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Dr CATHERINE SOLANO  
Pr PASCAL DE SUTTER

La mécanique sexuelle  
des hommes

1. L'éjaculation



Petit traité du savoir-éjaculer  
en plus de 30 secondes  
et moins de 2 heures !



ROBERT LAFFONT

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En France, environ 30 % des hommes souffrent d'une éjaculation trop rapide tandis qu'à l'opposé, d'autres éjaculent avec difficulté - deux cas qui constituent une source de souffrance et de frustration au sein du couple. Pourquoi les hommes jeunes éjaculent-ils souvent très vite ? Comment profiter de son excitation tout en contrôlant son éjaculation ? Quelles techniques fonctionnent ? Comment une femme peut-elle aider son partenaire ? Comment faire durer le plaisir ?

Le docteur Catherine Solano et le professeur Pascal de Sutter répondent à toutes ces questions sans tabou.

Ils proposent ici un accompagnement qui tient compte des dernières recherches et des exercices pratiques pour mieux contrôler ses muscles, repenser sa sexualité et changer ses comportements pour plus de plaisir à deux.

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