

For both men and women sex is one of the most potent dynamics at work in life, yet for men, managing sexuality well is an even more profound challenge than it is for women.

If you're struggling to manage your sexuality well, this series will show you how life can be better. If you're not struggling I'll show you what it takes to keep it that way.

01. A Vision for Manhood – the four faces of manhood.
02. The Arena of Healing – what it takes for life to change.
03. The Sexual Man – the biology of manhood.
04. The Origin, Power and Purpose of Sex – vital insights.
05. The Cycle of Addiction – how it happens and why.
06. The Understanding Man – caring for the woman in your life.
07. Retraining your Brain – learning to manage brain tracks.
08. Taking a Stand – putting some pegs in the ground.
09. Guarding Your Heart – 8 attitudes for Valiant Manhood
10. Realistic Expectations – how to handle the future.