

Coping with Erectile Dysfunction: How to Regain Confidence and Enjoy Great Sex

By Barry W. McCarthy PhD, Michael E. Metz PhD

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There seem to be no end to the “authoritative” explanations and “guaranteed” easy treatments for erectile dysfunction (ED). Since the so-called Viagra revolution, conventional wisdom holds that the problem can be fixed simply by taking a pill. The truth of the matter is, though, that ED is often a complex condition affected by physical, psychological, and relationship issues—and it’s a problem shared by both a man and his partner. This book is the first ever to address this common problem using a comprehensive biological, psychological, and social approach. It offers a proven-effective program for regaining erectile function, building strong and intimate relationships, and having great sex.

With this book:

- Learn to separate the facts from the myths about ED
- Find out which medicines and medical treatments really work, and how to integrate them into your sexual relationship
- Understand and change the important personal and relationship features of your ED
- Team up with your partner to develop your own unique sexual style
- Avoid future sexual problems with an individualized relapse prevention plan
- Learn how to integrate medical, psychological, relationship, and lovemaking skills for great sex

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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Editorial Review

Review

“A timely and practical book about male sexual function by two highly respected clinicians, this text is of exceptional value because it combines information about biological and psychological treatment in one brief, easily readable text. I would recommend that all men with erectile problems read this book.”

—R. T. Segraves, MD, Ph.D., professor of psychiatry at Case Western School of Medicine and editor of the *Journal of Sex and Marital Therapy*

From the Publisher

With a therapeutically integrated technique and a unique couple-centered approach, two of America's most prominent sex therapists offer men and their partners the most effective solutions available to overcome erectile dysfunction. According to the National Institutes of Health, between 15 and 30 million American men experience chronic erectile dysfunction. This is the only book on the market that addresses the biological, social, and psychological causes of ED, as well as offering a comprehensive treatment plan that includes a relapse prevention program. This book is written by leading sexologist, Michael Metz, and Barry McCarthy, author of the best-selling book, *Sexual Awareness*. This is one of the only books on this subject that encourages couples to work together to overcome the problem.

About the Author

Barry McCarthy, PhD, is a clinical psychologist with a subspecialty in marriage and sex therapy practicing at the Washington Psychological Center in Washington DC. He is professor of psychology at American University where he teaches an undergraduate human sexual behavior course. Barry, with his wife Emily, has written seven well-respected books, the most recent being *Sexual Awareness: Couple Sexuality for the Twenty-First Century* and *Rekindling Desire: A Step By Step Program to Help Low-Sex and No-Sex Marriages*.

In addition, he has published over fifty-five professional articles and fourteen books and has presented over one hundred and ten workshops nationally and internationally.

Michael E. Metz, PhD, was a leading expert in premature ejaculation. He treated people for the disorder for more than twenty years and published more than forty professional articles on the subject during his career.

Users Review

From reader reviews:

June Whitaker:

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Donald Murray:

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Elizabeth Rivera:

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