



The New Male Sexuality, Revised Edition

By Bernie Zilbergeld



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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.

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The New Male Sexuality, Revised Edition By Bernie Zilbergeld Bibliography

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Editorial Review

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.*

Review

"Packed with solid information and sensible advice...A well-rounded picture of the emotional components of male sexuality."--*Publisher's Weekly*

From the Paperback edition.

Users Review

From reader reviews:

Kim Duncan:

Do you among people who can't read pleasurable if the sentence chained from the straightway, hold on guys

this specific aren't like that. This The New Male Sexuality, Revised Edition book is readable by you who hate those perfect word style. You will find the info here are arrange for enjoyable studying experience without leaving possibly decrease the knowledge that want to provide to you. The writer associated with The New Male Sexuality, Revised Edition content conveys objective easily to understand by a lot of people. The printed and e-book are not different in the content material but it just different as it. So , do you even now thinking The New Male Sexuality, Revised Edition is not loveable to be your top collection reading book?

Van Gee:

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Laura Hargis:

This The New Male Sexuality, Revised Edition is great book for you because the content which can be full of information for you who also always deal with world and still have to make decision every minute. This kind of book reveal it data accurately using great arrange word or we can claim no rambling sentences inside. So if you are read the idea hurriedly you can have whole details in it. Doesn't mean it only offers you straight forward sentences but challenging core information with lovely delivering sentences. Having The New Male Sexuality, Revised Edition in your hand like having the world in your arm, data in it is not ridiculous one. We can say that no publication that offer you world throughout ten or fifteen moment right but this publication already do that. So , it is good reading book. Hi Mr. and Mrs. busy do you still doubt that?

William McCoy:

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