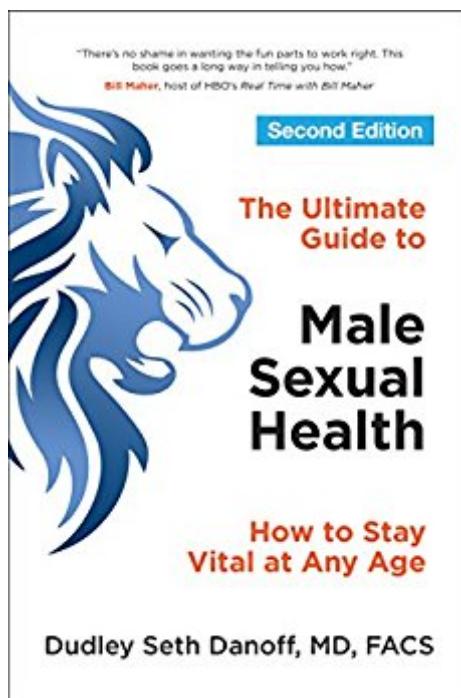


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# The Ultimate Guide To Male Sexual Health: How To Stay Vital At Any Age



## **Synopsis**

Breaking the barriers of silence and embarrassment, The Ultimate Guide to Male Sexual Health speaks candidly to straight men, gay men, lovers, partners, and wives. Drawing on fascinating case histories, board certified urologist Dr. Dudley Seth Danoff uses straightforward, easy-to-understand terms to offer a meticulous examination of the essentials of male sexual health, arousal, and anatomy. Written for men of all ages, this book dispels common male myths and provides nonjudgmental, practical, safe advice for banishing stress from the bedroom and making sex fun again. Whether readers are looking to improve their genital health, last longer, or overcome erectile dysfunction (ED), this guide will help them determine the fundamental causes of male problems using methods that fit their lifestyle and health profile. Readers will discover:<sup>\*</sup> The facts about BPH and prostate cancer, sexually transmitted diseases, male menopause, steroid use, testosterone replacement, and penile enhancement<sup>\*</sup> The psychological and physical causes of ED<sup>\*</sup> The truth about "blue pills" and other medical and nonmedical options for treating ED<sup>\*</sup> Exercises and lifestyle changes for improving sexual control and confidence<sup>\*</sup> Instructions on how to achieve a healthy and active sex life<sup>\*</sup> Options for addressing physical problems and health-related issuesIf you are bored in the bedroom, struggling with the challenges of getting older, or even overcoming cancer or a heart condition, there is a solution. The first step is learning more about how the penis works including the impact a man's mind can have on his performance. This revolutionary guide will give men the confidence and ability to perform sexually in any situation at any age.

## **Book Information**

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## **Customer Reviews**

I have been, and I am still a personal patient of his for kidney stone removal. I have known many doctors and he is at the top of my list. This book explains the varying reasons for ED along with all of the proposed treatments. It is not a one size fits all Viagra book. He deals with many wealthy patients in Hollywood who can afford any treatment; however, his recommendations are based upon what is best for the patient. He is a man with great integrity. If you want the complete story-read the book.

Just "ok"

Only the best of medical information!!

This is the kind of book all of us need, but might not realize how valuable it is. Yes, Dr. Dudley Danoff's book does discuss sexual health and performance, but if you think it's just about that, then you are missing the majority of its value. What I got from the book is not just the importance of knowing your body but realizing the connection between your feelings and your sexual performance and health. The book really stresses the importance of getting to know what is affecting you mentally and how that impacts the rest of your life. I also appreciated the importance of knowing what can do harm to the body and affect not just your sexual health but your health overall. Communication is stressed throughout the pages of THE ULTIMATE GUIDE TO MALE SEXUAL HEALTH as well as how a healthy appreciation for yourself and your body can help you in other areas of your life. Though the title might seem provocative the content is definitely worth your time, and might in some ways prove life-saving as Dr. Danoff addresses some of the things men can do to improve their lives. Written in a manner that is easy to understand and appreciate, this book helps you to realize the connection between knowing your body and knowing yourself.

The Ultimate Guide To Male Sexual Health by Dr Danoff is a very helpful medical resource on

sexuality. The author covers male sexual health, impotence, vascular disorders and hormones in detail. The book also covers the cancers like prostate and testicular cancer. There is a chapter on andropause and menopause, as well as, coverage of sexually transmitted diseases. The book concludes with coverage of good health, as well as, the power of positive thinking and a positive self image. Overall, this book is a wonderful acquisition for your personal medical library. Learn the facts and avoid costly errors that could literally cost you your health and wellness. Immortality Commons

I wasn't expecting much from this book initially, but was pleasantly surprised at how much it was engaging and pleasant to read. I read a lot for pleasure, and some books I almost dread sitting down to read because they're too long, too boring, or whatever. Not this one! "The Ultimate Guide To Male Sexual Health" by Dr. Dudley Danoff was pretty easy reading, and there were more than a few humorous moments too! Plus a TON of good helpful info for men, especially those of us over age 40 or so. The medical info was explained in terms the average person can understand, and I learned a lot of stuff I didn't know before. Some passages in the book I actually folded down the page to mark and return to later, that's how valuable these topics are! Very highly recommended. [Full disclosure = I received a complementary copy of this book from the publisher in exchange for my unbiased review.]

As a physician I am often confronted with patients who know very little about their own sexuality, and this is particularly true for men as we grow older. We often panic at the first signs of changes which are normal and predictable, and shouldn't be deal breakers. But they create anxiety and THAT turns out to be the thing that undoes us. This book is direct and straightforward, written in language that can easily be understood, and should be understood to ensure a satisfying sex life even into our later years. Chances are good that if you read this book, you will know more about male sexuality than your personal physician.

As a practitioner, I've discovered that my male clients are confused about many topics related to being a male and how it all works. Here's the perfect book for the male looking for answers to those questions. No stone is left unturned. It will be a book I recommend and share in the coming years.

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