



Scott Hays, author of the new book "Built For Sex," in front of a news stand in downtown Laguna Beach.

Healthier, sexier men

Local author's new book focuses on men's health and sexuality, lifestyle, relationships and improving intimacy.

By Josh Aden
Coastline Pilot

Though men are often accused of thinking of nothing but sex, one Laguna Beach author's new book, "Built For Sex," encourages men to think about it more, or at least on a deeper level.

The book, by freelance writer Scott Hays, is a study of men's sexuality and the lifestyle for men to have the best sex possible.

"We're sexual beings. It's a drive we men have," Hays said.

The book, which was released in December, features a broad range of subjects including healthy eating to stay in shape for sex, psychological factors, positions, and even what exercises to do to strength train for different techniques. It also includes advice on relationships and intimacy.

Hays said the goal of the book is to help men explore their sexuality on a more meaningful level than most take time to do.

"Any man who goes through this thing is going to learn about himself health-wise and sexually," Hays said.

The book is also geared toward enabling men to spice up aspects of their sex lives they've lost, according to Hays.

"If [a man] feels a little sluggish in that area, he should pick up the book," Hays said.

Hays was approached to do the

book by Rodale, the publishing company that prints Men's Health and Women's Health. He said the company told him they had done a survey of male readers and asked what they wanted to read about. He said their biggest response, perhaps not so surprisingly, was sex.

Hays said he doesn't consider himself a sex expert.

"What I really realized is how much I don't know," Hays said.

Despite that, in talking to experts from doctors to therapists to nutritionists to fitness trainers, Hays picked up a lot. He was even able to take questions when he appeared on a Florida radio program.

"It's weird to be talking to a woman on the other side of the country about penises," Hays said.

MEN

Continued from A4

Rodale gave Hays about four months to research and produce the book and gave him a minimum of 100,000 words, which he said was a fairly daunting task.

"It was probably the toughest 4½ months of my career," Hays said.

"Built For Sex" is the latest of Hays' 14 books.

He has written about subjects including sports, racism and capital punishment. He has also written Los Angeles Magazine, Orange Coast, The OC Metro, and TV Guide.

Hays, who has spent 20 years as a writer, said he loves the way he lives.

"If I died tomorrow, I feel like I've lived a pretty good lifestyle," Hays said.

When Hays isn't writing, he's teaching.

He was the faculty advisor for Saddleback College's school newspaper, The Lariat, for a year and teaches English 100 and 101 at Orange Coast College.

Hays will teach a study abroad feature writing class for OCC in June, and will escort a group of students on a three-week trip to Italy, Austria and Germany. .

The book can be purchased online or in large bookstores.

For more information on Scott Hays and his work, visit www.scotthays.com.