

Synopsis

When Dr. Brandy Engler opened her sex therapy practice for women in Manhattan, she got a big surprise. Most of the calls were from men. They wanted to talk about womanizing, porn addiction, impotence, prostitutes - and most of all, love. Her patients were everyday guys from all walks of life. Among them were David, the Wall Street hotshot and compulsive womanizer; Charles, an introvert who kept pushing away the fiancée he thought was too beautiful for him; Paul, the self-made man who visited massage parlors despite his sexy wife; and the men's group whose stark revelations about male anger and their search for the right woman will open your eyes. In *The Men on My Couch*, Dr. Engler allows listeners inside those private sessions to witness her exciting and evocative encounters with what men desire and fear. Dr. Engler tells her own story, too. At first her patients' revelations are painful and disconcerting, especially against the backdrop of her own difficult love affair. Yet Dr. Engler lets listeners experience how she evolves both professionally and personally, from chagrin to compassion, and reconciles her idealized notions of love and sex with the unexpected and raw truths she hears in the office. *The Men on My Couch* is unlike other relationship books. There are no tired facile conclusions or pejorative generalizations. Here are fresh insights into modern sexual maladies, gleaned from real people having real struggles and experiencing real epiphanies - in the real world. This book will change how both women and men think about love, sex, and desire.

Book Information

Audible Audio Edition

Listening Length: 8 hours and 39 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Tantor Audio

Audible.com Release Date: March 18, 2013

Whispersync for Voice: Ready

Language: English

ASIN: B00BELPS8S

Best Sellers Rank: #66 in Books > Audible Audiobooks > Health, Mind & Body > Sexuality #773 in Books > Medical Books > Psychology > Sexuality #840 in Books > Health, Fitness & Dieting > Sexual Health > General

Customer Reviews

Now most folks would expect that this book was going to be a collection of those columns for sex advice that have graced both men and women's magazines for decades. Frankly, this excellent volume isn't about how to improve one's physical techniques. As one of the patients in this book pleaded, with the therapist-author "I don't think I even know what love is. What is love, really? Can you help me?" The author had planned on becoming a sex therapist for women when she opened her office on Times Square. She soon found herself with all the male patients she could make time to counsel. Since Dr. Brandy Engler is a very pretty, blue-eyed knockout she immediately found herself the target of many of her patients. That helped her discover the real problems she encountered from her often high-powered, rich and movie star handsome clients. In 13 chapters that may remind readers of books of the Bible because the chapters are mostly titled with the fake names of the author's male patients, the author allows her readers to see how she diagnoses the phobias of her patients. Not surprising, the physical problems they come to her for help with are just the symptoms of their much deeper anxieties and confusion. She includes her own husband's fake name in these chapters because she also discovers much about herself by learning how her patients see her and other women."The truth, I learned, is that men do want sex, but not just sex. Listening to my patients, I realized how strongly a need for deeper connection lay beneath the sexual behavior? A need that was often difficult to communicate to the women in their lives. From there it was a short step to better serving my patients by exploring the content of their hearts, rather than condemning what their penises had done.

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