

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.

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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:

Latasha Sutterfield:

The book The New Male Sexuality, Revised Edition give you a sense of feeling enjoy for your spare time.

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