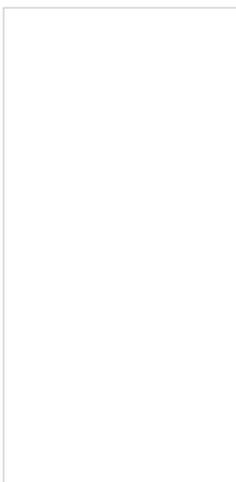


[PDF] Male Sexuality

Bernie Zilbergeld, Bernie Zildergeld - pdf download free book



Books Details:

Title: Male Sexuality

Author: Bernie Zilbergeld, Bernie Zi

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Description:

From Library Journal This revision of the 1978 book *Male Sexuality: A Guide to Sexual Fulfillment* (LJ 2/15/78) is comprised of four sections: Introduction, Sexual Reality, Better Sex, and Resolving Problems. The latter two comprise the bulk of the book. Unfortunately, there is inadequate treatment of homosexuality, sexually transmitted diseases (AIDS receives short shrift), and the effects of aging and physical disability on male sexuality. The chapters on the mechanics of the male physical equipment and on how to handle erection problems are very good. Still, better coverage of this topic appears in Richard Sparks's *Male Sexual Health: A Couple's Guide* (Consumer Reports, 1991) and Irwin Goldstein and Larry Rothstein's *The Potent Male: Fact, Fiction, Future* (LJ 6/1/90). Libraries owning either may pass. Previewed in Prepub Alert, LJ 3/1/92.

- *Del Cain, V.A. Medical Ctr. Lib., Bedford, Mass.*

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From Kirkus Reviews The old performance model is out, replaced by a new model of sex that emphasizes ``pleasure, closeness, and self- and partner- enhancement"--or so says Oakland therapist Zilbergeld (The Shrinking of America, 1983, etc.). Pleasure takes practice, for doing what comes naturally is no guarantee of good sex, Zilbergeld counsels. Here, good sex is defined as feeling good about yourself, good about your partner, and good about what you're doing. As in Male Sexuality (1978), Zilbergeld includes many exercises--ranging from solo mental activities to practice sessions requiring a willing partner--that he's used regularly in his practice. In addition, he provides suggested scripts that give examples of how to talk to your partner. Zilbergeld examines the fantasy model of sex with some hilarious excerpts from bestselling novels by Harold Robbins, Erica Jong, and others before focusing on the real thing with black-and-white anatomical drawings and charts depicting male and female sexual response. With the basics out of the way, he moves on to his main concern: how to have better sex. The focus is on relationships and communication--becoming a good listener, asserting yourself, expressing yourself, etc. Specific sexual problems are considered, and exercises designed to resolve them are provided. Zilbergeld acknowledges that self-help may not be enough and directs difficult cases to a sex therapist. And lest the next generation have the same hang-ups as the present one, he includes a chapter of advice for fathers on talking to their sons about sex. Takes on tough problems and answers difficult-to-ask questions: comprehensive, forthright, and reassuring. -- *Copyright ©1992, Kirkus Associates, LP. All rights reserved.* --This text refers to an out of print or unavailable edition of this title.

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Human male sexuality encompasses a wide variety of feelings and behaviors. Men's feelings of attraction may be caused by various physical and social traits of their potential partner. Men's sexual behavior can be affected by many factors, including evolved predispositions, individual personality, upbringing, and culture. While most men are heterosexual, significant minorities are homosexual or varying degrees of bisexual.[1]. Human male sexuality encompasses a wide variety of feelings and behaviors. Men's feelings of attraction may be caused by various physical and social traits of their potential partner. Men's sexual behavior can be affected by many factors, including evolved predispositions, individual personality, upbringing, and culture. While most men are heterosexual, significant minorities are homosexual or varying degrees of bisexual. It should be recognized that sexuality in the aging male is of such import that a complete sexual history must be performed.Â Erectile dysfunction, male sexual response cycle, testosterone, sexually transmitted diseases, human immunodeficiency virus, long-term illness, along with religion and culture are explored in this article with the aim of improving one's knowledge base, self reflection, and awareness of the importance of male sexuality. according to a recent study published in the British Journal of Urology International. The study involved a total of 15,521 male participants from different countries and races. 3. If you are a chubby chap you can "enlarge" your dong by losing weight. Shedding 35 pounds of body fat can make you appear about an inch longer down there (depends on your body shape and how much fat youâ€™ve got padded around your penis).