



# **The Hardness Factor (TM): How to Achieve Your Best Health and Sexual Fitness at Any Age**

*Steven Lamm, Gerald Secor Couzens*

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Hard is good, harder is better -- for your health, your libido, your life. Such is the provocative premise behind Dr. Steven Lamm's *The Hardness Factor*, a groundbreaking book that will change the way men live and love. *The Hardness Factor* measures male health through the quality of an erection -- perhaps the greatest male motivator for better living (more so than fear of cancer, heart attack, or stroke). *The Hardness Factor* asks, Can men be hard and in shape for sex their entire lives? The answer is, absolutely. Here for the first time are scientific, evidence-based regimens -- emphasizing nutrition, supplements, and exercise -- to increase erectile quality. By following the programs in *The Hardness Factor*, you will

- improve overall health;
- produce stronger, harder, and longer-lasting erections;
- increase strength, fitness, flexibility, and vitality;
- restore self-confidence; and
- achieve maximum sexual gratification with your partner.

A renowned New York clinician, bestselling author, and a favorite expert on the television show *The View*, Dr. Lamm offers straight talk for men of all ages in "The Four-Day Insurance Policy," which can provide a quick fix for that upcoming Saturday night (or any other dating emergency), and the more detailed "Six-Week Hardness Factor Program," which will improve a man's sex drive, stamina, hardness, and, most of all, health. This comprehensive guide also includes numerous recipes created by acclaimed chef Waldy Malouf, aimed at promoting nutritional health and jump-starting the libido.

After following *The Hardness Factor*, you will not only achieve optimal health and sexual fitness but also understand why the penis is the best barometer of a man's health.



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**Russell Fielder:**

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bored, any it makes you feel happy, fun and chill out. Try to choose the best book for yourself and try to like reading this.

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