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Review by Christian Perring, Ph. Aug 22nd Volume 7, Issue 34 Hypnography for Men is a curious audiobook with a guided meditation with erotic content. It starts out as a relaxation exercise with familiar elements: Then the fantasy changes to a description of taking an "orgasm pill" that makes the listener highly aroused and erotic. The listener imagines a beautiful exotic woman-spirit and feels strong sexual desire for her. The listener is delighted with his appearance and his bodily response, which is presumably meant to enhance self-esteem and confidence. The exotic woman, wearing an arousing exotic perfume, floats on top of the listener. The listener then brings the spirit to a climax through oral sex, who then returns the favor. The listener becomes so pleased with the appearance of his penis, "like a branch on a tree. This provides a tremendously satisfying orgasm, and she is so happy to satisfy him. He is proud of his wonderful performance. It is fair to say that most of us experience lots of stress these days, and this is likely to interfere in our erotic lives at least as much as it does in the rest of our personal lives. So there may be a substantial need for people to learn to become sexually relaxed, and certainly for many men, stress may make them less confident about their sexual performance. The method of hypnography is obviously intended to be related to hypnotism, with the hope that the listener goes into some kind of trance-state and absorbs the lessons of the meditation, becoming more relaxed and confident after each listening. The title of the book is of course not quite right, since it is aimed at heterosexual men and would not be appropriate for gay men. The question is whether this method is actually successful for straight men. I can only evaluate this as a potential consumer rather than as a therapist. There is no information accompanying this audiobook about whether it has been studied scientifically and found to be helpful. Of course, there is a large self-help industry based around hypnotism and guided-imagery, generally associated with more new-age and even flaky elements in psychology. Some people are likely to be more receptive to such self-help techniques than others. So the idea of an audiobook that helps men become more comfortable with their sexual selves sounds like a great idea. However, I have considerable reservations about this audiobook. Personally, I have enjoyed and even benefited from some relaxation tapes, while I have found others absurd and laughable. So hypnography would not be likely to be helpful to me whatever the content of the guided imagery. The particular content of this audiobook strikes me as pretty silly. Of course, these are ideas that are potent for many people and the aim of a self-help exercise is not to deconstruct our sexual discourse. So I would not recommend Hypnography for Men. He is also editor of Metapsychology Online Review. His main research is on philosophical issues in medicine, psychiatry and psychology. Share Welcome to Metapsychology. We feature over in-depth reviews of a wide range of books and DVDs written by our reviewers from many backgrounds and perspectives. We update our front page weekly and add more than twenty new reviews each month. Our editor is Christian Perring, PhD. To contact him, use one of the forms available here. Metapsychology Online reviewers normally receive gratis review copies of the items they review. Metapsychology Online receives a commission from Amazon. Please support us by making your Amazon. We thank you for your support! Join our e-mail list!: Metapsychology New Review Announcements: Sent out monthly, these announcements list our recent reviews. To subscribe, click here. Interested in becoming a book reviewer for Metapsychology? Currently, we especially need thoughtful reviewers for books in fiction, self-help and popular psychology. To apply, write to our editor.

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