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Sexual Fitness For Men: Increase Drive, Improve Performance, Maximize Pleasure

Sexual Fitness for Men

Increase Drive,
Improve Performance,
Maximize Pleasure

(Kindle Edition)

By Scott Hays



*If you do nothing more than follow a few of the suggestions in this book,
you're going to notice dramatic changes in how you feel and perform*



Synopsis

The book is based on one simple premise: Every man, whatever his age, diet, or level of fitness, can improve his sex life by making minimal changes. Take a moment to let that sink in. You don't need to work out day and night. You don't need to become a vegetarian. You don't have to spend a month's salary on how-to sex books. All you have to do is find in yourself the motivation to tweak your life rather than turn it upside down.

Book Information

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Customer Reviews

As a woman reading this book, I felt a bit like a fly on the wall of the men's room. My friends and I talk about satisfying our husbands in bed, but Sexual Fitness clued me in that maintaining an erection and reaching orgasm is not always about whether he still finds you attractive. It makes sense that a man who is physically and mentally fit will just naturally want to have more and better sex with his long-term partner. And I especially like how this book looks at the total male by focusing on exercise and nutrition issues, and not just penile function or dysfunction. Sharing the concepts in Sexual Fitness is a great way for a woman to start a conversation with her mate, no matter what his

age, about the connection between his health and their sexual pleasure--hopefully with big dividends.

To the average guy, the couch is good for only two things ... watching TV or foreplay. I found a third--reading "Sexual Fitness for Men." Scott Hays does a great job informing men on how to improve their physical fitness in order to improve their bedroom prowess. He gives you medically sound and research-based advice on the importance on flexibility, strength and aerobics, and nutrition to your sex life. However you define sex--a rerun of the "Devil in Miss Jones" to 15 minutes of the missionary position to an hour of pure bliss, read Scott's book, implement his advice, and you'll take your sex life to level you haven't seen since the Carter administration. Guaranteed. Get off the couch and download Scott's book today. You won't regret it.

Enough with the suggestive tabloid articles full of hot air. If you want some sound advice, whether you take it or not, this is a great book to read. Having it available on the Kindle format makes it easy to read anywhere I am and I found that I am more apt to find time to read it regardless of where I am or what I'm doing. Medically sound and entertaining, I think this is a book that needs to be read and shared. Sexual fitness is something to be obtained and cherished. I'm just glad that someone decided to make it entertaining and relative. And, for only \$7.99, it is a great deal! Buy it, read it and live it. You will not be disappointed!

Scott Hays does an excellent job of making the topic an easy read. I have shared the book with my wife and it has definitely made a difference for us. I enjoyed the book and have recommended to others. Good job and look forward to reading more in the future. The price is great and can't beat the format.

ok!! read was not what I really looking for

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American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty)
Kegel Exercises for Men: PC Muscle Exercises to Improve Sexual Health & Performance Extended
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