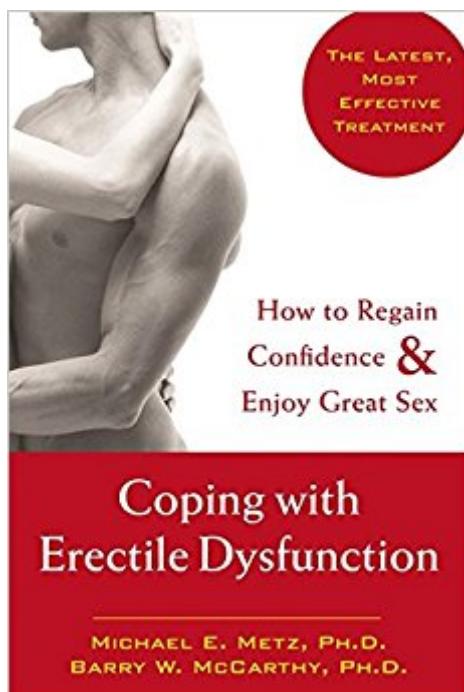


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# Coping With Erectile Dysfunction: How To Regain Confidence And Enjoy Great Sex



## Synopsis

There seem to be no end to the "authoritative" explanations and "guaranteed" easy treatments for erectile dysfunction (ED). Since the so-called Viagra revolution, conventional wisdom holds that the problem can be fixed simply by taking a pill. The truth of the matter is, though, that ED is often a complex condition affected by physical, psychological, and relationship issues—and it's a problem shared by both a man and his partner. This book is the first ever to address this common problem using a comprehensive biological, psychological, and social approach. It offers a proven-effective program for regaining erectile function, building strong and intimate relationships, and having great sex. With this book: Learn to separate the facts from the myths about ED Find out which medicines and medical treatments really work, and how to integrate them into your sexual relationship Understand and change the important personal and relationship features of your ED Team up with your partner to develop your own unique sexual style Avoid future sexual problems with an individualized relapse prevention plan Learn how to integrate medical, psychological, relationship, and lovemaking skills for great sex This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit • an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

## Book Information

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## Customer Reviews

Ã¢â€Å“A timely and practical book about male sexual function by two highly respected clinicians, this text is of exceptional value because it combines information about biological and psychological treatment in one brief, easily readable text. I would recommend that all men with erectile problems read this book.Ã¢â€Å• R. T. Segraves, MD, Ph.D., professor of psychiatry at Case Western School of Medicine and editor of the Journal of Sex and Marital Therapy

With a therapeutically integrated technique and a unique couple-centered approach, two of America's most prominent sex therapists offer men and their partners the most effective solutions available to overcome erectile dysfunction. According to the National Institutes of Health, between 15 and 30 million American men experience chronic erectile dysfunction. This is the only book on the market that addresses the biological, social, and psychological causes of ED, as well as offering a comprehensive treatment plan that includes a relapse prevention program. This book is written by leading sexologist, Michael Metz, and Barry McCarthy, author of the best-selling book, Sexual Awareness. This is one of the only books on this subject that encourages couples to work together to overcome the problem.

I'm a therapist and I treat erectile "dysfunction" (this term is actually becoming dated and politically incorrect). Although books can't do the work that you need to do in therapy, I find this to be an invaluable resource that I have many of my clients purchase. Most erectile dysfunction can be treated with various cognitive and mindfulness-based therapies, and this book does a good job of summarizing, in plain language, lots of the basics and mechanics of this very treatable and very common problem.

informative, empowering book. breaks down causes of ed and gives strategies to beat it. when ed is severe, it offers help on how to choose professional help. helped me hone in on the root cause of my ed and killed the anxiety about it. offers relationship advice too, which is tied in with ed. I'd want to read this book even if i didn't have ed, just to learn more about myself.

reading the book aloud gave me and my partner new words and kick started us out of our preconceived notions. very helpful

This is a terrific book. I learned a lot, gave me a lot to think about, and I think it went a long way to

helping me solve my problem. Buy it, read it, and follow their advice.

Great book for men and their partner dealing with ED.

Well written and easy to read. The suggestions are more realistic and easy to put into action. Good for both man and woman to read. Is enlightening for both sexes/partners.

A+

short and informative. Easy read; perfect for my class.

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