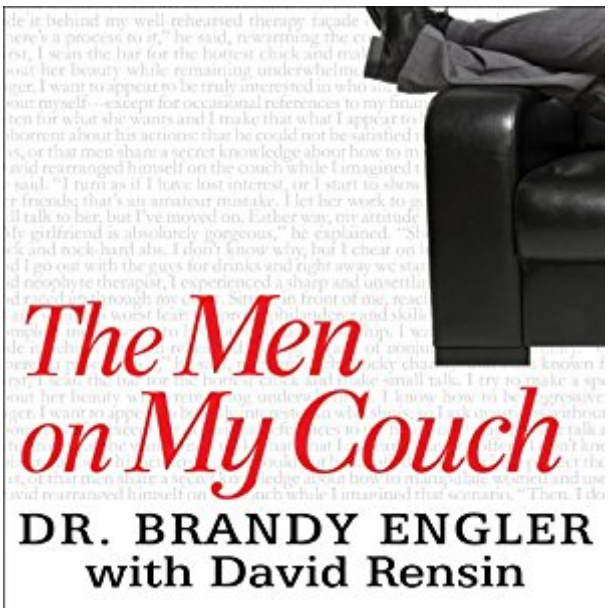
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The Men On My Couch: True Stories Of Sex, Love, And Psychotherapy



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Synopsis

When Dr. Brandy Engler opened her sex therapy practice for women in Manhattan, she got a big surprise. Most of the calls were from men. They wanted to talk about womanizing, porn addiction, impotence, prostitutes - and most of all, love. Her patients were everyday guys from all walks of life. Among them were David, the Wall Street hotshot and compulsive womanizer; Charles, an introvert who kept pushing away the fiancÃƒÆ'Ã Â©e he thought was too beautiful for him; Paul, the self-made man who visited massage parlors despite his sexy wife; and the men's group whose stark revelations about male anger and their search for the right woman will open your eyes. In The Men on My Couch, Dr. Engler allows listeners inside those private sessions to witness her exciting and evocative encounters with what men desire and fear. Dr. Engler tells her own story, too. At first her patients' revelations are painful and disconcerting, especially against the backdrop of her own difficult love affair. Yet Dr. Engler lets listeners experience how she evolves both professionally and personally, from chagrin to compassion, and reconciles her idealized notions of love and sex with the unexpected and raw truths she hears in the office. The Men on My Couch is unlike other relationship books. There are no tired facile conclusions or pejorative generalizations. Here are fresh insights into modern sexual maladies, gleaned from real people having real struggles and experiencing real epiphanies - in the real world. This book will change how both women and men think about love, sex, and desire.

Book Information

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Customer Reviews

This book is not what you would expect - the title is provocative, the byline as well. But there are so many levels to this book! I am on my second read-through and maybe it’s where I am mentally and emotionally, but I am gaining different insights from my first go with it - about myself, about relationships, about people. Personally, I have a difficult time remaining engaged in solely academic texts. Dr. Engler seamlessly blends her (anonymous) patients’ stories, her own relationship journey and her professional insights into a book that is on a completely different plane - it’s not self-help exactly, it’s not a textbook, and not a novel. I am learning to understand my own inclinations in an effortless way. The Men on My Couch has me laughing, reflecting, experiencing more than one "aha!" moment and wanting to go to therapy. Dr. Engler’s writing style is approachable but not at all "dumbed down". I couldn’t recommend this book enough. I only wish I had gotten a paperback rather than kindle version so I could loan it out!

Thoroughly enjoyed it. Extremely well written (David Rensin is simply the best). Loved how her personal life was woven throughout all the therapy sequences. Learned a thing or two. Kept my interest throughout.

A book written by a therapist regarding her life as a sex therapist. It covers why certain personalities develop and what it turns into during life. Definitely a book be read and definitely something I would read again.

I’ll be honest, I’ve only read about one fourth of the book thus far, but this is one book I will be finishing. I’m a psychotherapist and want to expand my marriage and family background to sexual psychological issues. So far, this book is extremely entertaining, well written, and highly informative. It is written with psychological lingo (good for practitioners), but the author always explains those words in laymen terms (good for the general public). Real life vignettes and people are used which adds to the practical applicability for therapists, and the honest insight from the author adds to the reality and normality of what all practitioners have thought or eventually will be thinking during sessions with clients. With piles and piles of books that I "will someday read and finish," this will be the next finished book on my list! Well worth it!!

I really enjoyed Engler’s account of the men on her couch. I found the characters easy to relate to and found that I could compare their situations to a few men in my own life. The book also gives us a fresh look on how men think and how our assumptions about the male brain aren’t always as

black and white as we may think. The only reason I'm not giving five stars is because there are times in which Engler talks too much about herself when I was more interested in her patients. I got this book under the impression that the focus would be solely on the men and their issues; however, a good portion is on her own life and romances.

I'm a huge David Rensin fan, and this book was no disappointment. He knows how to pick 'em.Brandy Engler comes across as smart and sympathetic in these tales from her sex therapy practice. But what really makes the book work is the fact that Engler reveals her own romantic and sexual journey, which is interesting on its own but also keeps the "therapist's couch" stories from feeling exploitative. The result is a candid exploration of human desire and love, which thankfully doesn't try to pit women and men as adversaries in a battle of the sexes.Some of these stories are eye-poppers that will have thinking about your own relationship history. Not always a good thing, but worth the exploration!Highly recommended.

This is such and amazing book and I would like to express my deepest gratitude to Dr. Brandy Engler for writing in such a bold, beautiful and innovated way. I was indeed moved by the accounts you shared both clinically and personally. The perspective and insight you share with the readers is both encouraging and courageous. I have read many books over the years and It is rare that a clinician shares on the varies levels such as you have within this book. I have had the privileged to work with you and seen the transformation happen within you clients lives both men and women. It is indeed a honor to call you a colleague and may you continue to share your talents with the world..

Very insightful read. Told from the first person perspective about a female sex psychologist treating male patients, and how her developing insight into the male psychology behind love and sex helped her through a difficult relationship.

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