

SMART MARRIAGES 2009 – ORLANDO, FLORIDA

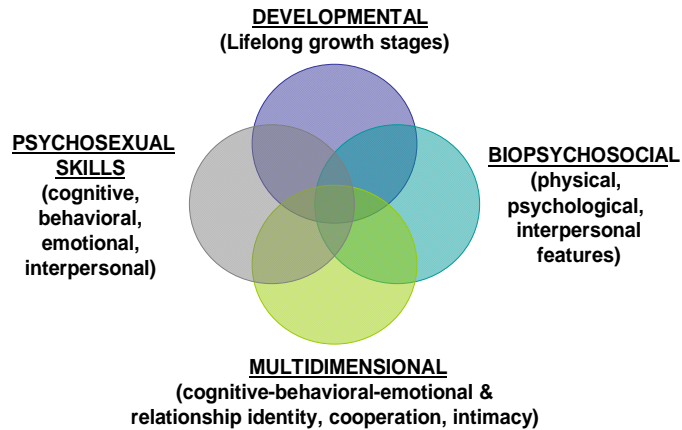
Friday Workshop July 10, 2:15–3:45 pm

507 Married Sex for Men

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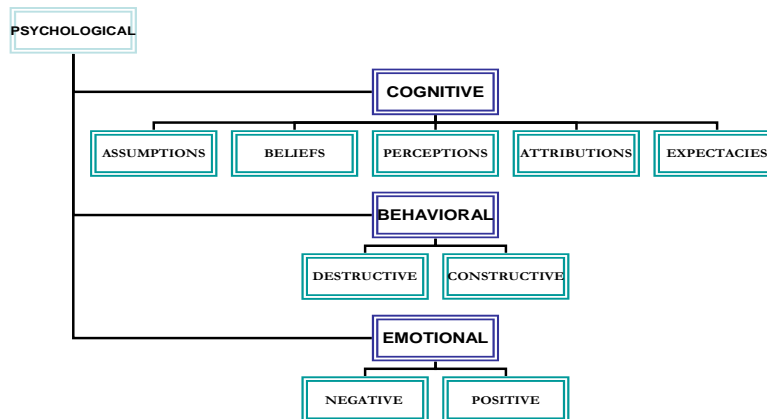
Ten things men need to know to deal with the common problems
– low desire, porn addiction, erectile dysfunction, premature
ejaculation, etc. – to build a healthy, pleasurable sex life.

Features of the Integrative Approach



(From: Metz, M. E. (2008). Healing Sexually Fractured Couples from Problems with Men's Sexual Health)

Cognitive-Behavioral-Emotional Psychological Components



10 THINGS MEN LEARN FOR COUPLE SEXUAL HEALTH

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1. He learns to positively value sex. Sex is intrinsically good; and accepting and affirming sex and his and his partner's sexuality is the foundation for his positive sexual self-esteem. He cooperatively blends with his partner the 5 purposes for sex (procreation, anxiety reduction, pleasure, self-esteem, and intimacy).
2. He is committed to developmentally integrating his maturing sexuality into his manhood. He affirms his sexuality as lifelong and developmental, involving physical, cognitive, emotional, behavioral, and relational features.
3. He grounds his sexual expectations on accurate and reasonable knowledge about sexual anatomy, physiology, psychology, and relationship health.
4. He places his ultimate sexual focus on intimacy. Sexuality is relational. He views his partner as his "Sexual Friend" and their relationship as an "Intimate Team." During periods when he may not have a significant partner, he anticipates developing and "growing" intimacy with his "virtual partner."
5. Sensual touch & emotional pleasure is valued as well as sexual performance.
6. He learns to self-regulate his sexual drive and arousal. He consciously (a) acknowledges, accepts, and respects his body's "*Biological Imperative*," (b) learns to manage his biologically natural tendency toward "*sexual objectification*," and (c) differentiates and integrates general emotions (e.g., loneliness) and sexual feelings (issue of "*emotional sexualization*").
7. He learns flexible sexual arousal. He copes with the enduring relationship problem of "sexual familiarity" by balancing and blending multiple styles of sexual arousal (self-entrancement, partner interaction, and role enactment) with his partner.
8. He becomes a leader in cooperation for intimacy with his partner. He learns to invest his honest emotions with his partner. He promotes mutual closeness, pleasure, stress reduction, soothing comfort, mutual self-esteem, playfulness, and joy in-and-out of the bedroom. He learns to lead constructive, mutually satisfying conflict resolution. Conflict presents the ordinary, day-to-day opportunity for he and his partner to cooperatively address it and thereby deepen emotional and sexual intimacy. *Sexual health and satisfaction are directly influenced by the quality of relationship conflict resolution.*
9. He, with his partner, embraces the standard of "Good Enough" Couple Sex characterized by realistic sexual expectations, acceptance of routine, pleasure over performance, grounded on relaxation, mutual pleasure, and mature playfulness.
10. He integrates his sexuality into his, and his partner's, daily life. The healthy sexual man integrates the daily events of life and blends this with his partner's, to create their realistic, distinctively personalized, and enriched sexual style. Mature sex "fits" real life, with philosophical / spiritual meaning.

Appreciation of Biopsychosocial Human Sexual Drives

Michael E. Metz, Ph.D.

A deeper appreciation of the primordial human sex drives, and appreciating there are gender differences, can be powerful invitation to understand one's feelings as well as to reach out to better understand the other. Such appreciation serves as the foundation for couple's relationship and sexual cooperation and inoculates against sexual conflict and dysfunction as a couple. Helen Fisher, in *Why We Love* (2004) describes the three kinds of love.

LUST is sex drive, passion, "biological imperative", "urge to merge" or craving for sexual gratification to motivate individuals to seek sex. Its function: reproduction, procreation. Physiologically, lust is associated primarily with androgens (testosterone) and estrogens and related brain pathways in both sexes.

ROMANTIC LOVE is characterized by ecstasy, heightened energy, focused attention on a preferred mating partner, attraction, "limerence," infatuation, exhilaration, obsessive thinking and emotional craving for him or her. Its function: to motivate or enable individuals to select among potential partners, prefer specific features, and focus their courtship attention on genetically appropriate individuals. Physiologically, romance is associated with elevated levels of central dopamine (DA) and norepinephrine (NE) and decreased levels of central serotonin (5-HT).

ATTACHMENT involves feelings of calm and emotional union with a long-term, committed partner, yielding or surrender, security, and social comfort. Its function: to motivate individuals to sustain affiliative connections to fulfill parental duties; care-giving, and emotional bonding for infant survival. Physiologically it is associated with the neuropeptides oxytocin and vasopressin and their neural circuits. Oxytocin, produced in the pituitary and hypothalamus, is associated with stress reduction, calming and soothing (e.g., orgasm), memory, learning.

Such basic biopsychosocial sex information can help couples appreciate differences and promote working as an "intimate team." For example, research suggests that male sex drive is stimulated to a greater degree by visual stimuli (which drive up dopamine for men) and are more aroused by novel things (e.g., a smile) than the female sex drive (Ellis & Symons, 1990) (Hamann, Herman, Nolan, & Wallen (2004), while women are more sexually aroused by romantic words, images, and themes in stories and films (Ellis & Symons, 1990).

Male sex drive is more constant while the female sex drive is more periodic but more intense (Basson, 2002), and male sex drive is focused more directly on copulation while the female sex drive is embedded in a wider range of stimuli (Fisher, 1999). Both sexes express romantic love with approximately the same intensity. Both men and women are attracted to partners who are dependable, mature, kind, healthy, smart, educated, sociable, and interested in home and family (Buss, 1994). There are differences in what men and women find attractive in a mate. In the most basic dimensions, men tend to be more attracted to a partner's physical appearance – particularly signs of beauty and health. Women are more inclined to be attracted to men with success, education, and/or position (Buss, 1994)

Dimensions of the “Good-Enough Sex” Model For Couple Satisfaction

Michael E. Metz, Ph.D. & Barry W. McCarthy, Ph.D. (2003, 2004, 2007, 2008)

1. **Sex is valued as intrinsically good**, an invaluable part of an individual’s and couple’s self-esteem, pleasure, intimacy, comfort, and confidence.
2. **Sexuality is inherently relational**. Relationship and sexual satisfaction are the ultimate developmental focus and are essentially intertwined. The couple blends the 12 facets of intimacy; views the partner as “Sexual Friend”; their relationship as “Intimate Team.”
3. The partners ground their **sexual expectations** on realistic, age-appropriate expectations. Accurate and reasonable knowledge about sexual physiology, psychology, and relationship health are crucial for sexual satisfaction
4. **Good physical and psychological health**, ensured with healthy behavioral habits, are vital for sexual health. Individuals value their and their partner’s sexual body.
5. **Relaxation** is the foundation for sexual pleasure and physiological sex function.
6. **Sensual touch & emotional pleasure** are valued as well as sexual performance.
7. Valuing **variable, flexible** sexual experiences and abandoning the “need” for perfect performance inoculates the couple against sexual dysfunction by overcoming performance pressure, anxiety, and fears of failure and rejection.
8. The five **purposes for sex** are integrated into the couple’s sexual relationship -- blending pleasure, tension release, self-esteem, intimacy, and/or procreation.
9. Partners integrate and flexibly use the three basic **sexual arousal styles** to cope with “sexual over-familiarity” by balancing and blending multiple styles of sexual arousal --> sensual “self-entrancement”, “partner interaction”, and “role enactment”.
10. **Gender differences** are respectfully valued and similarities mutually accepted. Each is attentive to integrating their psychological and physical sexual feelings. The man learns to self-regulate his sexual drive and arousal while the woman self-regulates her emotional drive and sexual arousal. They consciously accept and respect the body’s “biological sexual nature,” he learns to personalize his biologically natural tendency toward “sexual objectification,” and each differentiates and integrates emotional and sexual feelings (issues of “emotional sexualization” and “sexual emotionalization”) to enhance relationship intimacy.
11. Sex is integrated into **real life** and real life is integrated into sex. Sexuality is developing, growing and evolving throughout life. The healthy couple integrates the events of daily life to create their realistic, distinctively personalized, and enriched sexual style. Sexual health and satisfaction are directly influenced by the quality of relationship conflict resolution. Conflict presents the ordinary, day-to-day opportunity to cooperatively address it and thereby deepen emotional and sexual intimacy. They each become leaders in cooperation for intimacy – in and out of the bedroom.
12. Sexuality is **personalized --> occasionally playful, special, spiritual**. Mature playfulness is characterized by acceptance, emotional trust, and pleasure.

Variable Sexual Experience Distinguishes Satisfied Couples in “Good-Enough Sex.”

(From: McCarthy, B.W. & Metz, M.E., (2007). *Men’s Sexual Health*. NY: Routledge.)

Valuing variable flexible sexual experiences (the 85% approach) and abandoning the need for perfect performance inoculates the man and couple against sexual dysfunction by overcoming performance pressure, fears of failure, and rejection.

The reality for emotionally and sexually healthy couples is that the quality of sex varies. The male myth portrayed in the romantic love/passionate sex media (including R and X-rated videos) is that each sexual experience involves perfect performance. What nonsense. In truth, both scientific findings and clinical experience show that emotionally satisfied, sexually functional couples have a variable, flexible sexual response (Table 6.2). This means that about 35–45% of encounters are very satisfying for both partners, another 20–25% are better for one (usually the man) than the other, and 15–20% are okay but not remarkable. The most important information is that 5–15% of sexual encounters are unsatisfying or dysfunctional.

The Good-Enough Sex model accepts that among satisfied couples, up to 15% of the time their sexual encounters will not flow to intercourse. Rather than thinking of these as failures, accept them as part of normal variability. Instead of apologizing, you can transition to a backup scenario—either a warm, sensual scenario or an erotic, non-intercourse scenario leading to orgasm for you, her, or both. The Good-Enough Sex approach encourages relationship satisfaction with an acceptance of variability in the quality of sex grounded on positive, realistic expectations. This serves the man and couple well and inoculates them against sexual problems with aging. Accepting Good-Enough Sex is often easier for the woman than for the man, but it promotes sexual satisfaction for both.

Table 6.2

The Quality of Good-Enough Sex in Well-Functioning, Satisfied Married Couples

35–45%	Very Satisfying
20–25%	Good (at least 1 partner)
15–20%	Okay (not remarkable)
5–15%	Unsatisfying (dysfunctional)

Note. Adapted from “Frequency of Sexual Dysfunction in Normal Couples,” by E. Frank, C. Anderson, and D. N. Rubinstein, 1978, *New England Journal of Medicine*, 299; and *The Social Organization of Sexuality: Sexual Practices in the United States*, by E. O. Laumann et al., 1994, Chicago: The University of Chicago Press.; Table 10.10, p. 374

Improving the Quality of Sex

The Purposes of Sex and The Styles of Arousal

© Michael E. Metz, Ph.D. (2002)

While prevalence studies consistently report frequent sex dysfunction among U.S. couples (40-50% of couples at any given time), an even greater percent (78%-95%) complain of common sexual difficulties (Frank, Anderson, & Kupfer, 1976; Laumann et al., 1994; Metz & Seifert, 1991). For example, sex partners sometimes complain of disagreements over sexual frequency, styles, and preferred behaviors (self pleasuring, oral sex, etc.), amount or quality of partner interaction, experiences of sexual boredom, hypersensitivity to the sexual partner, anxiety about intermittent sex performance problems, interpersonal conflicts over fertility prescriptions, whether or not to share fantasies, watch erotic videos together, or discomfort with sex.

Clinical experience has taught us that some of these sexual difficulties can arise from (A) differing goals or purposes for being sexual together; and (B) misunderstandings about the different styles of sexual arousal and the behavioral patterns that are typical for each.

(A) There are FIVE GENERAL FUNCTIONS OR PURPOSES FOR SEX:

- (1) Reproduction or procreation
- (2) Tension release or anxiety reduction
- (3) Sensual enjoyment or physical pleasure
- (4) Individual Self-Esteem and confidence
- (5) Relationship closeness or satisfaction

Reproduction or procreation is the "natural" or biological function of sex. *Tension release* or reduction of stress and anxiety is a common psychophysiological purpose of sex. Physical *pleasure* is thought to be the basic function of sex in long term, satisfying sexual relationships -- what keeps partners interactive. Individuals may also seek enhancement of their *self-esteem* through sex, and pursue feelings of self-worth, confidence, or pride in being and functioning as a sexual person. A fifth function is the use of sex for a variety of *relationship qualities*, such as love, affection, healing and joy. In healthy relationships, these are positive purposes. In dysfunctional relationships, the purposes are more negative, such as manipulation, destructive control, or hurt.

It appears that individuals typically pursue each of these five purposes for sex at one time or another in their lives. Often multiple purposes are pursued simultaneously. In fact, when the focus becomes too singular -- for example to reproduce or conceive at all cost as sometimes happens for infertile couples -- sex can become distressing, and even dysfunctional.

It also appears that the priority or ratio of one purpose to another can fluctuate significantly from time to time -- even day to day. For example, one partner may engage in sex with 40% of the purpose to feel the physical pleasure, 40% for relationship "love", 10% for self-esteem, and 10 % for procreation. The other partner may seek sex for 50% procreation, 20% self-esteem, 10% love, 10% tension release, and 10% for pleasure. The potential for conflicted sexual interaction then exists as the partners may feel this difference in "agenda". Realizing and accepting that we have sex for multiple and fluctuating purposes, clarifying the sexual agenda, and developing more partner congruence is helpful.

(B) There are THREE GENERAL STYLES OF SEXUAL AROUSAL -- that is, individuals get "turned on" in a combination of different ways or patterns (source: see Mosher, 1980).

(1) Sensual Self-Enhancement Arousal:

- becoming aroused by focusing upon one's own body, the wonderful physical sensations, the sensual pleasure;

(2) Partner Interaction Arousal:

- becoming aroused by focusing upon the partner, his/her body, his/her responses, and the "romantic" interaction with the partner;

(3) Role Enactment Arousal:

- becoming aroused by role playing with one's sexual partner, one's private imagination or fantasy, or acting out one's feelings or fantasies.

These styles behaviorally look different. The individual pursuing arousal primarily by "*self-entrancement*," for example, typically closes one's eyes, goes within, becomes quiet, and looks detached and passive. Routine, sameness, and stylized touch help this person to become aroused. On the other hand, the person who pursues arousal by "*Partner Interaction*" is very active, eyes open, looking at the partner, talkative (sex-talk or romantic, "sweet" talk), and energetic. This is the sexual style portrayed on television and in movies -- passionate and impulsive sex. The partner interaction person gets pleasure and excited by focusing attention outside one's body -- such as seeing the partner respond -- and getting carried away in sexual tension. The person aroused by "*Role Enactment*" finds fantasy, variety, and experimentation arousing, such as dressing in sexy lingerie, role playing being "tough" or "hard to get", acting out a scene from a movie or fantasy, having sex in new places (e.g., vacation), using "toys" such as massage oil, vibrator, dildo, etc. By imagination and trying new things, this person finds excitement and arousal through sexual playfulness, feeling a trust, freedom, and uniqueness with the lover.

Each style is common and one is not better than another. It is thought that men regularly employ "partner interaction" and women often use sensual "self-entrancement." While individuals appear to have a preference for one style, every person has the capacity for arousal by each style and may use them interchangeably. For example, an individual may begin love-making with role enactment, change to partner interaction, and then switch to entrancement. An individual's use of the three styles seems to vary over time. It is likely that there are developmental stages which individuals and couples go through. For example, early in a couple's sexual life, partner interaction seems common, giving way to individual entrancement and a more "sedate" sexuality for a while, then enlivened with role enactment, or a resurgence of partner interaction. Many individuals report that the fluctuations are probably not so stable, however, and that they may pursue a different type of arousal even from one sexual meeting to the next -- Tuesday, entrancement, "because I was very tired"; and Saturday, partner interaction because I was really appreciating my partner."

Sexual partners who may not realize that there are different kinds of arousal may misinterpret their partner's behavior in a hurtful, personalized way. For example, the primarily entrancement focused individual having sex with a partner interaction person would likely find the partner interaction individual's love-making efforts distracting (the looking, talking, heavy breathing, interacting, being expressive and passionate), and wonder why the lover is "interrupting" or seeming to work against their arousal. The partner interaction person, on the other hand, might interpret the entrancement partner as "disinterested", "rejecting", or bored. The potential for misunderstanding and hurt is evident.

Learning that people have different purposes and ways of getting aroused helps couples appreciate their differences and accept them. It also helps couples to cooperate so that both partners may feel respect and caring from the other as they mutually pursue satisfying sex for each other, and the preferred ways of getting aroused. Sharing and discussing one's sexual feelings, cooperating, and collaborating in pleasure, are perhaps the most crucial sexual skills.

“Good-Enough Couple Sex” is Great Sex.

Michael E. Metz, Ph.D. & Barry W. McCarthy, Ph.D.

Many - when they first hear us propose putting into practice Good-Enough Couple Sex - think we're encouraging acceptance of mediocre or second-rate, bland, take-what-you-can-get, boring sex. To the contrary, the Good-Enough Couple Sex model summarizes the developmental principles for satisfying sex without hype. It serves as a blueprint for a genuine, pleasurable, realistic, playful, intimate, erotic, flexible, satisfying sexual life.

How is “Good-Enough Sex” great sex ?

1. You feel more self-assured and proud of yourself as a sexual person because the Good-Enough Sex model is based on positive, realistic expectations.
2. You gain a sense of self and other acceptance because you view sex in realistic terms, seeing sex as a part of unfeigned life and an honest intimate relationship.
3. You accept yourself and your partner as authentic persons, not mythic figures.
4. You understand and view your sex life as a normal part of life, not hype with its pressure to be someone you are not or pressure to sexually perform in ways that don't fit your actual body and your genuine self.
5. You can accept variable sex with its passionate and “wild” times, special and intimacy times, as well as accept the mediocre times without disappointment and panic because together you find flexible ways of making love that fit your life's situation.
6. You feel more confidence about your sexual function and flexible because you understand there are multiple reasons for having sex, and multiple ways of becoming aroused. You can be flexible because you are an intimate team and have options and choices for pleasing yourself and each other.
7. You feel anxiety-free because your solid focus as a couple is mutual pleasure, not the Hollywood movie pressure of perfect performance.
8. You feel comfortable with your partner because you endeavor to cooperate as an “intimate team.” Together you are open to a variety of meanings in your sexual life – fun, pleasure, comfort, tension reduction, playfulness, consolation, spirituality.

What makes Good-Enough Couple Sex great is that it is not “great” in the perfectionistic performance sense but in the sense of emotional acceptance and relationship playfulness, cooperation, intimacy, pleasure and eroticism. It is a case where reality really is better than fantasy.

Sexual Health Resources

(from: McCarthy, B.W. & Metz, M.E., (2007), *Men's Sexual Health: Fitness for Sex Satisfaction*, NY: Routledge.)

Suggested Reading on Male Sexuality

- Joannides, P. (2006). *The guide to getting it on*. West Hollywood, CA: Goofy Foot Press.
- McCarthy, B. W., & McCarthy, E. (1998). *Male sexual awareness*. New York: Carroll & Graf.
- Metz, M. E., & McCarthy, B. W. (2003). *Coping with premature ejaculation: Overcome PE, please your partner, and have great sex*. Oakland, CA: New Harbinger.
- Metz, M. E., & McCarthy, B. W. (2004). *Coping with erectile dysfunction: How to regain confidence and enjoy great sex*. Oakland, CA: New Harbinger Publications.
- Milsten, R., & Slowinski, J. (1999). *The sexual male: Problems and solutions*. New York: W.W. Norton.
- Zilbergeld, B. (1999). *The new male sexuality*. New York: Bantam Books.

Suggested Reading on Female Sexuality

- Foley, S., Kope, S., & Sugrue, D. (2002). *Sex matters for women: A complete guide to taking care of your sexual self*. New York: Guilford.
- Heiman, J., & LoPiccolo, J. (1988). *Becoming orgasmic: Women's guide to sexual fulfillment*. New York: Prentice-Hall.

Suggested Reading on Couple Sexuality

- Holstein, L. (2002). *How to have magnificent sex: The seven dimensions of a vital sexual connection*. New York: Harmony Books.
- McCarthy, B. & McCarthy, E., (2009). *Couples sexual styles*. NY: Routledge.
- McCarthy, B., & McCarthy, E. (1998). *Couple sexual awareness*. New York: Carroll & Graf.
- McCarthy, B., & McCarthy, E. (2002). *Sexual awareness*. New York: Carroll & Graf.
- Schnarch, D. (1997). *Passionate marriage: Sex, love and intimacy in emotionally committed relationships*. New York: Norton.

Other Notable Sexuality Readings

- Fisher, H. (2004). *Why we love*. New York: Henry Holt.
- Glass, S. (2003). *Not "just friends."* New York: Free Press.
- Maltz, W. (2001). *The sexual healing journey*. New York: HarperCollins.
- McCarthy, B., & McCarthy, E. (2003). *Rekindling desire*. New York: Brunner/Routledge.
- Michael, R., Gagnon, J., Laumann, E., & Kolata, G. (1994). *Sex in America: A definitive survey*. New York: Little, Brown.

Suggested Reading on Relationship Satisfaction

- Chapman, G. (1995). *The five love languages: How to express heartfelt commitment to your mate*. Chicago: Northfield Publishing.
- Doherty, W. (2001). *Take back your marriage*. New York: Guilford.
- Gottman, J. (1999). *The seven principles for making marriage work*. New York: Crown Publishing.
- Love, P. (2002). *The truth about love*. New York: Simon & Schuster.
- Markman, H., Stanley, S., & Blumberg, S. L. (2001). *Fighting for your marriage: Positive steps for preventing divorce and preserving a lasting love*. San Francisco: Jossey-Bass.
- McCarthy, B., & McCarthy, E. (2004). *Getting it right the first time: Creating a healthy marriage*. New York: Brunner/Routledge.
- McCarthy, B. W., & McCarthy, E. (2006). *Getting it right this time*. New York: Routledge.

Perel, E. (2006). *Mating in captivity: Reconciling the erotic and the domestic*. New York: HarperCollins.

Suggested Reading and Resources for Mental Health

Bourke, E. (2001). *The anxiety and phobia workbook* (3rd ed.). Oakland, CA: New Harbinger Publications.
Burns, D. (1989). *The feeling good handbook*. New York: Penguin.
Staff of Parragon Publishing. (2002). *New guide to relaxation*. Bath, UK: Paragon Publishing.

Internet Sites: Mental Health

Obsessive Compulsive Foundation: <http://www.ocfoundation.org/>
National Institutes of Mental Health (NIMH) home page: <http://www.nimh.nih.gov/>
NIMH, Anxiety: <http://www.nimh.nih.gov/anxiety/anxietymenu.cfm>
NIMH, Depression: <http://www.nimh.nih.gov/publicat/depressionmenu.cfm>

Internet Sites: Health

National Institutes of Health (NIH): <http://www.nih.gov>
National Institute on Alcohol Abuse and Alcoholism: <http://www.niaaa.nih.gov>
WebMD—for many illnesses, including diabetes, cancer, heart disease: <http://www.webmd.com>
Sex Addicts Anonymous: <http://www.sexaa.org>

Videotapes: Sexual Enrichment

Holstein, L. (2001). *Magnificent lovemaking*.
Sex: A lifelong pleasure series (1991). (Available from the Sinclair Institute, P.O. Box 8865, Chapel Hill, NC 27515)
Sommers, F. *The great sex video series*. (Available from Pathway Productions, Inc., 360 Bloor Street West, Suite 407A, Toronto, Canada M5S 1X1)
Stubbs, K. R. (1994). *Erotic massage*. (Available from the Secret Garden, P.O. Box 67, Larkspur, CA 94977)
The couples guide to great sex over 40, vols. 1 and 2 (1995). Available from the Sinclair Institute, P.O. Box 8865, Chapel Hill, NC 27515)

Professional Associations

American Association for Marriage and Family Therapy (AAMFT): www.therapistlocator.net
American Association of Sex Educators, Counselors, and Therapists (AASECT): P.O. Box 54388, Richmond, VA 23220-0488, www.aasect.org
Association for Behavioral & Cognitive Therapies (ABCT): 305 Seventh Avenue, New York, NY 10001-6008. Phone (212) 647-1890, www.abct.org
Sex Information and Education Council of the United States (SIECUS): 130 West 42nd Street, Suite 350, New York, NY 10036. Phone (212) 819-7990, fax (212) 819-9776, www.seicus.org
Society for Scientific Study of Sexuality (SSSS): P.O. Box 416, Allentown, PA 18105-0416. Phone (610) 530-2483. www.sexscience.org
Society for Sex Therapy and Research (SSTAR): www.sstarnet.org

Sex “Toys,” Books, and Videos

Good Vibrations Mail Order: 938 Howard Street, Suite 101, San Francisco, CA 94110. Phone (800) 289-8423, fax (415) 974-8990, www.goodvibes.com