



All Night Long: How to Make Love to a Man Over 50

By Barbara Keesling Ph.D.

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This book is not about Viagra?it is about making love. Getting older really does mean getting better. By taking the mystery out of the aging process, this book educates, reassures, and reinvigorates.

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All Night Long: How to Make Love to a Man Over 50 By Barbara Keesling Ph.D. **Bibliography**

- Sales Rank: #157703 in Books
- Brand: M. Evans & Company
- Published on: 2004-01-20
- Original language: English
- Number of items: 1
- Dimensions: 7.94" h x .61" w x 5.84" l, .57 pounds
- Binding: Paperback
- 224 pages

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Editorial Review

Amazon.com Review

"Turning 50 can be one of the most powerful and positive sexual passages in a man's life," writes Barbara Keesling, a sexuality and psychotherapy educator. However, "the focus has to be on lovemaking, not erections--on partnership, not performance." After 50, men's sexual response is affected by the "Big 5": stimulation, circulation, lubrication, stress, and sleep. Keesling teaches women (and men) how to understand how the "Big 5" affect sex, and specifically what to do about each of them. For example, anything that affects blood flow affects erections: temperature, time after eating, position, friction, gravity, and illness, to name just a few.

Keesling presents a series of exercises designed to keep your man "sexually fit, sexually focused, and sexually fabulous for decades." Some are performed during lovemaking; others are completely separate from sex. Some are done by the woman on the man; others by the man on his own. She also offers her 21 "home remedies" for maximizing sexual enjoyment.

Keesling stresses that mental attitudes--yours and his--are as important as the physical exercises. Understanding his aging process will help you accept his changes and adapt your lovemaking so that it's still exciting, loving, and satisfying, even though it may be quite different. Keesling isn't just talking about sex--she's talking about intimacy, acceptance, and love. And those can be powerful aphrodisiacs. --*Joan Price*

From Library Journal

Here's another title in the gush of "boomer's and older" sex books within the last few years. Keesling, a sex therapist for ten years and the author of several other sex manuals, focuses not on illnesses associated with aging that affect sex but on coping with the normal and gradual decline in the speed and intensity of male sexual response. She prescribes two approaches for women partners: firstly, find the advantages in your man's sexual changes and use them to improve your sex life together; secondly, work with your man in a series of exercises to enhance circulation to his genital area and to increase his sexual sensitivity. Her warm and colloquial approach makes a sense for enhancing intimacy as well as sexual response. A short appendix reviews methods for treating true, organic impotence. Although illustrations would have been useful, this is a fine book and is recommended to complement more medical works like Williamson's *Great Sex After 40*.

Martha Cornog, Philadelphia, PA

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About the Author

Barbara Keesling has worked as a sex surrogate and sex therapist; earned a doctorate in psychology; written several bedside guides on lovemaking including *Sexual Healing*, *Sexual Pleasure*, and *How to Make Love All Night*; and taught human sexuality and psychopathology at Pepperdine University in southern California.

Keesling's expertise has been featured in numerous national magazines such as *Glamour*, *Cosmopolitan*, *Redbook*, and *Marie Claire*, and she appeared in an erotic *Playboy* pictorial. She is a frequent guest on national TV and radio talk shows.

Users Review

From reader reviews:

Hector Naranjo:

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Donovan Houseman:

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Ramon Lopez:

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