

# The New Male Sexuality Bernie Zilbergeld

A Place Called WinterThe Sexual MaleMale Sexual  
AwarenessOur RevolutionThe New Male  
SexualitySexual Perversity in Chicago and the Duck  
VariationsDown GirlTell Me What You WantSexual  
AwarenessBreaking the SilenceMale SexualityThe  
potent maleThe New Male SexualityCoping with  
Erectile DysfunctionBetter Than EverMarked  
MenUndressing the American MaleHow To Give Her  
Absolute PleasureMale SexualityMostly StraightThe  
Politicians and the Egalitarians: The Hidden History of  
American PoliticsSex Matters for WomenEnduring  
DesireSex and Love at MidlifeThe Destruction of  
Hillary ClintonWhat HappenedHow to Overcome  
Premature EjaculationBrotopiaMasculinities in  
Theory10 Minutes 38 Seconds in This Strange  
WorldGood and MadNot Always in the MoodThe  
Shrinking of AmericaTalking to StrangersFor Each  
OtherBattling BellaBuff BernieBody KindnessThe  
Trouble with MenThe Penis Book

## A Place Called Winter

Journalist Rebecca Traister’s New York Times  
bestselling exploration of the transformative power of  
female anger and its ability to transcend into a  
political movement is “a hopeful, maddening  
compendium of righteous feminine anger, and the  
good it can do when wielded efficiently—and  
collectively” (Vanity Fair). Long before Pantsuit

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Nation, before the Women's March, and before the #MeToo movement, women's anger was not only politically catalytic—but politically problematic. The story of female fury and its cultural significance demonstrates its crucial role in women's slow rise to political power in America, as well as the ways that anger is received when it comes from women as opposed to when it comes from men. "Urgent, enlightened...realistic and compelling...Traister eloquently highlights the challenge of blaming not just forces and systems, but individuals" (The Washington Post). In *Good and Mad*, Traister tracks the history of female anger as political fuel—from suffragettes marching on the White House to office workers vacating their buildings after Clarence Thomas was confirmed to the Supreme Court. Traister explores women's anger at both men and other women; anger between ideological allies and foes; the varied ways anger is received based on who's expressing it; and the way women's collective fury has become transformative political fuel. She deconstructs society's (and the media's) condemnation of female emotion (especially rage) and the impact of their resulting repercussions. Highlighting a double standard perpetuated against women by all sexes, and its disastrous, stultifying effect, *Good and Mad* is "perfectly timed and inspiring" (People, Book of the Week). This "admirably rousing narrative" (The Atlantic) offers a glimpse into the galvanizing force of women's collective anger, which, when harnessed, can change history.

### **The Sexual Male**

## **Male Sexual Awareness**

Offers a program for overcoming erectile dysfunction that includes assessment, treatment strategies, and a relapse prevention program.

## **Our Revolution**

Let's face it. Bernie Sanders would make one hunk of a president. He's got it all - the brains, the vision, the hair - and now with Buff Bernie, he's got the buff bod to lift this fine United States of America even higher into the skies of greatness. With the strength of 5 grizzly bears and the rugged good looks of 10 lumberjacks, Buff Bernie is sure to win over your heart and make it race. Enjoy over 20 pages of exquisitely muscular Bernie Sanders drawings for you to color and enjoy however you so choose, you naughty thing, you. Buff Bernie is the absolute perfect coloring book for Berniacs of all ages. Now you can 'Feel The Bern' like never before! "Illustrator Nicole Daddona's new coloring book Buff Bernie is everything you've ever dreamed of and more - if your dreams include coloring half-naked pictures of a very buff Bernie Sanders, that is." - BuzzFeed

## **The New Male Sexuality**

The New York Times bestseller! When Bernie Sanders began his race for the presidency, it was considered by the political establishment and the media to be a "fringe" campaign, something not to be taken

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seriously. After all, he was just an Independent senator from a small state with little name recognition. His campaign had no money, no political organization, and it was taking on the entire Democratic Party establishment. By the time Sanders's campaign came to a close, however, it was clear that the pundits had gotten it wrong. Bernie had run one of the most consequential campaigns in the modern history of the country. He had received more than 13 million votes in primaries and caucuses throughout the country, won twenty-two states, and more than 1.4 million people had attended his public meetings. Most important, he showed that the American people were prepared to take on the greed and irresponsibility of corporate America and the 1 percent. In *Our Revolution*, Sanders shares his personal experiences from the campaign trail, recounting the details of his historic primary fight and the people who made it possible. And for the millions looking to continue the political revolution, he outlines a progressive economic, environmental, racial, and social justice agenda that will create jobs, raise wages, protect the environment, and provide health care for all—and ultimately transform our country and our world for the better. For him, the political revolution has just started. The campaign may be over, but the struggle goes on.

### **Sexual Perversity in Chicago and the Duck Variations**

A privileged elder son, and stammeringly shy, Harry Cane has followed convention at every step. Even the

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beginnings of an illicit, dangerous affair do little to shake the foundations of his muted existence - until the shock of discovery and the threat of arrest cost him everything. Forced to abandon his wife and child, Harry signs up for emigration to the newly colonised Canadian prairies. Remote and unforgiving, his allotted homestead in a place called Winter is a world away from the golden suburbs of turn-of-the-century Edwardian England. And yet it is here, isolated in a seemingly harsh landscape, under the threat of war, madness and an evil man of undeniable magnetism that the fight for survival will reveal in Harry an inner strength and capacity for love beyond anything he has ever known before. In this exquisite journey of self-discovery, loosely based on a real life family mystery, Patrick Gale has created an epic, intimate human drama, both brutal and breathtaking. It is a novel of secrets, sexuality and, ultimately, of great love.

### **Down Girl**

Instant National Bestseller "Excellent." --San Francisco Chronicle "Brotopia is more than a business book. Silicon Valley holds extraordinary power over our present lives as well as whatever utopia (or nightmare) might come next." --New York Times Silicon Valley is a modern utopia where anyone can change the world. Unless you're a woman. For women in tech, Silicon Valley is not a fantasyland of unicorns, virtual reality rainbows, and 3D-printed lollipops, where millions of dollars grow on trees. It's a "Brotopia," where men hold all the cards and make all

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the rules. Vastly outnumbered, women face toxic workplaces rife with discrimination and sexual harassment, where investors take meetings in hot tubs and network at sex parties. In this powerful exposé, Bloomberg TV journalist Emily Chang reveals how Silicon Valley got so sexist despite its utopian ideals, why bro culture endures despite decades of companies claiming the moral high ground (Don't Be Evil! Connect the World!)--and how women are finally starting to speak out and fight back. Drawing on her deep network of Silicon Valley insiders, Chang opens the boardroom doors of male-dominated venture capital firms like Kleiner Perkins, the subject of Ellen Pao's high-profile gender discrimination lawsuit, and Sequoia, where a partner once famously said they "won't lower their standards" just to hire women. Interviews with Facebook COO Sheryl Sandberg, YouTube CEO Susan Wojcicki, and former Yahoo! CEO Marissa Mayer--who got their start at Google, where just one in five engineers is a woman--reveal just how hard it is to crack the Silicon Ceiling. And Chang shows how women such as former Uber engineer Susan Fowler, entrepreneur Niniane Wang, and game developer Brianna Wu, have risked their careers and sometimes their lives to pave a way for other women. Silicon Valley's aggressive, misogynistic, work-at-all costs culture has shut women out of the greatest wealth creation in the history of the world. It's time to break up the boys' club. Emily Chang shows us how to fix this toxic culture--to bring down Brotopia, once and for all.

### **Tell Me What You Want**

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Describes current misconceptions about therapy and its benefits, gives a realistic appraisal of psychotherapy, and gives suggestions on evaluating therapy programs

### **Sexual Awareness**

Ever felt confused about female sensuality? Puzzled as to what women really want? Now there is no need for guesswork. Packed full of tips and tricks How to Give Her Absolute Pleasure is sure to produce mind-blowing sex for both you and your partner. Written by one of America's most popular sexperts' Lou Paget, How to Give Her Absolute Pleasure will guide you all the way from foreplay to orgasm. Drawing on the experiences of real clients, Paget explains the best toys, lubricants and positions so you can start enjoying safe, breath-taking sex today.

### **Breaking the Silence**

Create a healthier and happier life by treating yourself with compassion rather than shame. Imagine a graph with two lines. One indicates happiness, the other tracks how you feel about your body. If you're like millions of people, the lines do not intersect. But what if they did? This practical, inspirational, and visually lively book shows you the way to a sense of well-being attained by understanding how to love, connect, and care for yourself—and that includes your mind as well as your body. Body Kindness is based on four principles. WHAT YOU DO: the choices you make about food, exercise, sleep, and more HOW YOU FEEL:

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befriending your emotions and standing up to the unhelpful voice in your head WHO YOU ARE: goal-setting based on your personal values WHERE YOU BELONG: body-loving support from people and communities that help you create a meaningful life With mind and body exercises to keep your energy spiraling up and prompts to help you identify what YOU really want and care about, Body Kindness helps you let go of things you can't control and embrace the things you can by finding the workable, daily steps that fit you best. It's the anti-diet book that leads to a more joyful and meaningful life.

### **Male Sexuality**

Gossip is easy. Get to the deeper truth, with this in-depth look at the political forces and media culture that vilified and ultimately brought down Hillary Clinton in the 2016 presidential campaign. The Destruction of Hillary Clinton is an answer to the question many have been asking: How did an extraordinarily well-qualified, experienced, and admired candidate—whose victory would have been as historic as Barack Obama's—come to be seen as a tool of the establishment, a chronic liar, and a talentless politician? In this masterful narrative of the 2016 campaign year and the events that led up to it, Susan Bordo unpacks the Rights' assault on Clinton and her reputation, the way the left provoked suspicion and indifference among the youth vote, the inescapable presence of James Comey, questions about Russian influence, and the media's malpractice in covering the candidate. Urgent, insightful, and

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engrossing, *The Destruction of Hillary Clinton* is an essential guide to understanding the most controversial presidential election in American history.

### **The potent male**

Nearly half of all men in America have suffered from sexual dysfunction, so it stands to reason that many women have encountered a man with a sexual problem. In this revolutionary book, sex therapist Margolies takes readers into the mind of the dysfunctional male and explains how the problem may have started and offers tips for dealing with the problem.

### **The New Male Sexuality**

A growing number of young men today say they are "mostly straight" and yet feel a slight but enduring desire for men. Ritch Savin-Williams explores the stories of 40 mostly straight young men to help us understand the biological, psychological, and cultural forces that are loosening the sexual bind many boys and young men experience.

### **Coping with Erectile Dysfunction**

In this honest, down-to-earth volume, Dr. Zilbergeld, a world renowned sex therapist and best-selling author draws on his many years of clinical experience to explain why we should be enjoying our love making and intimacy even more as we mature.

## **Better Than Ever**

Shortlisted for the 2019 Booker Prize Named a Best Book of the Year by Bookpage, NPR, Washington Post, and The Economist A moving novel on the power of friendship in our darkest times, from internationally renowned writer and speaker Elif Shafak. In the pulsating moments after she has been murdered and left in a dumpster outside Istanbul, Tequila Leila enters a state of heightened awareness. Her heart has stopped beating but her brain is still active-for 10 minutes 38 seconds. While the Turkish sun rises and her friends sleep soundly nearby, she remembers her life-and the lives of others, outcasts like her. Tequila Leila's memories bring us back to her childhood in the provinces, a highly oppressive milieu with religion and traditions, shaped by a polygamous family with two mothers and an increasingly authoritarian father. Escaping to Istanbul, Leila makes her way into the sordid industry of sex trafficking, finding a home in the city's historic Street of Brothels. This is a dark, violent world, but Leila is tough and open to beauty, light, and the essential bonds of friendship. In Tequila Leila's death, the secrets and wonders of modern Istanbul come to life, painted vividly by the captivating tales of how Leila came to know and be loved by her friends. As her epic journey to the afterlife comes to an end, it is her chosen family who brings her story to a buoyant and breathtaking conclusion.

## **Marked Men**

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A leading expert on human sexuality and author of the blog Sex and Psychology offers an unprecedented look at sexual fantasy based on the most comprehensive, scientific survey ever undertaken. What do Americans really want when it comes to sex? And is it possible for us to get what we want? Justin J. Lehmiller, one of the country's leading experts on human sexuality and author of the popular blog Sex and Psychology, has made it his career's ambition to answer these questions. He recently concluded the largest and most comprehensive scientific survey of Americans' sexual fantasies ever undertaken, a monumental two-year study involving more than 4,000 Americans from all walks of life, answering questions of unusual scope. Based on this study, *Tell Me What You Want* offers an unprecedented look into our fantasy worlds and what they reveal about us. It helps readers to better understand their own sexual desires and how to attain them within their relationships, but also to appreciate why the desires of their partners may be so incredibly different. If we only better understood the incredible diversity of human sexual desire and why this diversity exists in the first place, we would experience less distress, anxiety, and shame about our own sexual fantasies and better understand why our partners often have sexual proclivities that are so different from our own. Ultimately, this book will help readers to enhance their sex lives and to maintain more satisfying relationships and marriages in the future by breaking down barriers to discussing sexual fantasies and allowing them to become a part of readers' sexual realities.

## **Undressing the American Male**

Masculinities in Theory is a clear, concise, and comprehensive introduction to the field of masculinity studies from a humanities perspective. Serves as a much-needed introduction to the field for students and scholars of cultural studies, literature, art, film, communication, history, and gender studies Includes discussions of gay/queer, feminist, and gender studies in relation to masculinity Covers the key theoretical approaches to the study of masculinity, and introduces new models Explores the question ?What is masculinity and how does it work?? Looks at language, discourse, signification, power, cross-dressing, female, queer and transsexual masculinity, race and masculinity, nation and masculinity, interracial masculinities, and masculinities in history

## **How To Give Her Absolute Pleasure**

Leandra Ruth Zarnow tells the inspiring and timely story of Bella Abzug, a New York politician who brought the passion and ideals of 1960s protest movements to Congress. Abzug promoted feminism, privacy protections, gay rights, and human rights. Her efforts shifted the political center, until more conservative forces won back the Democratic Party.

## **Male Sexuality**

Advises readers on enhancing desire, recognizing the conditions for good sex, handling initiation and seduction, and more

## Mostly Straight

One of our most eminent historians reminds us of the commanding role party politics has played in America's enduring struggle against economic inequality. "There are two keys to unlocking the secrets of American politics and American political history." So begins *The Politicians & the Egalitarians*, Princeton historian Sean Wilentz's bold new work of history. First, America is built on an egalitarian tradition. At the nation's founding, Americans believed that extremes of wealth and want would destroy their revolutionary experiment in republican government. Ever since, that idea has shaped national political conflict and scored major egalitarian victories—from the Civil War and Progressive eras to the New Deal and the Great Society—along the way. Second, partisanship is a permanent fixture in America, and America is the better for it. Every major egalitarian victory in United States history has resulted neither from abandonment of partisan politics nor from social movement protests but from a convergence of protest and politics, and then sharp struggles led by principled and effective party politicians. There is little to be gained from the dream of a post-partisan world. With these two insights Sean Wilentz offers a crystal-clear portrait of American history, told through politicians and egalitarians including Thomas Paine, Abraham Lincoln, and W. E. B. Du Bois—a portrait that runs counter to current political and historical thinking. As he did with his acclaimed *The Rise of American Democracy*, Wilentz once again completely transforms our understanding

of this nation's political and moral character.

## **The Politicians and the Egalitarians: The Hidden History of American Politics**

Down Girl is a broad, original, and far ranging analysis of what misogyny really is, how it works, its purpose, and how to fight it. The philosopher Kate Manne argues that modern society's failure to recognize women's full humanity and autonomy is not actually the problem. She argues instead that it is women's manifestations of human capacities -- autonomy, agency, political engagement -- is what engenders misogynist hostility.

## **Sex Matters for Women**

At first glance the sexual male seems easy to understand, but beneath the surface lie complexities that disrupt lives and relationships. Respected psychologist Michael Bader takes an honest look at the nuances of male sexuality, addressing issues such as sexual boredom, internet sex, and sexual fantasies that can leave women bewildered and men ashamed. Illustrated with engaging examples from his practice, Male Sexuality gives readers, both women and men, deeper understanding of male behavior. Through increased awareness of the psychology behind the sex, Bader aims to enhance individual self-esteem and improve communication in relationships.

## **Enduring Desire**

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In the newest edition of this classic text, veteran authors Barry and Emily McCarthy explain how desire, pleasure, and satisfaction can enrich your relationship. As the premier book on the subject, *Sexual Awareness* focuses on factors that promote and subvert healthy couple sexuality. Reading this book and partaking in the psychosocial skill exercises it contains will help couples learn how to value sexuality as a positive and satisfying part of their lives. Couples at any stage of their relationship will learn how to enhance sexual awareness, communication, feelings, and function. The result will be enhanced desire and eroticism that will help couples understand themselves and each other better.

### **Sex and Love at Midlife**

An honest, brilliant look at one man's marriage and the view it affords for examining relationships between men and women across our culture.

### **The Destruction of Hillary Clinton**

White men still hold most of the political and economic cards in the United States; yet stories about wounded and traumatized men dominate popular culture. Why are white men jumping on the victim bandwagon? Examining novels by Philip Roth, John Updike, James Dickey, John Irving, and Pat Conroy and such films as *Deliverance*, *Misery*, and *Dead Poets Society*—as well as other writings, including *The Closing of the American Mind*—Sally Robinson argues

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that white men are tempted by the possibilities of pain and the surprisingly pleasurable tensions that come from living in crisis.

### **What Happened**

He Lived a Secret Life for years. A respected pastor, husband, and father, Bernie Anderson battled behind closed doors with pornography and sexual addiction. Exposed to pornography early in life, he was held captive by the addiction until he allowed God to transform his life. It is a problem not often spoken about in the Christian community, yet pornography and sexual addiction are devastating countless Christian homes. To help others avoid it or break free from its stronghold, Anderson tells his personal story of torment, hope, and the God who changes lives. Offering insight, encouragement, and resources, *Breaking the Silence* boldly reveals the truth about this addiction and how you can protect yourself and your family from the dangers of pornography. Book jacket.

### **How to Overcome Premature Ejaculation**

A comprehensive guide to the causes and treatments of male sexual dysfunction brings psychological and physical approaches together, busting myths about impotence and emphasizing prevention. Reprint.

### **Brotopia**

Better Than Ever is a new kind of book about love and

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sex. Targeted particularly at people in their later years, it looks at the pleasure that can still be gained from healthy sexual relationships whether all the appropriate bits are working or not! In *Better Than Ever* Dr Zilbergeld explains the wondrous world of love and sex among men and women in their later years. A world-renowned sex therapist for 27 years, Dr Zilbergeld uses intensive research, and the words of people he calls the lovers, to illustrate and explain the world of men and women who are masters of the world of sexuality. Dr Zilbergeld also explains the obstacles that prevent people with medical or psychological problems from entering the world of love and sex, and provides solutions that will give them hope that they, too, can become lovers in their own relationships.

### **Masculinities in Theory**

David Mamet is one of America's most celebrated playwrights. The author of plays, screenplays, poetry, essays, and children's books, he has won many awards, including the Pulitzer Prize for *Glengarry Glen Ross*. The Obie award-winning *Sexual Perversity in Chicago* is about two office workers, Danny and Bernie, on the make in the swinging singles scene of the early 1970s. Danny meets Deborah in a library and soon they are not only lovers but roommates, and their story quickly evolves into a modern romance in all its sticky details. *The Duck Variations* is a dialogue between two old men sitting on a park bench. The conversation turns to the mating habits of ducks, but soon begins to reveal their feelings about natural law,

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friendship, and death. New York magazine has called The Duck Variations “a gorgeously written, wonderfully observant piece whose timing and atmosphere are close to flawless.”

### **10 Minutes 38 Seconds in This Strange World**

A guide to help women understand how their bodies work and to take charge of their sexuality, discussing anatomy, body image, trauma, overcoming difficulties, and related topics.

### **Good and Mad**

Everything we thought we knew about men's sexual desire is completely wrong. Groundbreaking new research reveals it is far from the high, simple sex drive they're stereotypically known for. Sarah Murray shatters our most damaging, long-held myths about men's sexuality and helps couples connect more intimately and authentically than ever before.

### **Not Always in the Mood**

How to Overcome Premature Ejaculation discusses male sexual response and the cause of its disorders, and provides advice on leading a more normal sex life. Based on the same therapeutic methods that have proven clinically effective for 90% of men suffering from premature ejaculation (PE), this straightforward volume describes a rapid, practical self-help program that can be used by single men or

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couples in the privacy of their home. Dr Kaplan first explains the nature of PE and its causes and then describes her effective treatment techniques. She also discusses the errors and resistances that can arise and provides suggestions on how to overcome them.

### **The Shrinking of America**

What's the weirdest thing you've ever wanted to know about the penis but were afraid to ask? Dr. Aaron Spitz has that answer—and many more. Let Dr. Spitz—who served as assistant clinical professor at UC Irvine's Department of Urology for 15 years and who is a regularly featured guest on The Doctors—become your best friend as he fearlessly guides you through the hairiest and the scariest questions in The Penis Book. An unflinching, comprehensive guide to everything from sexually transmitted infections to the science of blood flow, The Penis Book prominently features an easy-to-follow holistic five-step plan for optimum penis health, including plant-based eating recommendations, information on some penis-healthy foods, and suggested exercises for penis wellbeing. Useful to men and women alike, The Penis Book is a one-stop-shop for the care and maintenance of the penis in your life.

### **Talking to Strangers**

This guide to sexual satisfaction explores the physical, psychological, and interpersonal problems that can inhibit sexual intimacy and outlines effective

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therapeutic techniques, including specific exercises that women can do alone and with their partners. Reissue.

## **For Each Other**

Winner of the 2011 AASECT Book Award! 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.

## **Battling Bella**

A Best Book of the Year: The Financial Times, Bloomberg, Chicago Tribune, and Detroit Free Press  
Malcolm Gladwell, host of the podcast Revisionist History and author of the #1 New York Times bestseller Outliers, offers a powerful examination of our interactions with strangers -- and why they often

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go wrong. How did Fidel Castro fool the CIA for a generation? Why did Neville Chamberlain think he could trust Adolf Hitler? Why are campus sexual assaults on the rise? Do television sitcoms teach us something about the way we relate to each other that isn't true? While tackling these questions, Malcolm Gladwell was not solely writing a book for the page. He was also producing for the ear. In the audiobook version of *Talking to Strangers*, you'll hear the voices of people he interviewed--scientists, criminologists, military psychologists. Court transcripts are brought to life with re-enactments. You actually hear the contentious arrest of Sandra Bland by the side of the road in Texas. As Gladwell revisits the deceptions of Bernie Madoff, the trial of Amanda Knox, and the suicide of Sylvia Plath, you hear directly from many of the players in these real-life tragedies. There's even a theme song - Janelle Monae's "Hell You Talmbout." Something is very wrong, Gladwell argues, with the tools and strategies we use to make sense of people we don't know. And because we don't know how to talk to strangers, we are inviting conflict and misunderstanding in ways that have a profound effect on our lives and our world.

### **Buff Bernie**

Advises readers on enhancing desire, recognizing the conditions for good sex, handling initiation and seduction, and more

### **Body Kindness**

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Discusses male sexuality, contraception, marriage, pregnancy, sexual fantasies, the effects of aging, sexual problems, homosexuality, and sexually transmitted diseases

### **The Trouble with Men**

Designed to help men tailor their sexual behavior to their own individual needs and values, this work centers on the human and emotional aspects of sex for men

### **The Penis Book**

“An engaging, beautifully synthesized page-turner” (Slate). The #1 New York Times bestseller and Time #1 Nonfiction Book of the Year: Hillary Rodham Clinton’s most personal memoir yet, about the 2016 presidential election. In this “candid and blackly funny” (The New York Times) memoir, Hillary Rodham Clinton reveals what she was thinking and feeling during one of the most controversial and unpredictable presidential elections in history. She takes us inside the intense personal experience of becoming the first woman nominated for president by a major party in an election marked by rage, sexism, exhilarating highs and infuriating lows, stranger-than-fiction twists, Russian interference, and an opponent who broke all the rules. “At her most emotionally raw” (People), Hillary describes what it was like to run against Donald Trump, the mistakes she made, how she has coped with a shocking and devastating loss, and how she found the strength to pick herself back

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up afterward. She tells readers what it took to get back on her feet—the rituals, relationships, and reading that got her through, and what the experience has taught her about life. In this “feminist manifesto” (The New York Times), she speaks to the challenges of being a strong woman in the public eye, the criticism over her voice, age, and appearance, and the double standard confronting women in politics. Offering a “bracing guide to our political arena” (The Washington Post), *What Happened* lays out how the 2016 election was marked by an unprecedented assault on our democracy by a foreign adversary. By analyzing the evidence and connecting the dots, Hillary shows just how dangerous the forces are that shaped the outcome, and why Americans need to understand them to protect our values and our democracy in the future. The election of 2016 was unprecedented and historic. *What Happened* is the story of that campaign, now with a new epilogue showing how Hillary grappled with many of her worst fears coming true in the Trump Era, while finding new hope in a surge of civic activism, women running for office, and young people marching in the streets.

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