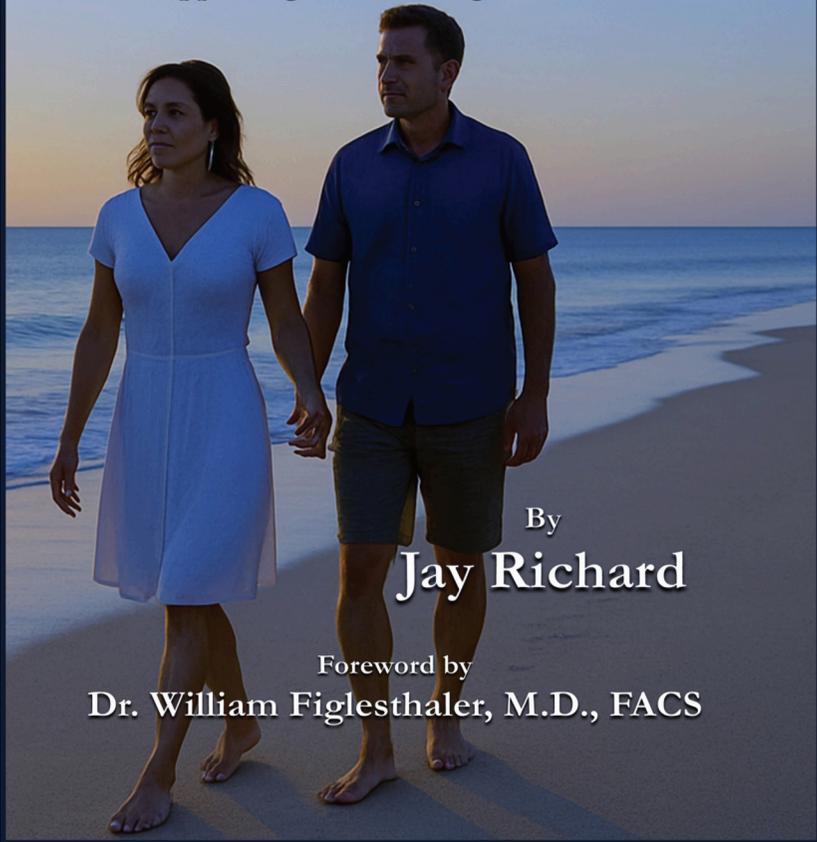


CLINIC SAMPLE

When Hope Feels Lost:

A Complete Guide to
Supporting Him Through Treatment



By

Jay Richard

Foreword by

Dr. William Figlesthler, M.D., FACS

**This Clinic Sample includes the Introduction and
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About This Preview

This preview offers a brief introduction to the themes, tone, and approach used throughout this book. The content is written to be thoughtful, direct, and compassionate, addressing a topic that many couples experience but few feel comfortable discussing openly.

The pages included here were intentionally selected to reflect the style of the full work. While this preview represents only a small portion of the book, it is designed to give you a clear sense of how the subject is approached - with honesty, respect, and an emphasis on understanding rather than quick fixes.

If this approach aligns with your clinic's patient education goals, full copies are available for point-of-care distribution.

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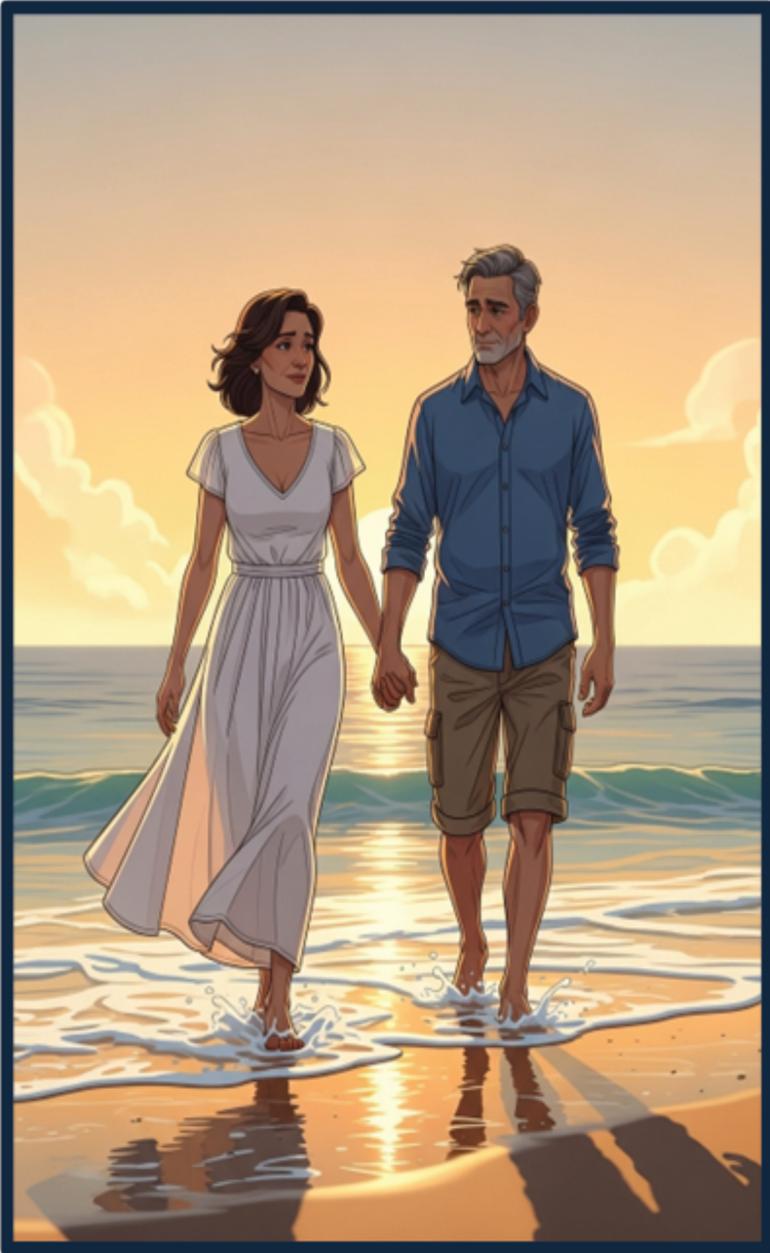
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The following pages include
the opening section
of the book to preserve
its intended flow and presentation.

When Hope Feels Lost: A Complete Guide To Supporting Him Through Treatment

When Hope Feels Lost:
A Complete Guide To Supporting Him
Through Treatment

Jay Richard



When Hope Feels Lost:

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Content Warning: This book contains explicit discussions of sexual health, medical treatments, and clinical interventions related to erectile dysfunction. Content includes frank discussions of sexual function, intimate relationships, and medical procedures that some readers may find sensitive.

Medical Disclaimer: This book is intended solely for informational and educational purposes and should not be construed as medical advice or used as a substitute for professional medical consultation. The author is not a medical doctor and is not providing medical or therapeutic services through this publication. At times it may sound like the author is an expert or physician, but to be clear: he is not. The content represents personal opinions and information gathered from various sources, and all information should be independently verified.

Always consult with qualified healthcare providers, including urologists, primary care physicians, endocrinologists, or other specialists, before making any decisions regarding erectile dysfunction treatment, medication, or lifestyle changes. Individual circumstances vary significantly, and what may be appropriate for one person may not be suitable for another. Sexual health conditions can have complex underlying causes that require proper medical evaluation and diagnosis. If you are experiencing severe symptoms or have concerns about your sexual health, please consult with a healthcare professional promptly.

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Foreword

When I wrote the foreword for Jay's first book about his journey with erectile dysfunction, I knew we were addressing a critical need: *helping men understand they are not alone in this struggle*. However, as I reflected on the countless patients I have treated over the years, I realized we were missing a crucial voice in this conversation: *the partners*.

Erectile dysfunction does not affect just the man experiencing it. It ripples through relationships, creating waves of confusion, frustration, rejection, and often silent suffering for partners who feel powerless to help the person they love. In my practice, I have seen relationships strain under the weight of unspoken fears, misplaced blame, and the gradual erosion of intimacy that ED can bring.

Partners often become the hidden casualties of this condition. They may question their attractiveness, wonder if they are somehow at fault, or feel rejected and unloved when physical intimacy becomes complicated or disappears entirely. Many suffer in silence, unsure how to broach the subject or offer support without causing further embarrassment or distress. This book fills a vital gap in the resources available to those navigating ED as a couple. Jay provides an honest, practical guide that acknowledges the complex emotions and challenges partners face. This book offers strategies for communication, understanding, and maintaining connection during what can be one of the most challenging periods in a relationship.

What makes this book particularly valuable is its dual perspective, combining Jay's firsthand experience as someone who has successfully overcome ED with insights from the partner's viewpoint. This comprehensive approach provides couples with tools to not just survive this challenge, but to emerge stronger and more connected.

As healthcare providers, we often focus on the medical aspects of treatment, but healing extends far beyond the physical. Relationships require their own form of medicine: patience, understanding, open communication, and hope. This book provides that medicine.

To the partners reading this: your feelings are valid, your role is crucial, and your relationship can not only survive this challenge but thrive. You are not powerless in this journey, and you are certainly not alone.

May this book serve as your road map to navigating these difficult waters together, and may it remind you that with understanding, patience, and the right resources, love truly can conquer all obstacles.

By William Figlesthler, M.D., FACS

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This book is a work of original authorship.

Author: Jay Richard

Layout, design, and typography by Seibro Inc.

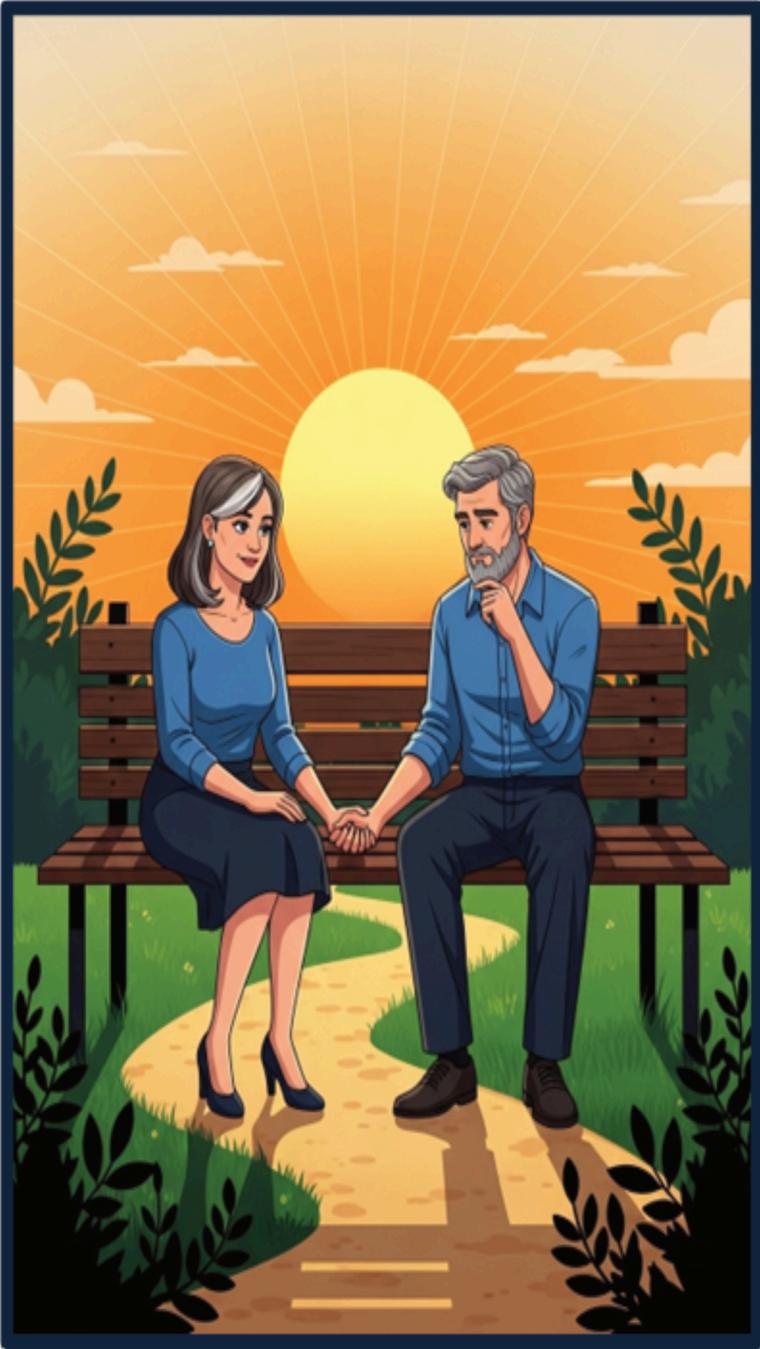
Published by Seibro Inc

Tampa, FL

Printed in the United States of America

First Edition, 2025

JayRichard.com



Author's Note

When I wrote my first book about erectile dysfunction, I shared my journey as someone facing this challenge while single. That experience taught me about the medical and emotional sides of ED, but it also showed me something crucial: the partners in our lives need their own voice in this conversation.

This book speaks from the perspective of someone in a committed relationship because that's what will help you most, the partner seeking guidance and hope. What you'll hear throughout these pages comes from all my experiences with ED, including insights that have shaped my understanding of what truly helps couples get through this together.

Everything in this book has been tested in real life, including my current long-term relationship where we've used many of these approaches successfully. More than that, it reflects what I've learned about the difference between couples who barely survive ED and those who come out stronger.

My goal is simple: to give you the most helpful guidance possible. The heart of partnership: supporting each other, talking honestly, and solving problems together. This stays the same whether you learn it through one relationship or many.

What you'll find here isn't theory. It's real experience from someone who has lived with ED and discovered, sometimes the hard way, what works. You deserve to feel less alone, better informed, and genuinely hopeful about what's ahead.

Jay Richard



Introduction: The Hidden Journey

I'm writing this book for you, the woman standing beside a man struggling with ED. If you're confused, hurt, or somehow think you are responsible for what's happening, I want you to know something important right from the start: this has nothing to do with anything you've done or failed to do.

When ED entered our relationship, I watched my partner try to navigate an experience no one discusses openly. While everyone focused on *my* body, *my* treatments, and *my* recovery, she was left trying to figure out this new reality on her own. She couldn't express her needs without seeming unsupportive. Her experience became invisible, even though she was just as affected by what both of us were going through.

After writing my first book about ED (*When Pills Stop Working*), which included a chapter on partners, I received a number of messages from women saying, “*This is exactly what I'm experiencing, but I need more. I need a guide written specifically for me.*” They all expressed the same frustration: “*Everyone focuses on him, but I'm struggling too, and I don't know how to help either of us.*”

Why This Book Exists

When ED shows up in a relationship, it affects both people equally, just differently. Partners face their own crisis while trying to provide support, often without understanding what's

happening or what kind of help matters. You need your own road map, not just advice on how to support someone else.

This book exists because your experience matters. Your emotions are valid, your needs are important, and your role in recovery is crucial. You deserve guidance that acknowledges what you're going through while giving you practical tools to navigate this without losing yourself.

More than that, you deserve to know that couples don't just survive ED, but they often build stronger relationships because of what they learn while facing this together.

What You'll Discover

This isn't a medical textbook or generic relationship advice. It's a conversation between someone who's been there and someone who needs to know she's not crazy, not selfish, and not alone.

You'll realize that your uncertainty makes perfect sense—millions of women experience the same thing. You'll learn specific ways to discuss this difficult topic and discover what genuine support looks like versus what seems helpful but creates pressure.

Most importantly, you'll see concrete evidence that what you're facing now can become the foundation for deeper intimacy and stronger partnership than you've ever experienced.

You'll learn how to take care of yourself while supporting him, not because self-care is trendy, but because neglecting your own well-being helps no one. You'll discover how to express your needs without creating pressure and how to maintain hope when progress seems slow.

Your Path Forward

The road ahead may seem uncertain right now, but you don't have to walk it alone. Millions of couples have traveled this path successfully, and the strategies in this book come from real experience including both the failures that taught hard lessons and the breakthroughs that changed everything.

Your love story didn't end when ED began. It's evolving into something more resilient and consciously chosen than what you started with. The partnership you're creating through this experience will serve you for a lifetime.

Let's walk this path together.



*“Hope isn’t pretending everything is fine;
it’s believing the story isn’t over yet.”*





Chapter 1: Understanding ED

Let me start by telling you what I wish someone had explained to my partner when both of us were scared and confused about what was happening to my body. Understanding what ED really is, and what it isn't, became the first step in freeing both of us from thinking this was somehow about our relationship or her desirability.

The Most Important Thing You Need to Know

Before anything else, I need to address something that torments nearly every partner facing this situation: the belief that this is somehow about them. It's not.

It has nothing to do with your attractiveness, your sexual skills, or your desirability. His body's struggle doesn't reflect anything about you or what you bring to the relationship.

During my worst months with ED, I was more attracted to my partner than I'd ever been. My desperate desire for her and my body's ability to respond had become completely disconnected systems. Understanding that attraction and erectile function operate independently helped both of us stop taking this personally.

What Is Erectile Dysfunction

When my doctor first explained ED to me, he said it meant my body couldn't get hard or stay hard reliably during sex. That word "*reliably*" struck me most. This wasn't about the occasional off night when stress or exhaustion affected things. This was about my body consistently failing to cooperate, no matter how much I wanted her.

You're Not Alone

About 30 million men in the United States struggle with ED. By 40, almost half of all men deal with this. Learning these numbers helped my partner realize we weren't some rare, broken case. Suddenly, she understood that millions of other women were probably experiencing exactly what she was going through.

How Things Actually Work (It's More Complicated Than You Think)

I used to think erections were simple, like flipping a light switch. But my doctor helped me understand it's more like starting an old car on a cold morning-everything has to work together perfectly. When even one part isn't cooperating, the whole thing falls apart:

- **The brain connection:** Performance anxiety became the noise that drowned out the delicate communication between my brain and body. Even when I desperately wanted her, my worried mind would interfere with the signals my body needed.
- **The physical systems:** Blood vessels need to open up and close off in perfect coordination. Heart disease, diabetes, or high blood pressure can interfere with this process. I learned that the same circulation problems that affect your heart also affect erections.
- **The hormone factor:** Testosterone and other hormones need to be balanced. Thyroid problems or other hormonal imbalances can throw everything off. Even stress hormones can shut down the whole system.

- **The mental component:** Your mental state-stress levels, confidence, anxiety, depression-influences every other system. This was perhaps the most difficult part for my partner to understand initially. How could psychological factors affect something as physical as an erection? But I learned that stress hormones literally restrict blood flow to the exact places you need it most.

When any one of these systems isn't working properly, erections become unreliable or impossible, regardless of attraction, desire, or relationship quality.

What Really Causes ED

Understanding the real causes was crucial for my partner's healing process. When she realized that none of these causes were related to her, she could stop analyzing our relationship for problems that didn't exist.

- **The physical stuff** that can cause ED surprised me: heart problems, diabetes, blood pressure issues, and tons of common medications including the blood thinner I was taking. Even allergy pills can mess things up. Smoking, drinking too much, being significantly overweight, or injuries and surgeries can all contribute.
- **Psychological causes** include depression, anxiety, work stress, financial pressure, family problems, performance anxiety, or past trauma. What shocked me was learning that stress about anything-not just sexual performance-can trigger ED.
- **Lifestyle factors** include lack of exercise, poor diet, inadequate sleep, or chronic stress from any source. I realized my poor sleep and high-stress job were probably contributing more than I'd thought.

Learning that ED could be caused by everything from blood pressure medication to work stress helped her understand that this truly had nothing to do with her or us as a couple.

Myths That Make Everything Worse

These myths were causing her much unnecessary pain:

- **“If he's attracted to me, he should be able to get an erection.”** This myth nearly destroyed her self-esteem. The reality is that my desperate attraction to her and my body's ability to respond were separate systems that had stopped communicating. It's like having a car with a full tank of gas but a broken starter. The fuel is there, but the engine won't turn over.
- **“ED means he's not interested in sex anymore”** She started believing my avoidance meant I had lost interest entirely. The reality was the opposite. I wanted intimacy desperately but was terrified of another failure. My withdrawal was about protecting myself from shame, not about losing desire for her.
- **“If we just communicate better, the ED will go away.”** Good communication is essential for support, but it's not a medical cure. Communication helped us work as a team, but it couldn't fix blood flow problems or medication side effects. Love doesn't cure medical conditions, though it certainly helps you navigate them together.

There Is Real Hope

When I started researching treatment possibilities, I was amazed by how many effective solutions existed. Lifestyle changes can make a significant difference. Pills help about 6-7

out of 10 men. Injection therapy, vacuum devices, and penile implants offer other paths forward-with implants, 9 out of 10 couples report high satisfaction.

The key insight for both of us was this: treatment success isn't just about sexual performance; it's about rebuilding a satisfying intimate relationship together. With today's options, there's genuine reason for hope.

When she first learned about these treatment possibilities, she had concrete hope for the first time since my problems started. Instead of feeling helpless, both of us felt empowered. We weren't victims of this condition-we were partners working together toward a solution.

Most importantly, I learned that ED doesn't have to define our relationship or my identity as a man. It's a medical challenge that affects millions of couples, and like other medical challenges, it can be addressed with the right approach, patience, and support.



*“ED may silence the body, but it doesn’t silence
the soul of a relationship unless you let it.”*



A Final Word

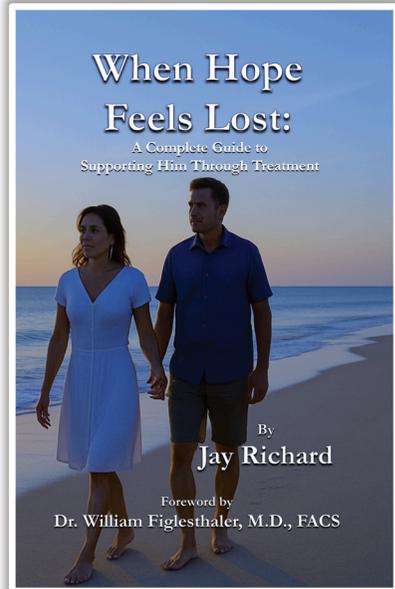
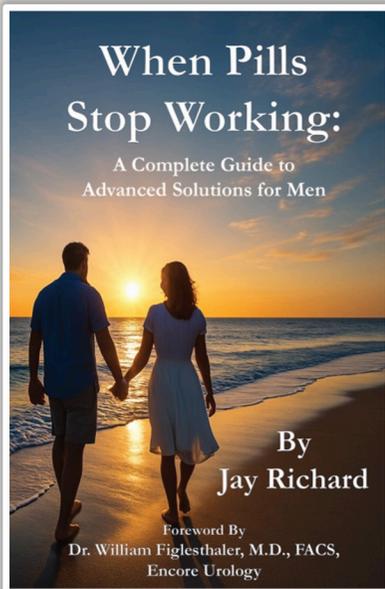
Thank you for reviewing this sample. These books were developed to support urology practices by extending patient education beyond the consultation room. They are designed to reinforce treatment discussions, reduce confusion, and improve informed decision-making at home. The complete editions provide comprehensive, plain-language guidance that helps patients and partners better understand options, ask better questions, and return to follow-up appointments prepared.

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