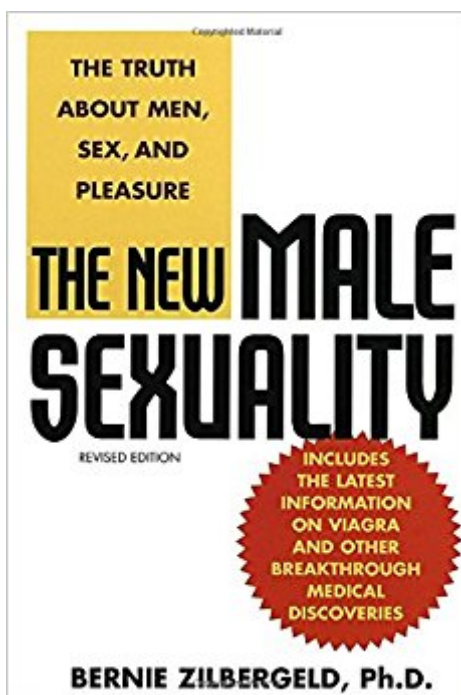


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The New Male Sexuality, Revised Edition



Synopsis

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 of the nineties and beyond. From the Paperback edition.

Book Information

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Customer Reviews

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. Copyright 1992 Reed Business Information, Inc. --This text refers to an out of print or

unavailable edition of this title.

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.

This guy is dead on when he writes about women. I feel waves of relief at being so understood, having my own nature explained so perfectly and in a way that a man can understand. When I try to explain what I need, it ends up sounding very complicated and impossible. It's actually really simple and this author did an amazing job. This opens up the potential for me to be understood by my partner in a way I have never been before. I find the way he addresses his male audience to be really positive and empowering. He's never shaming and makes room for men and women to have their differing sexual proclivities and it be okay. I appreciate that he goes into anger, emotional and relationship. I love this book! Reading it with my partner now, very excited.

This book has done wonders for my life. Having been through two divorces and dealing with my own insecurities around sex and intimacy, this book was a God send. While spiritually, I do not

agree with all of the exercises in the book, I could definitely see how everything within this book could be helpful for an individual depending on their situation. I have dealt with sexual insecurities since before I started having sex as a teenagers and if I would have had this book, my life would not be the same and I would not have made the majority of the mistakes that I made. Even in making those mistakes, it wasn't until I read this book did I truly understand what I was dealing with and how to effectively deal with it. I also sought professional counseling services to ensure that I was on the right road to recovery. I would recommend this book to men and boys of all ages who are able to comprehend the material. It may even make the birds and bees conversation a little easier for teen boys..

Really interesting book about how male sexuality is changing. While the way we look at women is so rapidly changing, we forget that expectations towards men need to change as well. This book deals with all the false and unfair expectations men face. Not to say that this is a men's rights book. It's just an honest book about navigating unreal expectations towards men.

Very helpful book

Lot's of succinct writing; describes foundational issues clearly, with framing and language to bridge typical male/female perspectives. I find it useful to show my guy when I want to address ways to make communication better. It helps to de-personalize it all.

Informative if a bit dated.

An outstanding book that every man and woman should read!

Received as listed. In better condition than expected.

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