



Out in the Open, Revised Edition: The Complete Male Pelvis

R. Louis Schultz Ph.D.

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Out in the Open, Revised Edition: The Complete Male Pelvis offers a frank exploration of the male pelvic region from a cultural and scientific perspective. Focusing on pelvic structure and development, the book explains how male sexuality develops throughout a man's life—from birth onwards. An experienced Rolfer with an academic background in physiology, the late author R. Louis Schultz, PhD, offers the fruits of his wisdom gleaned over the course of his twenty-five year bodywork career.

A valuable guide for bodyworkers and laypeople alike, the book addresses such topics as:

- Genital structure
- Bodywork techniques to treat pelvic tightness
- Erection, masturbation, and ejaculation
- The link between emotion and male sexuality
- Sexual stereotypes and myths

Enhanced with over 120 detailed photos and illustrations, the book offers valuable advice for bodyworkers working in the pelvic region, a possible area of tension and more serious pelvic conditions. Revised by Schultz's protégé, Advanced Rolfer Marcelo Coutinho, this edition includes a redesigned cover, a new foreword by Coutinho, and an added appendix of 20 exercises and self-treatments for common pelvic dysfunctions.

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