



# Men's Sexual Health: Fitness for Satisfying Sex

*Barry W. McCarthy, Michael E. Metz*

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*Men'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 “smart thinking,” 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.

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