

## Enduring desire : your guide to lifelong intimacy

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### Abstrak

Co-authors of Men's Sexual Health, Michael Metz and Barry McCarthy have come together to inspire and motivate readers in their newest book, Enduring Desire. Real-life examples and clear, helpful individual and couple exercises allow readers to reach for realistic and high quality sexual satisfaction as a couple.

Throughout the book, the authors promote positive, realistic sexual expectations without commercialism and the hyped, exotic promises that only set people up for disappointment. The message is down-to-earth and full of joy for all couples from their 20s to their 80s. The authors advocate the variable, flexible "Good Enough Sex" (GES) model, which validates the inherent variability and flexibility of couple sexuality and examines the biopsychosocial, multidimensional, and comprehensive roles, functions and meanings of couple sexuality.