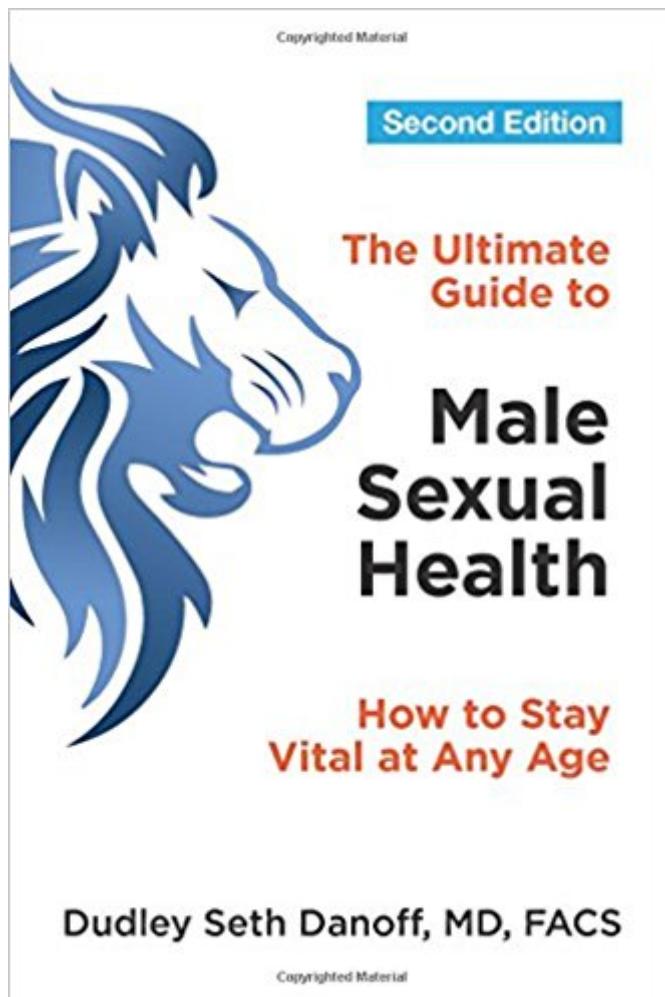


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The Ultimate Guide To Male Sexual Health



Synopsis

Breaking the barriers of silence and embarrassment, The Ultimate Guide to Male Sexual Health speaks candidly to straight men, gay men, lovers, partners, and wives. Drawing on fascinating case histories, board certified urologist Dr. Dudley Seth Danoff uses straightforward, easy-to-understand terms to offer a meticulous examination of the essentials of male sexual health, arousal, and anatomy. Written for men of all ages, this book dispels common male myths and provides nonjudgmental, practical, safe advice for banishing stress from the bedroom and making sex fun again. Whether readers are looking to improve their genital health, last longer, or overcome erectile dysfunction (ED), this guide will help them determine the fundamental causes of male problems using methods that fit their lifestyle and health profile. Readers will discover:^{*} The facts about BPH and prostate cancer, sexually transmitted diseases, male menopause, steroid use, testosterone replacement, and penile enhancement^{*} The psychological and physical causes of ED^{*} The truth about "blue pills" and other medical and nonmedical options for treating ED^{*} Exercises and lifestyle changes for improving sexual control and confidence^{*} Instructions on how to achieve a healthy and active sex life^{*} Options for addressing physical problems and health-related issuesIf you are bored in the bedroom, struggling with the challenges of getting older, or even overcoming cancer or a heart condition, there is a solution. The first step is learning more about how the penis works including the impact a man's mind can have on his performance. This revolutionary guide will give men the confidence and ability to perform sexually in any situation at any age.

Book Information

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Customer Reviews

Dudley Seth Danoff, MD, FACS, is a diplomate of the American Board of Urology and a fellow of the American College of Surgeons, with a medical degree from Yale University and urologic surgical training and fellowship from Columbia University-Presbyterian Medical Center. He is a former member of the clinical faculty at the University of California, Los Angeles School of Medicine and the founder and president of the Cedars-Sinai Tower Urology Medical Group. He is the author of *Superpotency* and *The Ultimate Guide to Male Sexual Health*.

Great read! Fun and informative. Love getting the medical perspective from someone who makes it personal.

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