

Coping With Premature Ejaculation: How to Overcome PE, Please Your Partner & Have Great Sex

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

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It is estimated that 30 million American men have problems with premature ejaculation. This book contains the latest, scientifically-based, multidimensional methods for overcoming all types of premature ejaculation and includes a complete relapse prevention program.

Explore a multidimensional, bio-psychological approach to dealing with this problem and strengthening your sexual relationship. Explode the myths of male sexual performance and analyze male sexual desire. Learn about the different types of premature ejaculation and use assessment exercises to find out which you suffer from. Then, follow one of the structured, symptom-specific treatment strategies based on psychological, relational, and physiological techniques. Find out ways to prevent relapse. Enhance and improve your overall sexual relationship. Designed as a resource for couples, this book is a powerful tool for creating support and positive change in your relationship.

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Editorial Review

Review

"Finally, a cutting-edge book that delivers hope and end confusion about a common sexual difficulty that affects so many men and their partners. Metz and McCarthy's biopsychosocial approach to understaning and treating PE goes beyond traditional and often ineffective treatments for a sexual problem that troubles so many couples. *Coping with Premature Ejaculation* has it all."
—Julian Slowinski, Psy.D., coauthor, *The Sexual Male*, assistant professor, department of Psychiatry, University of Pennsylvania School of Medicine, AASECT certified sex therapist

"This is an excellent, easy-to-read self-help book which is unique in that the treatment recommendations are individualized. Upon opening the book and reading the first pages, one immediately knows that two master therapists, with years of experience treating sexual problems, wrote this book. In a nutshell, this book is a gem."
—Robert Segraves, MD, Ph.D., author, Sexual Pharmocology, professor of Psychiatry at Case Western Reserve University, and editor, *The Journal of Sex and Martial Therapy*

"This is not only a practical, state-of-the-art manual on dealing with premature ejaculation, but also an enlightenment guide to a richer, deeper relationship. The author's knowledge, wisdom, and compassion come through on every page. Readers who follow the authors' counsel about sex an dlove end up glad that a problem with premature ejaculation led them to this remarkable book."
—William J. Doherty, Ph.D., director of the Marriage and Family Therapy Program, University of Minnesota, and author, *Take Back Your Marriage*

"This is a highly readable book…clear and concise. Drs. Metz and McCarthy provide the latest information and present a new, innovative, comprehensive, biopsychosocial approach to the treatment of premature ejaculation, themost common mal esexual disorder. I recommend it highly."
—Pierre Assalian, Md, director, Human Sexuality Unit, McGill University Health Center and president of the 17th World Congress of Sexology, Montreal, 2005

"This is the most comprehensive guide to dealing with premature ejaculation I have ever seen! It addresses subtypes, cognitive, emotional, and behavioral components, medical issues, relapse, and the ever-important influence of the couple's relationship on the cause and cure of this disorder. Drs. McCarthy and Metz have

not only done a great service to couples experiencing this problem, but to sex therapists as well. I will definitely recommend the book to my clients and will incorporate its exercises in my treatment protocol."
—Jean D. Koehler, Ph.D., president, American Association of Sex Educators, Counselors, and Therapists (AASECT)

"*Coping with Premature Ejaculation* is chock-full of great suggestions for improving one's sex life. Written by two experienced sex therapists, the book offers sound advice and sensible suggestions for gaining control over ejaculation and, more importantly, for becoming a better lover!"
—Sandra R. Leibmlum, Ph.D., director, Center for Sexual & Relationship Health, UMDNJ-Robert Wood Johnson Medical School.

"Finally, an updated, comprehensive guide for a problem that affects millions of men and their partners. These highly respected authors in the field of sex therapy bring years of clinical experience and insight to these pages in a format that's masterfully helpful. This is a great book, and I plan to recommend it to all my patients who struggle with premature ejaculation."
—Dennis P. Sugure, Ph.D., past president o f the American Association of Sex Educators, Counselors, and Therapists (AASECT) and coauthor of *Sex Matters for Women.*

From the Publisher
This book contains the latest, scientifically-based, multidimensional methods for overcoming all types of premature ejaculation and includes a complete relapse prevention program.

About the Author

Michael Metz, Ph.D., worked in the Twin Cities of Minneapolis-St. Paul, Minnesota and was the country's leading sexologist in the area of PE. He was a major spokesperson for a comprehensive, integrated biopsychosocial approach to addressing and resolving sexual problems. After twelve years on the faculty of University of Minnesota Medical School, he worked in private practice with Meta Associates as a psychologist, marital therapist, and sex therapist treating individuals and couples, and was affiliated with the University of Minnesota's Department of Family Social Science. He published more than forty-five professional articles and conducted numerous workshops and talks on marital and sex therapy. He authored the Styles of conflict Inventory (SCI), a clinical assessment instrument to evaluate the conflict patters in relationships.

Barry McCarthy, Ph.D., 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 and undergraduate human sexual behavior course. Barry, with his wife Emily, has written seven well-respected books, the most recent being *Getting it Right the First Time*, *Sexual Awareness*, and *Rekindling Desire*. In addition, Barry has published over forty-five professional articles, fourteen book chapters, and presented over one hundred and ten workshops nationally and internationally.

Users Review

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Michael Harmon:

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Diane Worrell:

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Michelle Huffman:

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