



How to Overcome Premature Ejaculation

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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