



Kevin Anthony

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Podcast



Bio

Kevin Anthony is a Certified Sexologist, Tantra Counselor, NLP Practitioner, and Sex, Love & Relationship coach.

For over 15 years, he has worked with men, women, and couples to have the relationships of their dreams, and the best sex of their lives!

He is also the host of "The Love Lab Podcast", creator of the popular YouTube channel Kevin Anthony Coaching, the creator of the online course series Power and Mastery, as well as other online courses for both men and women.

Kevin Anthony has spent over 25 years on a personal and professional quest to learn the secrets of great relationships and great sex. With more than a decade of coaching experience, hundreds of clients, 400+ podcast episodes, 150+ experts interviewed, and 1300+ YouTube videos, Kevin Anthony has finally cracked the code. He believes it is his calling to share this knowledge with as many people as possible.

Suggested Topics

How Men Can Learn to Last Longer in Bed

- Demystifying premature ejaculation
- How lasting longer benefits both her and him
- Techniques to last longer

Bridging the Desire Gap in Relationships

- Why mismatched libidos are common
- How to address it without blame or shame
- Creating harmony through communication and shared exploration

Reigniting Passion in Long-Term Relationships

- Avoiding the “roommate syndrome”
- Tools for keeping intimacy alive
- Balancing comfort with novelty

The Link Between Sexual Energy & Personal Power

- How sexual energy fuels creativity, confidence, and success
- Tantric insights for modern relationships
- Reclaiming vitality through intimacy

Why Men Struggle with Confidence in the Bedroom (and How to Fix It)

- Common fears: size, performance, “doing it right”
- How to build authentic masculine confidence
- Shifting from performance to presence

Topics Continued

The Art of Giving and Receiving Pleasure

- Why most couples focus too much on intercourse
- Expanding pleasure beyond penetration
- Creating deeper intimacy through full-body connection

Communication as Foreplay: Talking Your Way to Better Sex

- How to ask for what you want without awkwardness
- Using dirty talk to create erotic tension
- Eliminating misunderstandings before they happen

Healing Sexual Shame (for Men and Women)

- How cultural conditioning blocks intimacy
- Reframing sex as sacred, not sinful
- Practical ways to release shame and reconnect to desire

Why Good Sex Leads to Stronger Relationships

- The science of oxytocin, bonding, and trust
- Why “sexless marriages” fail
- How sexual mastery creates emotional mastery

Becoming a Sexually Confident Man Women Desire

- Moving beyond porn and performance anxiety
- Cultivating presence, stamina, and emotional depth
- Why confidence in the bedroom spills into every area of life



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