



# **This Ole Horse Aint Dead Yet: How Men Can Enjoy Great Sex After 50**

*Mr. Sidney E. Phillips Sr.*

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# This Ole Horse Aint Dead Yet: How Men Can Enjoy Great Sex After 50

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**This Ole Horse Aint Dead Yet: How Men Can Enjoy Great Sex After 50** Mr. Sidney E. Phillips Sr.

This book is a tool for the millions of men who suffer from Erectile Dysfunction (ED), especially older men, where time has eroded their ability to get an erection. The knowledge and practices presented in this book was gained by Sid Phillips, the author, after he set out on a quest to reverse his ED. Through trial and error, I designed a program that will work for any man who has the ability to do the exercises and techniques described in this book. The design of the program is so that each individual can modify it to fit their abilities. I have included exercises for increasing core strength with how-to photos, light weight training with how-to photos, endurance training, diet and vitamin suggestions, treatment options, meditation techniques and a section what is ED. I also tried to keep it light with a sprinkling of humor. This program worked for me, and I feel like I have reversed my aging to a degree. I haven't felt this good since I was in my forties. My mate and I are happy with our sex life now, and I wanted to share this amazing program with all men who suffer from this embarrassing and hard to talk about condition. Go ahead and take the leap and buy this book, as it will change your life. If you are not satisfied with it, I will refund your money In the first 90 days from purchase date. You have nothing to lose.

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