



Hard!: Maintaining Potency, Eliminating Erectile Dysfunction, and Enjoying Healthy Sex for Life

Robin D Ader

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This is not a clinical, academic, medical treatment of male sexuality. You don't need another discussion that speaks to you as if you were an adolescent in a high school health class. HARD! is written by a man for men in the words, phrases, and expressions common to man-speak, and written by a guy who's been there and was able to step back from the abyss past the age of sixty. The plan worked for the author, and will likely work for you. First, understand that if you're over forty, ED is unlikely to be entirely a psychological issue as it might have been that "once in a while" we guys have all experienced when we were younger. You've beat your body to death with food, drink, and by living in a toxic environment for decades. It has to make you wonder, "How am I still alive?" Unfortunately, the first sign is the death of your pecker, and the rest of you could spiral into decay soon, if you don't take some action. There are dozens of ways you can cut down or eliminate erection-killing substances from your food, drink, and environment, but you don't have to give up life. HARD! is a cafeteria plan. You pick and choose those things you can reduce from your intake which will restore erectile function, and allow you to enjoy healthy sex well into old age. Specific vitamins and supplement are suggested. Two exercises are presented, one of which was designed by the author specifically for erectile health; no, it's not the one you already do. Overcoming the psychological factors that may contribute to erectile dysfunction are also discussed. Most importantly, new to this 3rd edition is the One-Week Challenge—the single thing you can do that might restore your potency in seven days or less—that will also heal your body, help you lose weight, and improve your ability to perform with your partner as you haven't in a very long time. Hell, for the few bucks, buy this book and give it a try!

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