



## Great Sex: A Man's Guide to the Secret Principles of Total-Body Sex

By Michael Castleman

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**Great Sex: A Man's Guide to the Secret Principles of Total-Body Sex** By Michael Castleman

Do you want to be a great lover and enjoy consistently great sex? Would you like reliable erections that don't wilt in the middle of lovemaking? Would you like superb ejaculatory control? Would you like your penis to be as large as it possibly can be? Do you want women to sing your sexual praises? All these sexual benefits can be yours if you read *Great Sex* and take its message to heart.

Author Michael Castleman is the nation's top journalist specializing in men's sexuality. He has been a sex educator, counselor, and writer for 30 years, including 5 years as the expert who answered the sex questions submitted to the *Playboy* Advisor. Written with the help of an advisory board that includes some of the nation's leading sex therapists, *Great Sex* is certain to help you overcome your sex problems; become a better, more confident lover; and enjoy the sex of your dreams.

Castleman's message is surprisingly simple: Stop imitating the rushed, all-genital sex you see in pornography. Instead, cultivate the opposite: leisurely, playful, total-body, massage-based lovemaking that includes the genitals, of course, but is not focused on them.

Sex inspired by pornography is a major reason why men think their penises are too small and why they have erection and ejaculatory problems. With wit, wisdom, and down-to-earth sympathy for men, Castleman discusses his own penis--like yours, it's a little too small--and his own struggles with balky erections, rapid ejaculation, and not expressing orgasm at all. Then, based on state-of-the-art sex therapy techniques, leading sexology texts, and almost 400 medical journal articles, he reveals how to overcome these issues and enjoy a satisfying and exciting sex life.

What's more, the sexual style Castleman advocates is the way most women prefer to make love. Take Castleman's advice and you'll benefit by having a lover who is more arousable, responsive, enthusiastic, and complimentary. In other words, when you embrace sensual, creative, whole-body lovemaking, everybody wins. You have fewer sex problems. The woman you love gets what she wants in bed.

And you both enjoy sex that's hotter, more erotic, and more fulfilling.

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### Editorial Review

From Publishers Weekly

In this comprehensive sex manual, Castleman, a sex educator, counselor and journalist specializing in men's sexuality, leads readers through the pleasures and pitfalls of heterosexual copulation and its accoutrements. Illustrated with artful charcoal drawings and peppered with bon mots like "great sex is a combination of friction and fantasy," the book breezily covers a wide swath of the sexual arena, everything from the perennial libido crusher, male impotence, to questions of hygiene, like female douching. The author doesn't really reveal any new "secret principles." The Q&A section, for example, covers the same topics that most on-air sex therapists have been discussing since the sixties: e.g. "During sex with my girlfriend/wife, I have fantasies of other women. Is that okay?" and "Is it okay to masturbate as much as I do?" Still, Castleman does arrange and clearly present a wealth of information—from descriptions of the sexual positions that are most likely to bring a woman to orgasm to a careful discussion of how couples can regain intimacy in the wake of a sexual trauma, such as abuse, rape or stalking. Combined with the author's calm, practical tone, such breadth is likely to win him many readers. 25 b/w illustrations.

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### Review

"Every man who cares about making a woman happy in bed should read Michael Castleman's *Great Sex*--not only for its authoritative information, but because it actually answers the question: What do women want?"  
?Karen Croft, sex editor of *Salon* magazine ([www.salon.com](http://www.salon.com))

"After reading *Great Sex*, all I can say is: His wife is one lucky woman." ?Betty Dodson, Ph.D., sexologist and author of *Sex for One and Orgasms for Two*

"Michael Castleman is a regular guy who speaks men's language and explains clearly and persuasively why slow, sensual sex is the key to both men's and women's erotic pleasure. Every man who wants to be a great lover should read *Great Sex*. And every woman who wants more satisfying sex should buy it for the man she loves." ?Michael Jonas, co-developer of the sensual couple games *An Enchanting Evening* and *SexSational*, and co-author of *The Book of Love, Laughter, and Romance*

"Castleman will teach you how to rock a woman's world while getting exactly what you want in the process." ?Nicole Beland, *Men's Health* magazine columnist and author of *Ask the Men's Health Girl Next Door*

"Men and women will thank Michael Castleman for his advice to toss the porn and pick up a bottle of massage oil. Castleman provides men with the tools to discover truly great sex--and he gives women a reason to celebrate!" ?Anne Semans, co-author of *The Good Vibrations Guide to Sex*

### About the Author

**Michael Castleman** has been a sex and health writer since 1973. *Library Journal* calls him "one of the nation's leading health writers." His first book, *Sexual Solutions*, a self-help guide to men's sex problems, published in 1980, has since sold more than 500,000 copies. From 1991 to 1995, he answered the sex questions submitted to the *Playboy* magazine Advisor. He has answered sex questions for WebMD.com, and

currently answers sex questions for Xandria.com, the nation's largest marketer of sex toys. He has written about sexuality for *Reader's Digest*, *Men's Health*, *Men's Fitness*, *Men's Journal*, *Good Housekeeping*, *Family Circle*, *Redbook*, *Glamour*, *Ladies' Home Journal*, *Psychology Today*, *Self*, *Cosmopolitan*, and *Salon.com*, among other publications. In 1996, he was nominated for the National Magazine Award for his coverage of breast cancer. Castleman is the author of nine other consumer health books. He graduated Phi Beta Kappa from the University of Michigan in 1972. He received a master's in journalism from the University of California at Berkeley in 1979 and taught medical journalism there in 1995 and 1996. Castleman lives in San Francisco with his wife (a family physician) and their two children.

## **Users Review**

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#### **Sherry Spears:**

This Great Sex: A Man's Guide to the Secret Principles of Total-Body Sex are generally reliable for you who want to be considered a successful person, why. The explanation of this Great Sex: A Man's Guide to the Secret Principles of Total-Body Sex can be one of the great books you must have is actually giving you more than just simple reading through food but feed an individual with information that probably will shock your previous knowledge. This book is definitely handy, you can bring it just about everywhere and whenever your conditions throughout the e-book and printed versions. Beside that this Great Sex: A Man's Guide to the Secret Principles of Total-Body Sex giving you an enormous of experience such as rich vocabulary, giving you trial run of critical thinking that we know it useful in your day activity. So , let's have it and enjoy reading.

#### **Raymond Garza:**

Spent a free time for you to be fun activity to accomplish! A lot of people spent their spare time with their family, or their particular friends. Usually they carrying out activity like watching television, going to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? May be reading a book can be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the publication untitled Great Sex: A Man's Guide to the Secret Principles of Total-Body Sex can be very good book to read. May be it is usually best activity to you.

#### **Tina Olsen:**

Typically the book Great Sex: A Man's Guide to the Secret Principles of Total-Body Sex has a lot of knowledge on it. So when you read this book you can get a lot of advantage. The book was written by the very famous author. The writer makes some research previous to write this book. This book very easy to read you can get the point easily after looking over this book.

#### **Alonzo Stark:**

With this era which is the greater man or woman or who has ability in doing something more are more

valuable than other. Do you want to become among it? It is just simple strategy to have that. What you are related is just spending your time very little but quite enough to get a look at some books. On the list of books in the top list in your reading list is usually Great Sex: A Man's Guide to the Secret Principles of Total-Body Sex. This book that is certainly qualified as The Hungry Hillsides can get you closer in turning out to be precious person. By looking right up and review this guide you can get many advantages.

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