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[Review of] How To Overcome Premature Ejaculation

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Kaplan, Helen Singer, M.D. How To Overcome Premature Ejaculation. Brunner/Mazel. 1989. c.117p. bibliog. ISBN 0-87630-542-7. pap. $11.95. MED 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