



How to Overcome Premature Ejaculation

By Helen Singer Kaplan



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How to Overcome Premature Ejaculation discusses male sexual response and the cause of its disorders, and provides advice on leading a more normal sex life.

Based on the same therapeutic methods that have proven clinically effective for 90% of men suffering from premature ejaculation (PE), this straightforward volume describes a rapid, practical self-help program that can be used by single men or couples in the privacy of their home. Dr Kaplan first explains the nature of PE and its causes and then describes her effective treatment techniques. She also discusses the errors and resistances that can arise and provides suggestions on how to overcome them.

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How to Overcome Premature Ejaculation By Helen Singer Kaplan Bibliography

- Sales Rank: #379247 in eBooks
- Published on: 2013-06-17
- Released on: 2013-06-17
- Format: Kindle eBook

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Editorial Review

From Library Journal

Kaplan, author of *The New Sex Therapy: Active Treatment of Sexual Dysfunctions* (Brunner/Mazel, 1974) and director of the Human Sexuality Program at New York Hospital, emphasizes sensory awareness and partner cooperation in this straightforward self-help guide. The step-by-step, progressive sexual exercises (supplemented by a few superfluous drawings) occupy a mere 18 pages of the text; the bulk of the work details how the reader might serve as his own therapist, recognizing problems when the method seems ineffectual due to "errors and resistances." In simple language, Kaplan guides the reader, emphasizing the high degree of self-cure success with this problem. The only work available that deals exclusively with premature ejaculation, it should prove a useful addition to self-help collections.

- *Robert Aken, Univ. of Kentucky Libs., Lexington*

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Review

'Still considered the definitive guide to conquering PE.' - *Men's Health*, December 2005

Users Review

From reader reviews:

William Harris:

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Joycelyn Chambers:

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Roberta Nieves:

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Jeffrey Martinez:

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