagnosis and treatment of various sexual health issues. With contributions from an international panel of experts, the text provides the scientific basis of the clinical recommendations for dealing with problems of sexual, desire, arousal, orgasm and pain. The text is clearly organised around the four major disease states in female sexual dysfunction (FSD) and is officially endorsed by the International Society for the Study of Women's Sexual Health (ISSWSH). The authors cover a wealth of topics such as hypoactive sexual desire disorder, psychological management of sexual disorders, anatomy and physiology of sexual dysfunction and pain and information on future developments and research. In addition, the text reviews all FDA approved medications for sexual dysfunction and contains consideration of off-label treatments for FSDs. This important text:

- Offers the only textbook to highlight female sexual dysfunction in light of recently approved FDA medications
- Contains a unique biopsychosocial approach from a collaborative team of physicians, psychologists, physical therapists as well as other sexual health professionals
- Presents a comprehensive text led by one of the foremost global experts in Women's Sexual Health, Irwin Goldstein, founder of ISSWSH, with three other past presidents and one president-elect

Written for any professional dealing with women's sexual health, Textbook of Female Sexual Function and Dysfunction offers an invaluable guide to the most safe and effective diagnosis and treatment.

*Not Always in the Mood* Sarah Hunter Murray 2020-10-15 Everything we thought we knew about men's sexual desire is completely wrong. Groundbreaking new research reveals it is far

from the high, simple sex drive they're stereotypically known for. Sarah Murray shatters our most damaging, long-held myths about men's sexuality and helps couples connect more intimately and authentically than ever before.

**Sexual Performance** Ronald Hudkins 2018-06 Many do not know how they unknowingly are sabotaging their own sexual relationships. However, the truth is millions of men self-sabotage their relationships with women due to Sexual Performance Anxiety. To be honest, performance anxiety can only be resolved when you understand why it's happening. Realistically, it can literally shut down your body. For millions of people sex is a very stressful and anxious experience. This can manifest in many ways, such as complete avoidance of intimacy, erectile dysfunction, premature ejaculation, panic attacks and more. This book will show men and women how to cure themselves of this terrible affliction which denies them one of the greatest experiences known to mankind which is, amazing sex!! You will be astounded when you discover how to get past sexual anxiety easily by reviving your potency. You will again appreciate those much-anticipated moments of sexual gratification you once had and again; want for both you and your partner. Here you can learn how to overcome your sexual anxiety about being intimate and get back to a normal relationship with your significant other. Find out how you can achieve this right NOW. Reading this book will help renew your sexual desire and put you on a rejuvenated path toward healthy, pleasure-oriented great sex.

*Contemporary Male Sexuality* Barry McCarthy 2020-12-29 This accessible guide confronts myths and pressures surrounding men and sex, promoting a positive and healthy model of male sexuality that replaces traditional expectations. The chapters in this book engage with cultural assumptions about male sexuality, from harmful early messaging, to the importance of enjoying intimacy, pleasure, and eroticism over the age of 60. The authors challenge the effects of toxic masculinity and traditional gendered roles in



sex, celebrating sexual diversity, confronting double standards, and empowering men and couples to develop an equitable sexual bond. Case studies and psychosexual skill exercises are integrated throughout to make each concept personal and concrete, and incorporate the Good Enough Sex (GES) model to promote an authentic sexual self throughout the lifespan. With a focus on mutual consent and pleasure, Contemporary Male Sexuality offers a new model of male sexuality that helps men and couples achieve a satisfying, secure, and sexual bond, replacing damaging expectations with healthy sexual values.

Sensate Focus in Sex Therapy Linda Weiner 2017-02-24 Sensate Focus in Sex Therapy: The Illustrated Manual is an illustrated manual that provides health professionals with specific information on the use of the structured touching opportunities used regularly by Sexologists to address their clients' sexual difficulties (Sensate Focus 1) and enhance intimate relationships (Sensate Focus 2). This book is the only one to: vividly describe and illustrate the specific steps of, activities involved in, and positions associated with Sensate Focus; emphasize the purpose of Sensate Focus as a mindfulness-based practice; and distinguish between the purposes of Sensate Focus 1 and Sensate Focus 2. Through the use of artful drawings and descriptive text, this manual engages mental health and medical professionals and their clients by appealing to both the visual and the analytical. It discusses how modifications to Sensate Focus can be applied to diverse populations, such as LGBTQ clients, the elderly, the disabled, trauma survivors, and those with challenges such as Autism Spectrum, anxiety, and depression. The book also offers suggestions for dealing with common client difficulties such as avoidance, confusion, and goal directed attitudes. This comprehensive approach to Sensate Focus will remind readers of the beauty and power of touch while offering suggestions for moving from avoidance to sensory transcendence.

*Rx Sex* Barbara Keesling 2000 In "Rx Sex" Keesling describes the

many benefits of a healthy sex life and demonstrates how to introduce sexual healing into a relationship at any stage. Readers can find help to ease performance pressure and encouragement to explore how touch and arousal can improve all areas of life. 14 photos. Charts.

*Enduring Desire* Michael E. Metz 2011-01-07 Winner of the 2011 AASECT Book Award! Co-authors of *Men's Sexual Health*, Michael Metz and Barry McCarthy have come together to inspire and motivate readers in their newest book, *Enduring Desire*. Real-life examples and clear, helpful individual and couple exercises allow readers to reach for realistic and high quality sexual satisfaction as a couple. Throughout the book, the authors promote positive, realistic sexual expectations without commercialism and the hyped, exotic promises that only set people up for disappointment. The message is down-to-earth and full of joy for all couples from their 20s to their 80s. The authors advocate the variable, flexible "Good Enough Sex" (GES) model, which validates the inherent variability and flexibility of couple sexuality and examines the biopsychosocial, multidimensional, and comprehensive roles, functions and meanings of couple sexuality.

*The Textbook of Clinical Sexual Medicine* Waguih William IsHak 2017-05-30 "The *Textbook of Clinical Sexual Medicine* utilizes the biopsychosocial approach to inform physicians, practitioners, residents, trainees, and students about the latest science has to offer today for the evaluation and treatment of sexual dysfunctions especially the utilization of the full armamentarium of assessment methods and treatment interventions in order to restore of sexual health and enhance quality of life." Louis Ignarro, Ph.D., Nobel Laureate This textbook is a comprehensive resource covering sexual disorders in depth, from etiology, pathophysiology, phenomenology, treatment, to prognosis. The book highlights aspects the biological and psychosocial factors predisposing, precipitating, and perpetuating sexual dysfunction,

and the importance of integrating biological and psychosocial treatments. Specialized chapters cover specific common medical complaints, including erectile, ejaculatory, and orgasmic disorders in the male; desire, arousal and orgasmic disorders in the female; and an integrated approach to the couple. With its focus on educational tools including over 100 figures, easy-to-use DSM-5 criteria table, and quick-guide appendices, this textbook is specially designed to educate readers on the psychiatric evaluation, treatment, and management of a wide range of sexual disorders. The Textbook of Clinical Sexual Medicine is a vital resource for medical students, residents, fellows, graduate students, psychiatrists, psychologists, women's health specialists, urologists, endocrinologists, general practitioners, social workers, and all medical professionals and trainees working with patients suffering from sexual disorders.

*The Penis Book* Aaron Spitz, M.D. 2018-02-20 What's the weirdest thing you've ever wanted to know about the penis but were afraid to ask? Dr. Aaron Spitz has that answer—and many more. Let Dr. Spitz—who served as assistant clinical professor at UC Irvine's Department of Urology for 15 years and who is a regularly featured guest on *The Doctors*—become your best friend as he fearlessly guides you through the hairiest and the scariest questions in *The Penis Book*. An unflinching, comprehensive guide to everything from sexually transmitted infections to the science of blood flow, *The Penis Book* prominently features an easy-to-follow holistic five-step plan for optimum penis health, including plant-based eating recommendations, information on some penis-healthy foods, and suggested exercises for penis wellbeing. Useful to men and women alike, *The Penis Book* is a one-stop-shop for the care and maintenance of the penis in your life.

*Getting Intimate* Linn Sandberg 2011-04-08 This thesis focuses on the intersections of masculinity, old age and sexuality from the perspectives of old men themselves, how they understand and

experience sex and sexuality in later life. The study uses qualitative in-depth interviews and body diaries, an exploratory method that asked men write about their bodies in everyday life. Twenty-two men, born between 1922 and 1942, participated in the study. The aim of the thesis is two-fold: firstly, to study sexual subjectivities of old men, how old men articulate and make meaning around sexuality in later life. Secondly, the study aims to explore theoretically what a male body may become in relation to ageing; in what ways the ageing male body could be a site for rethinking masculinity and the male body. This aim was inspired by feminist theories in dialogue with the deleuzian concept becoming. Similarly to gender, age is understood to take shape and become intelligible in social and cultural contexts. Furthermore, the thesis stresses the significance of the specificities of the ageing body to the shaping of masculinity, sexuality and subjectivity. The body is therefore discussed as an “open materiality”, beyond the binaries of culture and nature/materiality. This thesis discusses the concepts intimacy and touch as central to how old men’s sexual subjectivities take shape, allowing for alternative conceptualisations of sexuality beyond erection and intercourse. Intimacy and touch are understood and discussed in several different ways. By orienting themselves to touch and intimacy the old men emerged as more mature, unselfish and with more serene sexual desires. This also involved them distancing themselves from the younger man/other men, whom they perceived as more selfish, inconsiderate and with stronger sexual desires. Intimacy and touch could in this respect be understood as resources for shaping desirable heterosexual masculinity. An orientation to intimacy and touch enabled old men to appear as neither asexual nor as “dirty” old men. But the study also suggests that a turn to intimacy and touch may open up possibilities for rethinking and reconfiguring sexuality, masculinity and the male body. The ageing body then need not be understood as an obstacle but as an enabling site that

provides opportunities for intimacy and touch. Moreover, the thesis presents affirmative old age as an alternative conceptualisation of old age, beyond both the discourses of successful ageing and the discourses of old age as negativity and decline. As a theory of difference and bodily specificity, affirmative old age may be of interest for further feminist theorising.

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