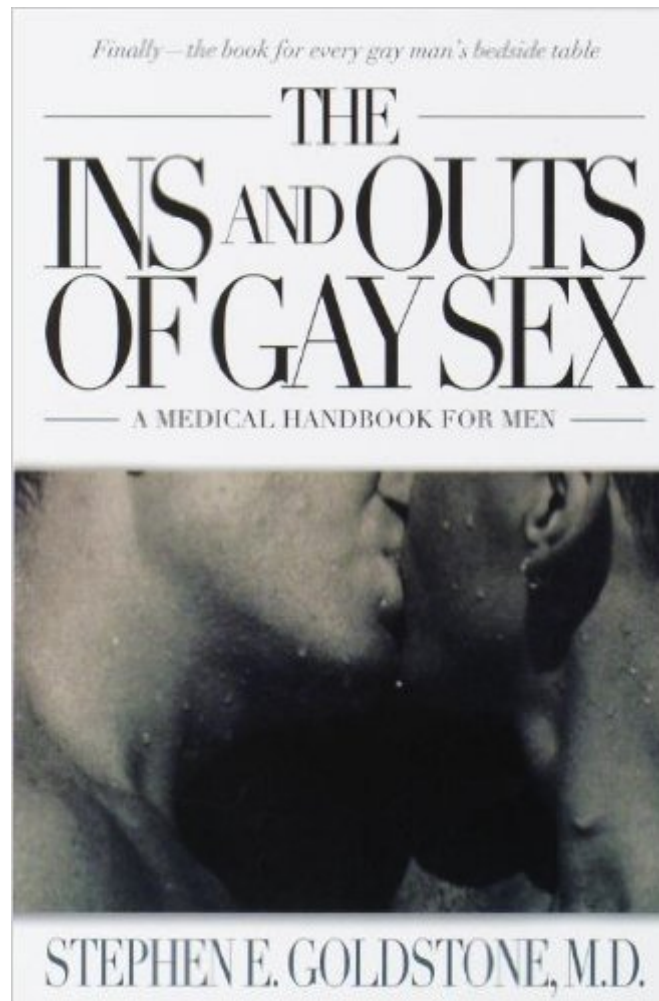


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# The Ins And Outs Of Gay Sex: A Medical Handbook For Men



## Synopsis

Finally--the book for every gay man's bedside table. At last! Answers to the questions you're too embarrassed to ask--but always wanted to know! Why does it hurt down there? Is it really safe to do that? What does it mean when something looks like this--and how do I make it go away? Chances are you never learned anything about gay intimacy from your parents, your school, or your family physician. Here, at last, is reliable, comprehensive information on a wide spectrum of gay medical concerns, written by an eminent surgeon and recognized authority on gay health issues. With up-to-date facts, interviews, and case studies from the author's practice, *The Ins and Outs of Gay Sex* goes far beyond HIV concerns, combining a complete education about the safe and pleasurable practices of male-male sexuality with a comprehensive medical volume. Here are the facts about what you need to know to keep your sex life hot and healthy, including: The rules of safe anorectal stimulation. Symptoms to send you running to the doctor. Foreplay, sex toys, and other accessories. Viral and nonviral STDs--don't wake up with an unpleasant surprise! Treatments for impotence and other sexual dysfunctions. Diseases that can be spread without penetration. Drugs...relationships...doctors (how to find the right one for you), and much more.

## Book Information

Paperback: 288 pages

Publisher: Dell; 1 edition (May 18, 1999)

Language: English

ISBN-10: 0440508460

ISBN-13: 978-0440508465

Product Dimensions: 5.3 x 0.6 x 8 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (25 customer reviews)

Best Sellers Rank: #147,457 in Books (See Top 100 in Books) #11 in Books > Gay & Lesbian > Nonfiction > Sexuality #27 in Books > Textbooks > Social Sciences > Gay & Lesbian Studies #169 in Books > Politics & Social Sciences > Social Sciences > Specific Demographics > Gay & Lesbian

## Customer Reviews

As a young (25) gay male it can be hard to find good solid information on sex. Even living and dating in Los Angeles I am amazed at how much false information I encounter. This book puts an end to all of that. The Author is a doctor and gives plain straightforward information and advice

about all aspects of gay sex. Make no mistake about it this is a factual and medical book, but it reads a lot smoother than you would think. I really enjoyed it and once I got into it I could not put it down. Read it and get the information you need as a Gay man.

When I decided to buy this book I was hoping for some insight info about sex with men. I am bisexual and in my country (southern Europe) sex between men is just something that nobody discusses...Dr. Goldstone knows what he is talking about, he is blunt but very informative; he goes straight to the point and gives you lots of important information on how to take the most out of gay sex and be disease free...You definitely have to read this book, even if you have been in bed with thousands of men and think "you know it all"...believe me...you don't...

Since 'In's and Out's' is one of the best selling guides online currently I probably would have just purchased it had I not taken a 'browsing' trip to a local bookstore. It's an extremely detailed compendium of VD's and skin conditions including illustrations of various lesions for easy identification. Now, other manuals (gay, straight or whatever) have a chapter for these things too but this book spends an inordinate amount of time on them at the expense of other areas which is why I think some other reviewers here note that the book at times seems to be more about the (un)joy of gay sex than the joy of. I certainly find it hard to imagine a 'straight' sex guide of this brevity spending such large chunks of space on VD's at the expense of, well, sex. There's certainly little that really conveys the 'Joy of Sex' here or any spiritual, holistic aspects of it. The book appears to have been written with the promiscuous person in mind (and I don't mean to be in any way judgemental here), recommending scrubbing oneself down in the shower after each sexual 'encounter' (not too romantic) and pretty much treating VD's as a fact of life that you probably WILL encounter. It's also full of a lot of comments from the author based upon personal sentiments (such as that it's terrible for men to go out with facial stubble cause it's 'rough') that would have been better left out since not everyone share's Goldstone's taste.(...)

For almost two decades, many have viewed the AIDS epidemic as paramount among gay men's health concerns. While never ignoring its centrality, Goldstone reminds his readers that there are myriad other considerations not only for self-identified gay men but for all "men who have sex with men." Among the wide range of sexual practices and concerns Goldstone covers are anal intercourse, sexually transmitted viral and bacterial infections, impotence, oral sex and HIV transmission, as well as recreational and prescription drug use and abuse. He also discusses

ancillary cultural issues such as how being monogamous, living in an open relationship or having numerous sexual partners can affect safe sex practices. Goldstone's medical information is up-to-date and accurate; although, as he points out, treatments for AIDS change almost monthly. While the book covers the safety and health aspects of body piercing, its lack of information about the health implications of the wide range of sadomasochistic practices prevalent in the gay male community is a drawback. On the other hand, Goldstone has a positive, nonjudgmental attitude toward sex. This openness, combined with a chatty style (replete with bad jokes and not very subtle innuendo, reminiscent of David Reuben's *Everything You Ever Wanted to Know About Sex* (but without the moralizing), makes Goldstone's book unusually reader-friendly.

All things considered, I expected this to be a somewhat dull read, a little too technical because it was penned by an MD. I couldn't have been more wrong. Not only is this book very informative and up to date, but it's written in a hugely entertaining and, yes, erotic, style. Sex manuals are very helpful when you have a date, but sometimes they can also be good company on those lonely nights when you don't have a man. This book is one of the best gay sex manuals available.

I have read only four chapters in "The Ins and Outs of Gay Sex" so far, and each page is filled with information worth reading. I have read other books on gay issues before, but nothing compares to Stephen E. Goldstone's innovating and probing medical handbook. There are issues Stephen discusses in this book that scares you into taking just anyone into your bedroom, but it's reality and it needs to be taken seriously. This is the only book that I've come across in years that piques my interest. Thank you, Stephen Goldstone.

The topics that are covered in this book - including penis enlargement, drugs and STDs - were guided by the questions that Dr. Goldstone's patients asked him during his 15 years as a physician in New York City. The book is interspersed with stories from his practice, which reveal the intense fears, misunderstandings and, all too often, shame that gay men have about these issues. This book gives us gay men the answers we need to keep our sex hot and our bodies healthy.

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