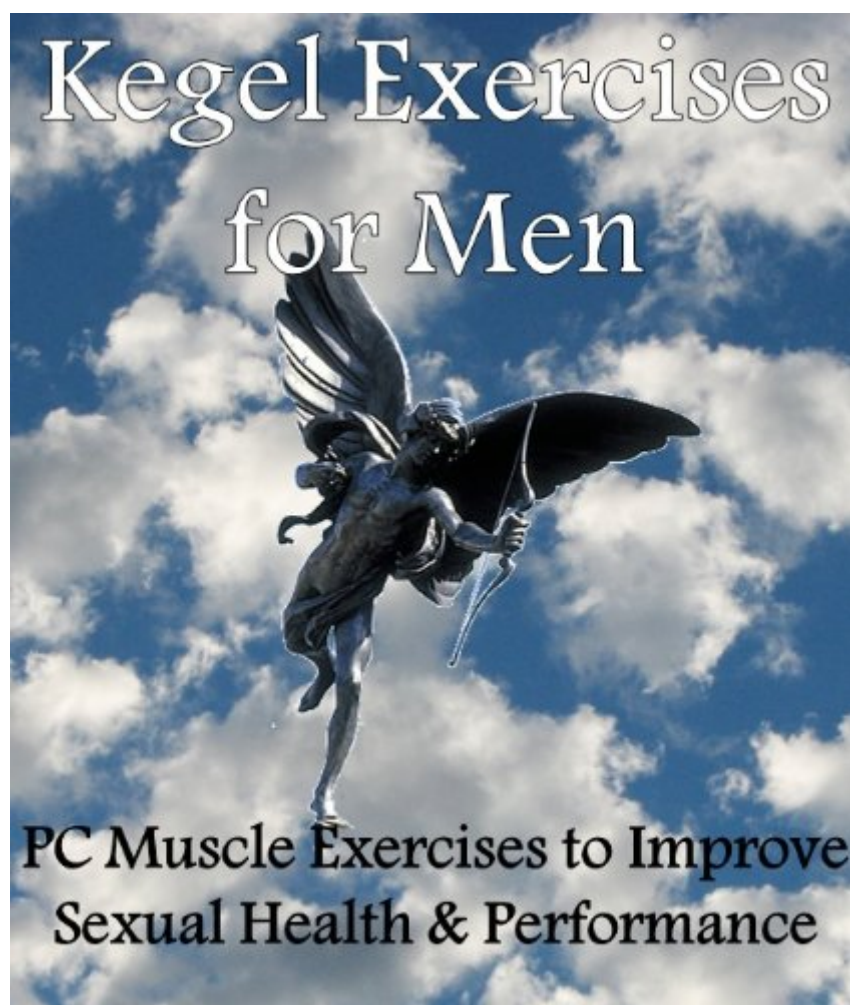


The book was found

Kegel Exercises For Men: PC Muscle Exercises To Improve Sexual Health & Performance



Synopsis

A short, to-the-point guide about kegel exercises and their potential benefits for men's sexual health. Some of these potential benefits of Kegel Exercises include: greater urinary control, improved erection quality and frequency, reduced incidence of premature ejaculation, and improved prostate health. Ebook includes a basic workout plan.

Book Information

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Customer Reviews

If in future I have no control my be this can help

The best exercise

though a tad bit dry, it was still very informative.. I still practice a few of the exercises from time to time. Not a bad price either.

Have not had the opportunity to read it but just by glancing over the book, it is not well illustrated.

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