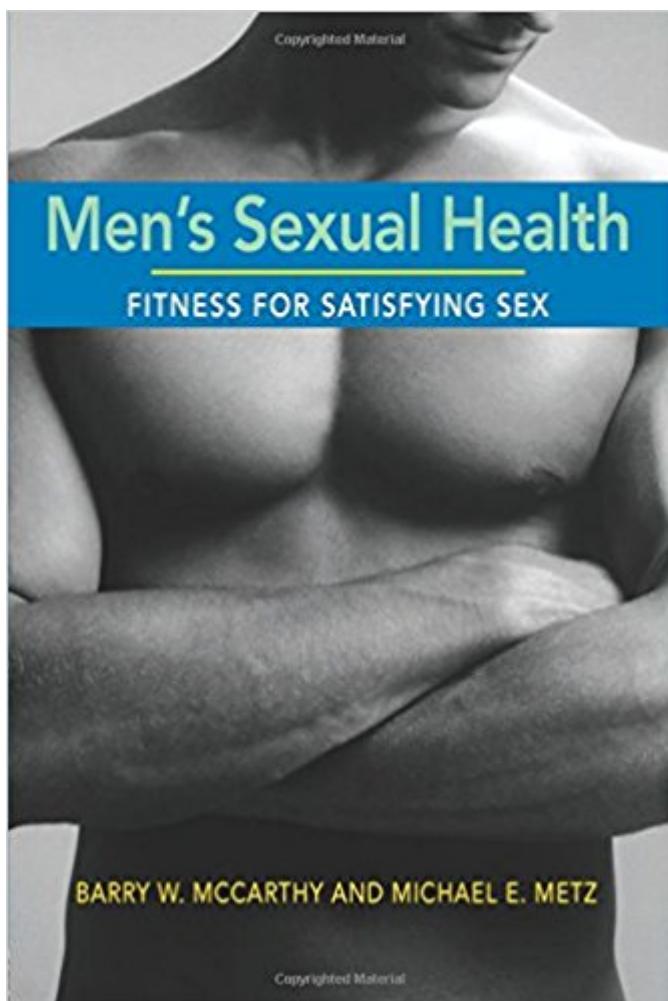


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# Men's Sexual Health: Fitness For Satisfying Sex



## Synopsis

Menâ™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 âœsmart thinking,â• 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

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## Customer Reviews

"Tired of â™ same old/same oldâ™ when it comes to information about men and sexuality? This is not your fatherâ™s sex ed book. Metz and McCarthy just moved to the #1 spot on my list of favorite â™ talk about sexâ™ books. Best book about men and sex in a decade.â Theyâ™re well researched, but never dull, with a candid no-nonsense style. A kind of smart talk about sex that youâ™d expect to find from a couple of guys whoâ™ve spent all their time as top-of-their-field sex therapists and sex experts. I not only like how they talk about menâ™s sexuality, I like how they talk about womenâ™s sexuality and making sex win-win for both.â Knowing that good sex is at the core of a good relationship, they tell you how to be an intimate team with your lover.â There are

couples whose sex lives are never dull, couples who know that sex makes them closer and more intimate. And there are men who know how to make that happen.Â Meet Metz and McCarthy. This book will change the pleasure quotient in your life." - Sallie Foley, co-author of *Sex Matters for Women*, University of Michigan, USA "In Menâ™s Sexual Health, respected clinicians McCarthy and Metz offer men a positive and holistic understanding of a manâ™s sexual self. The authors view male sexuality as going beyond the common emphasis on mere performance and pass-fail sex. Menâ™s Sexual Health tells men the truth about what it takes to enjoy healthy, pleasurable and satisfying sex. The message is that lasting sexual fulfillment requires an integration of understanding sexual biology, emotions, and partner relationships. The essential ingredients of long term sexual satisfaction include intimacy, pleasuring, and eroticism. The authors remind us that not every sexual encounter need be perfect. Menâ™s Sexual Health delivers a realistic message that is so essential for the sexual well being of men today. In this book, Drs. McCarthy and Metz have hit another home run." - Julian Slowinski, Psy.D., ABPP, clinical assistant professor, Department of Psychiatry, University of Pennsylvania School of Medicine, AASECT Diplomate Sex Therapist, and co-author ofÂ The Sexual Male and The Good Sex GuideÂ Â Â œMichael Metz and Barry McCarthy are respected researchers and outstanding clinicians. They have contributed much to what we know today about male sexuality.Â • - Paul Joannides, author of *Guide To Getting It On!* œWomen, buy this book!Â Obviously for the man in your lifeÂ •after all, its goal is to help him achieve â™a life-long, intimate, erotic sex lifeâ™Â •but, also to read it yourself.Â Its straightforward, by-men-for-men approach will give you an inside track, and help you know him, and therefore, love him even better.Â • - Diane Sollee,Â founder and director of [smartmarriages.com](http://smartmarriages.com) "McCarthy and Metz's latest book, *Men's Sexual Health: Fitness for Satisfying Sex*, is just plain terrific!!! It presents new information, cogent observations and sensible suggestions that will enrich and enlighten the sexual life and comfort of every man (and his partner). Truly, this is the best book on men's sexual health to come along in decades. I am recommending it to all of my patients!"Â - Sandra R. Leiblum, Professor of Psychiatry and Director, Center for Sexual and Relationship Health, Robert Wood Johnson Medical School, USA Â "McCarthy and Metz have come as close as anyone I have ever seen to finding the vague and elusive happy medium of male sexuality. They have carefully and skillfully walked the tightrope between the demands of traditional machismo and the quest for male emotional intuition and sensitivity....Men's Sexual Health is as much at home at the Super Bowl party as it is on Oprah's coffee table." - Mark O. Bigler, in *PsycCritiques* "Men's Sexual Health: Fitness for Satisfying Sex is a remarkable contribution to the field of sex therapy.Â This book should be on the bookshelf of every sex health and sex education professional.Â 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. Â

This book is so important for both sexes and all genders to read. It's 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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