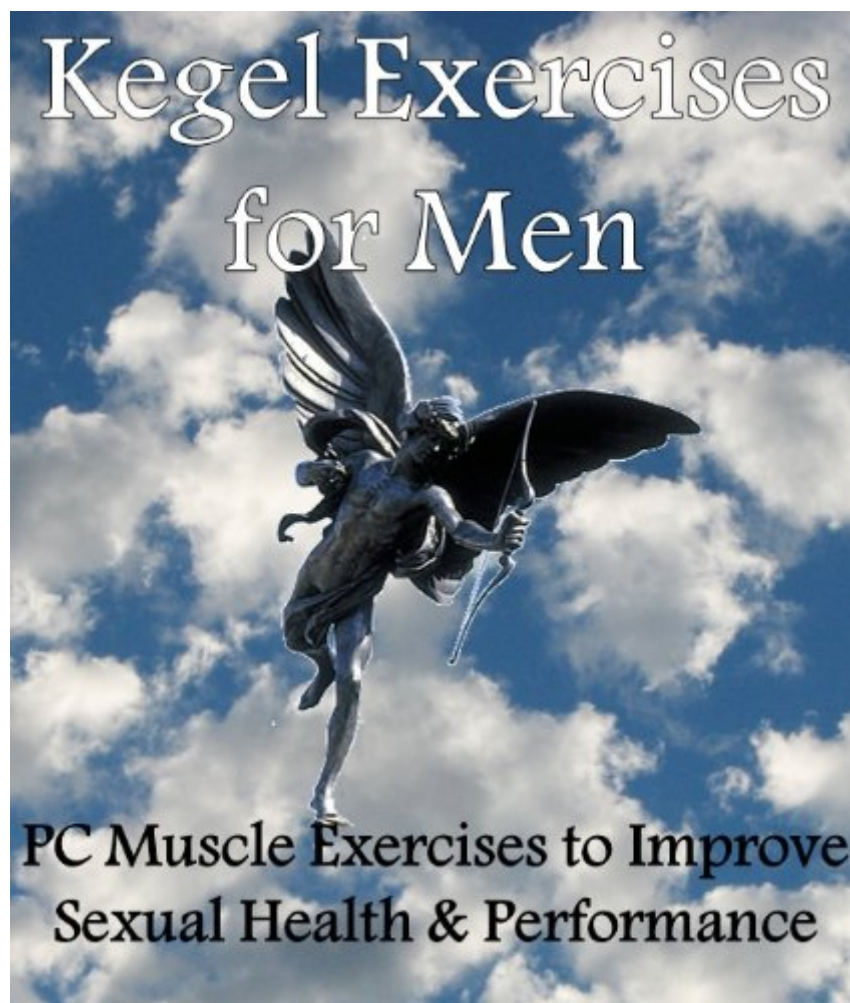




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Kegel Exercises For Men: PC Muscle Exercises To Improve Sexual Health & Performance



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

File Size: 313 KB

Print Length: 8 pages

Publication Date: November 22, 2013

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B009IS0262

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #548,532 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #64

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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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