

2nd Edition

The Prolong Ejaculation Guide

**How To Permanently Stop Your
Premature Ejaculation And Give Her
The Ultimate Pleasure In The Bedroom**

By Brandon Thomas

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MEDICAL DISCLAIMER

I am not a licensed medical doctor, and I am not pretending to be one either. This guide is for information purposes only, and the information and techniques in this book were a collection of things that worked very well for me, and many other men.

This book is not intended to diagnose, treat, or cure any illness, disease or other health problem. If you feel that you have a medical problem, please consult your physician. If you feel that any of the information, advice, or exercises in this book can harm you in any way, please see your doctor before trying any of the techniques I talk about.

I also want you to know that by nature, I am not a professional writer, nor am I a master of grammar. I have done my best to put together a great guide for you on P.E. and check for all spelling and grammatical errors. However, I am sure I have missed some. I am continually checking the book for errors, but I ask for your understanding on this. I believe the message is more important. Thank you.

Congratulations on taking a major step in slowing down and curing your premature ejaculation. I know that it has been a difficult road, and I hope that with my guide, your life will be transformed for the better. My life and thousands of other men's lives have been changed because of the techniques that I talk about in this book. It is important to understand that this is not going to be an overnight cure. This isn't a temporary solution like many other products. I am going to give you the best advice that will give you permanent, long-term solutions to your premature ejaculation.

Some men are going to respond faster than others, and that is just the way it is. However, I promise you that if you follow this guide, you will see fast and steady improvement with your lasting power and overall abilities in the bedroom. There are techniques in this guide that will show you how you can make significant positive changes to your P.E. tonight, while there are others that will take a bit longer to learn and perfect.

When it is all said and done though, the majority of you should see amazing results in 1-12 weeks. Remember, most of you will see steadily increasing results. You will not have to wait 12 weeks to see the first improvement. As each day and week passes, you will get more and more comfortable with things. You will also be able to tweak this guide here and there to better suit your needs, and that is perfectly OK.

Remember, most other products out there don't look at the big picture. They promote one single technique to stop your premature ejaculation. My guide takes a little bit of everything, puts it all together in a simple and manageable way, and tackles your P.E. from many different angles. I will discuss your mental state, physical body, physiological factors, communicative strategies, and much more. I will show you how you can easily identify certain aspects about all those things, put them together, and become the lover you have always wanted to become.

So don't feel overwhelmed! I know it is hard right now not to, but I promise you that when it is all said and done, you will quickly and easily start performing better in bed, while at the same time making her feel completely satisfied.

Again, thank you for purchasing this book, and congratulations on taking the first step to becoming a better man and a better lover for the rest of your life!

Good Luck,

Brandon Thomas

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Quick Start:

I encourage you to listen to your quick start audio that came with this package. It's a great overview of this program, and will be of great benefit to you. It's only about 10 minutes, so take a listen!

Here are just a few more pointers.

*******IMPORTANT!*******

Step One: NEW! Add a serotonin supplement to your daily routine!

For a long time I was skeptical about supplements on the market. I even wasted money on several of them that did nothing but eat a hole in my wallet. But then I was turned on to a supplement called Detain X by a friend of mine.

I spent some time researching it and decided to try it because it was backed by a very reputable physician named Dr. Warren Ringold. The science behind Detain X made a lot of sense to me and was different than what everybody else was talking about. Not only did Detain X work very well for me, but I've gotten tremendous feedback from other guys who've tried it.

Some guys tell me it worked for them within a couple weeks, and others tell me it started working after a couple months. The important thing is that it seems to work.

If you've tried Detain X and it didn't seem to work for you, then I'd say this: First, take it longer. Go purchase a 3 month supply right now and commit to using it for 90 days. I'm not kidding. There is a big difference between trying something for a few weeks and quitting compared to using it daily for a few months. I think you'll see a big difference.

Secondly, if you use this supplement at the same time as using the techniques that I lay out for you in this program, then it's like a one-two punch. The more ammunition that you have in a fight, the better your chances of winning are.

Detain X is added ammo. I highly recommend that the first thing you do is grab a 3 month supply at:

www.prolong-ejaculation.com/detainx

STEP TWO: Read through this entire guide as soon as you can. Please read through it once. Don't get caught up with the exercises and techniques. Just read through it to become familiar with everything. You can print it off, or just read it over the computer. Just let everything sink in. This guide is the cornerstone of all the information that you received. **EVERY SECTION IS IMPORTANT! Please don't skip over any parts!**

STEP THREE: Once you have read through the book, go through it again, but take notes this time. Become familiar with the techniques and exercises.

I just wanted to reiterate a few of the steps that were talked about in the quick start audio.

If you haven't listened to it yet, you need to take advantage of it. **GO LISTEN TO IT NOW!**

Introduction

Every day, millions of men beat themselves up over their sex lives.

Is she happy? Am I good enough? Can I last as long as her ex-boyfriend? Why isn't she loud? I must be a dud. What the hell is wrong with me? Am I a man?

Do these questions sound familiar? Are you madly in love with your partner, but issues in bed are putting significant strains on your relationship? Does it eat you up inside obsessing about the woman you love wondering if you're attracted to her or not?

I'm guessing that you're answering yes to most of these questions; otherwise you wouldn't be reading this right now.

Did you know that over half of all men experience premature ejaculation at some point in their lives? It's much more common than you would think. I counsel hundreds of men yearly on this sensitive issue. Chances are you know plenty of men who have the same

sexual issue as you. Chances are you have friends or brothers who have the same issue as you. In fact, I guarantee it!

You probably know by now that men tend to internalize their feelings and also tend to exaggerate their sexual performance and prowess.

In the past several years, I have encountered an unbelievable number of men who on the surface, appear to be “sexual studs.”

Attractive, athletic, smart, rich, funny, charismatic men who had all the qualities that you could think of that might make a man a “sexual stud.” However, they were anything but sexual studs.

Why am I telling you this?

I just want you to know that you are not alone. You aren't the only one with these issues. I also want you to know that with some work, and guidance on my part, I can teach you how to permanently cure your premature ejaculation and give you the sex life that you have always wanted.

I want you to think of me as your coach, and this is your playbook. I can mentor you and teach you all the necessary moves to make your lady absolutely nuts over you, but you also need to practice and implement them into the “game.”

I will tell you what women truly want. I will tell you their hidden needs and desires. I will teach you techniques and exercises that will get you lasting longer today. You will learn what works and what doesn't. I will also give you hints on how to make her so wild over you, that the actual sex will just be the cherry on the sundae. How does that sound?

You can read your playbook whenever you want to refresh yourself. At night, in the morning, on lunch break, or any other time, you can read this manual. It will always be there for you. It has helped transform my life, and it will transform your life as well.

As your coach, I'm asking just a couple of things from you, the player. For you to become a lover of the highest degree, you not only have to learn the techniques that I give you, but also expand your mental

horizons to levels that allow you to reach great peaks of sexual enlightenment.

I am also assuming that you care very much for your partner and women in general. For you to master this playbook and cure your premature ejaculation, while at the same time becoming an all-star lover, you need to treat women appropriately.

It is also important to keep a positive outlook. If you continue to think negatively about your P.E. then things are only going to get worse for you. Starting right now, begin to believe in yourself, and your ability to control and conquer this problem. Make it your personal mission to get rid of your premature ejaculation. Be confident and determined. Today is the start of the rest of your life.

SECTION 1

An Overview On Arousal

Learn To Listen To Your Body

It took me years to realize something that I should have known a long time ago. It would have saved me a great amount of grief.

Most men are clueless about sex and their bodies. I don't know if that's because men are in denial about things, or because they never properly learn how the male body functions. All I know is that I finally was clued in, and my sex life has been at an all-time high ever since.

I believe most men just go about the motions of hooking up, getting aroused, and then having sex. Sure, you know when you are getting excited and you definitely know when you ejaculate, but I firmly believe most men are not completely aware of each individual stage of arousal, what is actually happening to them in each stage, and how to use your mind

and body to control the whole process. I don't care if it's your first time experiencing sexual pleasure with a woman, or you have been married for 40 years with 20 years of sexual activity, once you become aware of your whole sexual self, implement the techniques I discuss throughout this playbook, you will be able to have complete control over when you climax.

It's very important that you become completely familiar with each separate stage of sexual excitement. You will also want to become familiar with everything you think and feel during the whole process. Once you establish how you are reacting in mind and body during sexual arousal, you will be one step closer to having ejaculation control.

When you are sexually aroused, there are many mental and physical reactions that begin to take place. As each of these reactions occurs, you are becoming more aroused, which in

turn gets you closer and closer to having an orgasm. You will begin to experience the following sensations and reactions:

Arousal Reactions

Increased heart rate

Blood pressure increase

Testicles draw closer to body

Breathing increases rapidly

Leg muscles tense up

Butt muscles tense up

Foot muscles often tense up

Pelvic muscles tense up

Strong sense of euphoria

Difficulty focusing on outside world

Difficulty thinking rationally

The first step is to become fully aware of everything that is happening when you are being aroused. Try to become familiar with your breathing, your thinking, and your physical reactions. This is going to be hard at first. Like I said, most men are completely unaware of all the little reactions that are occurring during sexual excitement. This is a very important step though in the whole process.

If you notice that you are breathing heavily through your mouth, try and slow it down and begin breathing out your nose. If you realize that your body is tensing up, try and relax it. If you are thinking about something, try and focus your attention elsewhere. If you are moving too slowly, try and speed yourself up.

Basically, start becoming aware of how you are reacting during foreplay and sex, and do your best to start controlling those reactions. The more you become aware of everything

that is happening to you during arousal and sex the more you will be able to control those reactions. As you continue doing this, it will become easier and easier to control, and you will also become fully aware of what keeps you calm, and what does not.

If this was the only thing you got out of this playbook, and it was the only technique you practiced, I guarantee that you would begin delaying your orgasm very quickly. Becoming aware of one's sexual self takes a bit of time, but it's very, very powerful once you reach a level of top awareness.

The 5 Stages Of Arousal

I have read different books that go through the stages of arousal. Some books say there are as few as 2 stages, and some books say there are as many as 10 stages. I personally think 10 stages are too many, because it

becomes difficult to remember each stage. I also think that 2 stages are too few. I have found the easiest and most effective number of arousal stages to be 5. These 5 stages cover from when a man is first aroused, to when he inevitably climaxes.

It's important that you understand these 5 stages, and the specific reactions you feel during each stage. Those reactions were talked about in the previous section.

Becoming aware of these different reactions and the 5 stages will be crucial in your ability to understand and perform the specific exercises and techniques that will be talked about in future sections of this playbook. It's also crucial to understand them because it will be directly correlated to your overall success in delaying your orgasm and permanently ending your premature ejaculation.

THE 5 STAGES OF AROUSAL

1	There is an initial trigger that sparks interest in a male. This trigger could be physical or it could be mental. You might not even experience an erection in this stage, but you know that you are beginning to get turned on sexually.
2	The arousal level in the male has been raised. An erection is most likely present, and arousal reactions (increased heart rate and blood flow) are beginning to occur. There is direct contact like touching/kissing, or both.
3	At this point, there is direct contact with the penis. Intercourse has started, oral sex, or a hand is touching the penis. The male is starting to experience more arousal reactions.
4	All arousal reactions are occurring. Your heart rate and blood pressure continue to increase. Your muscles tense up. Strong feelings of euphoria are taking place. Blood is flowing strongly to the penis, and the penis is feeling more and more engorged. The male is starting to sense an orgasm coming on.
5	The sexual pleasure and arousal reactions have reached maximum heights. Your mind and body is doing everything it can to climax. The male reaches a point where ejaculation is inevitable. The orgasm occurs, the penis begins to become flaccid, and your arousal reactions start to slow down.

As I stated earlier, most men really aren't fully aware of these stages. One might get better at subconsciously detecting them as he gets older and has more experience,

but rarely will that same person be fully conscious of these 5 stages. It's also important to note that there is no specific time frame for all these 5 stages to occur. One man might experience all of these stages in 2 minutes, while other men might take 10 minutes to complete all 5.

That is the main issue here. You need to become aware and take control of the arousal reactions and arousal stages so you can begin to train your mind and body to delay ejaculation. The goal is to remain stage 4 for as long as possible. You will be able to experience the maximum amount of pleasure in this stage, without reaching orgasm.

The whole point of this playbook is for you to learn how to stay in stage 4. You might try and get into the beginning of stage 5, but most certainly you don't want to engage fully in stage 5 unless you allow yourself. You want to have total control of the shift from stage 4 to stage 5. In further

sections you will learn the best ways to control your level of arousal, and how to remain in stage 4 for as long as you desire.

SECTION 2

The Psychological Side Of Premature Ejaculation

Daily Stress

There are certain negative psychological factors that are contributing to your inability to last during sex, and most of them, if not all of them, are related to stress. You might have stress in your daily life that is overwhelming you. It could be financial issues, work, family, health, etc. These stresses end up affecting you emotionally, whether you think so or not.

Often times people try and bury things in the back of their minds so they don't have to deal with it. This area of your mind is known as the subconscious. However, even when things are buried in your subconscious, they will still cause negativity to surface in your life.

If these things are not dealt with quickly and properly, your P.E. will only get worse. Because of this it's crucial that you

recognize these negative factors immediately so that you can start working towards solutions that will eliminate them forever.

I am here to help you cure your premature ejaculation and become a better lover in bed. I'm not here to tell you what your specific daily stresses are, since every man is different. That is for you to find out. These stresses do exist for most men though. You need to pinpoint what they are, and take the necessary steps to coping with them.

However, as you continue to read this playbook, I will show you ways to start eliminating daily stress, which in turn will create a better sex life for you. Again, I am not going to tell you what your specific stresses are, but I am going to give you simple yet powerful ways to create harmony between your mental and physical state. By doing this, you will have a stronger and easier control over your orgasm.

For a lot men, stress outside of the bedroom leads to stress in the bedroom. All of your daily pressures create a negative sex life. Some men will avoid sex, some men will have troubles getting and sustaining an erection, and some men will suffer from P.E. Hell, for many men, all 3 problems become a reality.

The issue here is that everything is connected. Your daily stresses will cause problems in the bedroom, and the problems in the bedroom will add to your daily stresses. And as this goes on, everything becomes intensified. So, the longer you wait to make changes, the worse the situation will get, and the harder it becomes to implement techniques/changes in your life that will make your sex life and overall well being better.

Sexual Stress

There are other men who really don't have too much stress in their daily lives, but still get anxious and stressed out in the bedroom. I think all men feel the pressure to perform and want the woman they are having sex with to be blown away by their abilities. I really don't know what causes this, so all I can really do is make an educated guess.

Males on an instinctive level want to spread their seed, so naturally they would want to have sex and impregnate as many females as possible, and do it quickly. A speedy ejaculation ensures the survival of the species.

However, modern man thinks on a much higher level, and there is much more to sex with women in today's society than just "getting off" and spreading seed. Because men are expected to perform, both in their mind and their partner's

mind, anxiety, stress, and nervousness begin to take hold and control the physical body.

Because men want to be amazing in bed, they get nervous before they have sex. This is called performance anxiety.

People get performance anxiety in all areas of life. When men get performance anxiety before or during sex, it creates an inability for your body to work at optimal levels. When your body is not working at optimal levels during sex, your stamina and lasting power is greatly compromised.

The mind and body are interconnected. When one is not functioning properly, the other part will suffer as well. The anxiety and nervousness that you feel before or during sex make it nearly impossible for your brain to pick up the signals that your body is sending to it. This means that controlling the way your body reacts during sexual arousal becomes extremely difficult.

The large amount of anxiety fueled adrenaline that is flowing through your body is similar to what an athlete feels before a big race. Athletes can use that to their advantage, and get a quick jump out of the gates. However, when it comes to sex, getting a quick jump and finishing first is not the objective, as you know all too well.

I want to quickly touch upon one point. There are some of you reading this right now who are saying to yourself, “Hey, I don’t have stress in my life, and I don’t feel nervous before or during sex. I just finish way too quickly for some reason! What about me?”

Well, don’t worry. All of the techniques that are described in this playbook will still benefit you. Even if you feel that you have a sound and steady mind and emotional state, you can always improve your way of thinking and harness all that

energy you create, both positive and negative, to develop better lasting ability in bed.

Harnessing The Negativity

Again, our minds play a massive role in everything we do, especially during sex. Our mind is such an important factor in our inability to sustain an adequate erection or our ability to last longer during sex. For men who suffer from P.E. or even E.D., all the negative thoughts and feelings are controlling their physical body, which in turn yields poor results in the bedroom.

However, by bottling that negative energy, becoming aware of it and gaining control of it, you can quickly turn it into positive energy that will begin to give you great results during sex. By switching your way of thinking, your body begins to follow suit. When both the mind and body are

working cohesively together, you become a well oiled machine. This translates into the bedroom as well.

So, there are many men who are fully aware that they are nervous in bed, and are not as cool as they could be. By using some simple techniques, you are able to bring your anxiety levels down to a more relaxed state. For the men who don't feel particularly nervous during sex, you can use the same techniques that will later be mentioned to reach mental relaxation levels and sexual composure levels far greater than what you could previously experience.

These psychological secrets will help men from all walks of life increase their staying power and overall sexual abilities by decreasing negative mental energy, and increasing positive energy, which in turn will allow you to delay orgasm.

Exercise: Relaxation

It's very important to feel relaxed during sex. I know it is easier said than done, but if you practice the following exercises, your mind and body will be much healthier during sexual arousal.

Please find a comfortable spot to practice these techniques. Pick a place with very little noise and very few interruptions. It's necessary to have your mind as clutter free as possible, so doing this in a crowded and loud place would be a very poor decision. Don't even keep your phone by you. Any distraction is going to throw you off track, and ruin the flow of concentration needed for these exercises to be effective.

- Lie down where you feel very comfortable. This could be the floor, couch, or bed. It's up to you. Obviously you know where you are most comfortable. If you need to, use a pillow to get even more comfortable.
- Close your eyes, and lie on your back with your arms to your side. If you want to, play music that is soothing and calming. I suggest quiet nature sounds like waves crashing on the beach, or the sound of rain drops.
- Clear your mind of everything that is running through it each day. Work, school, bills, family, etc. Don't think about any of it. Instead, focus on your breathing, counting each inhale as 1 and each exhale as 2. Breathe in through your nose and out through your mouth. Hold each inhale for a couple of

seconds. Imagine all the air that you exhale running through your entire body. Become completely relaxed. You can also try and visualize a memory where you remember being extremely comfortable and relaxed. Focus on that memory.

- As you continue this, you will almost want to drift away like you are falling asleep. This causes extreme relaxation. After doing this for about 10 minutes, your mind should be relaxed.

Now that you are in a relaxed state, it is time to focus on your body. You will want to continue to breathe in a nice, steady manner. As you do this, start to become aware of all your body parts.

Start at the top with your head, ears, eyes, nose, and mouth. Slowly tense and then relax your arms, hands, butt, genitals, thighs, calves, and feet. Don't tense and then relax all those body parts at once. Start at the top of your body, and do each body part one at a time, working your way down to your feet and toes. There is no need to rush either. Take it slowly, focusing on each tension and relaxation of each body part.

By doing this, you are becoming fully conscious of every part of your body. You are also controlling each body part very deliberately. Overtime, you will become completely in sync with each and every part of your body, which is vital for learning the other exercises in this playbook, and learning total ejaculatory control.

Breathing

The next time you are masturbating or having sex, pay very close attention to your breathing. Pay attention to how it changes during different stages of arousal. You might notice that at certain stages of arousal your breathing slows down or increases. You will realize if you are breathing through your mouth or through your nose. You will even realize when you are holding your breath. These are all things you should begin to focus on and take notes on. I found that it was helpful to keep a journal, jotting down all the different things you were realizing about my mental and physical state during masturbation and intercourse.

How you are breathing has a direct effect on your level of arousal and heart rate. Most men take fast, short breaths during sex and masturbation. By doing this, you can get

yourself overly excited, which you don't want to have happen.

Instead, take slow, deep breaths at an interval of about 3-4 seconds. It will be difficult at first, but do your very best to keep this pace. You don't want to be breathing quickly through your nose, and then slowly through your mouth, and then slowly through your nose. This type of breathing is all over the place, and will only make things worse for you.

After awhile, you will get much better at keeping a consistent rhythm. Breathing through your nose and not your mouth is also important. By doing this, it makes it easier to keep a steady, relaxing pace.

Now, there will be times when it is virtually impossible to breathe through your nose, and that is okay. Just be aware

of your breathing and do it through your nose as much as possible.

Your breathing and arousal level are directly correlated with predicting when your orgasm will occur, and they are also correlated with controlling it. Being fully aware of your arousal level allows you to control your ejaculatory reflex.

You can pinpoint when you are going to get too excited, and slow down the process, without hindering you or your partner's pleasure. This in turn will allow you to last longer.

Your breathing rate is the same thing. Knowing when you are breathing incorrectly, too fast, or not breathing at all, allows you to make the necessary adjustments to slow it back down, breathe properly, decrease your anxiety level, and eventually allow yourself to continue intercourse without ejaculating.

Exercise: Breathing

I need to quickly tell you something about breathing. It's not just about taking breaths in through the nose and out through the mouth. By attempting to breathe through this way in a manner that is not correct, you can actually increase your anxiety levels in your mind and body. By doing this, you will still ejaculate too quickly.

It is important to expand the diaphragm and the lower ribs completely, but not your upper chest, when taking a proper deep breath. If you breathe through your upper body and chest, your breaths will become too constrained.

You will feel a huge difference when you take proper deep breaths using nothing but your diaphragm. It feels great. I used to breathe improperly, but now that I have changed the way I do it, I have noticed much more endurance during the

day, and during sex. Remember to not raise your chest. All this does is take energy and power away from your diaphragm.

I feel that the following exercise is the most effective breathing technique for delaying your orgasm. You can practice it during sex or during masturbation.

- Keep a nice steady pace of slow, deep breaths through the nose and out the mouth. Slowly close your eyes every 15-40 seconds and take in a very deep breath through your nose. When you have your eyes closed, you should be concentrating fully on every breath that you take. Become fully aware of everything involved with that breath. Try your best not to think about the sex or masturbation that is taking place. Think about your breathing only.

- Hold it for 5 seconds, and then let it out slowly. Like I said, repeat this every 15-40 seconds, depending on the severity level of your premature ejaculation. If you are aroused very, very quickly, you will want to do this frequently, maybe even more often than every 15 seconds. For those of you who can last for at least a little bit, you can do this less frequently.

I find this technique to be very easy to do, but also highly effective. By doing this, you will find that you will remain as calm as you can possibly be, which will keep your arousal level at a lower level, and that is a very good thing. Your mind will be very calm, but you will still be able to enjoy the excitement of sex or masturbation.

Exercise: Breathing

This breathing technique is also very easy to follow and implement, but can also yield great results in delaying your ejaculation.

You are going to create some synergy between your breathing, and the motion of sex. What you want to do is exhale every time your penis is going into the vagina, and you should inhale every time your motion is pulling out towards you. So, when you are pumping in, exhale. When you are pumping out, inhale. You will not do this with every pump because your breathing would be way too fast, which would create anxiety and more arousal. I started with doing that breathing routine every 4-8 thrusts, and would do it for the next few thrusts. Again, it is very easy to follow and practice, and you will quickly start to see great results in your lasting abilities.

If you are practicing this while masturbating, consider each stroke of your hand going down a thrust into the vagina, and each stroke of your hand going up as a thrust pulling out of the vagina. So you will want to exhale when your hand is moving down and you will want to inhale when your hand is going up towards the head of your penis.

The purpose of all of these exercises is to retrain your mind and body, but more particularly, your mind. Learning to relax and breathe properly is going to be so important for you to last longer in bed. You are going to notice your anxiety levels drop considerably, which will also help control your arousal levels. You are going to be much more aware of everything that is going on during sex, which will also allow you to gain amazing control over your thoughts, and your body. You will be “in the flow” if you will.

Visualization

I think it's so important to always have a positive frame of thinking, no matter what is going on in life. I realized quickly that my attitude was going to play a major role in my ability to last longer in bed. No matter how down I would get on myself, and it was pretty bad sometimes, I would always do everything in my power to stop thinking that way immediately.

I would focus my thoughts towards the positive. I would tell myself that everything was going to be better, and that I could last as long as I wanted during sex. Even if I felt I was lying to myself, I would think it and say it out loud anyway. After time, I started to believe it. And, once coupled with the fact that I was actually starting to last longer, I began to live it.

I would also visualize having amazing sex. It was like day dreaming. Positive visualizations also work with any aspect of life, and I highly recommend doing it in every area of your life.

Visualize yourself with the hottest girl you can think of. An absolute 10! This could be your wife, a girlfriend, movie star, model, etc. Just think of somebody that would normally have you orgasm in seconds.

Now, think of every little detail that goes into hooking up. Leave nothing out. Picture exactly what she is wearing before you jump her bones. Think of the way she smells, and feels. Visualize yourself taking off each and every piece of her clothing one at a time. Think about how great it will feel when you are inside her. You want to think about every little detail of the experience. Think about the smells, tastes,

sounds, and touches along with everything you are visualizing with your eyes. Make it as real as possible.

Once you have visualized everything up to the intercourse, picture having the greatest sex of all time. You are an absolute animal. You are lasting for what seems like hours, and she is loving every single second of it. You are the best sex partner she has ever had.

I am sort of rushing through this whole thing, but I think you get the point. Once you are visualizing have sex with her, picture how your breathing would be. Imitate the way you would be breathing. Again, think of every last detail.

It's very important to do this visualization sequence when you are in a very relaxed state. I recommend doing it while also implementing some of the relaxation methods I talked about earlier in this playbook.

It might seem weird to you, but visualization is extremely powerful. If you were to do this on a daily basis, for 5-10 minutes, I promise you that you would start to see actual results in the bedroom.

I thought it was crazy at first, but I saw how well it worked quickly. Your mind is such a powerful tool, and when used properly, it is uncanny how things can end up working out better for you in life, and sex. The greatest minds in the world have been using visualization for years because they know how important it is for being successful in whatever you are trying to accomplish.

SECTION 3

The Physical Side Of Premature Ejaculation

Rewire Your Body

There was a time when I felt that there was nothing I could do for my P.E. I tried so many things, and nothing was working. I also thought that it was complete crap that you could “retrain” your body, and how it responds to arousal. I soon realized that I was just trying the wrong exercises and techniques. Once I started the exercises that I will explain later in this section, my whole life changed.

If you are looking to train for a marathon, you start slowly and take the necessary advancements to get to that point where you can run the roughly 26 mile race. You wouldn't run 2 miles a few days a week and then go to the race.

If you go to the gym and lift weights, you begin to build muscle, and you “re-train” how your body reacts to

stimulation. You wouldn't just go on day 1 and try and lift as much as humanly possible.

The same goes for sex and your lasting abilities. You need to work on certain physical attributes of your body that are involved with ejaculation. If you work on these attributes over time, you will begin to develop certain muscles that, when strengthened and developed properly, will become "rewired" and allow you to perform longer and better during sex.

It really is that simple. Just as dealing with the mental aspect of P.E. is important, so is the physical. When you combine all the techniques you learn in this book and make it a one multi-angled process, you will be lasting longer in bed very quickly.

PC Muscle

The PC muscle (pubococccgeus muscle) is found in both men and women, and stretches from the coccyx (tail bone) to the pubic bone, and is just one of a group of muscles that form the pelvic floor. This muscle cradles the internal sexual genitalia.

The PC muscle is involved in urine control and flow, and is the muscle responsible for allowing men to move their penis up and down when it is erect. It is also the muscle used for holding back bowel movements. More importantly, however, it is involved in the orgasm process. A well developed PC muscle can enhance the sexual experience in both men and women, and that includes the orgasm as well.

The easiest way to find your PC muscles is to actually feel it working. The next time you go to the bathroom, try and stop

your urination in mid stream. Or, you can try to push out those last few dribbles. The muscle that is controlling that is your PC muscle. You can immediately determine if you have a lot of control or very little control just by testing it during urination.

You can also flex your erect penis up and down. You can actually feel muscles squeeze at the base of your penis.

Those are your PC muscles. If you can't flex it 25 times in a row, or hold it flexed for 20 seconds, you have an underdeveloped muscle. I suggest trying to locate your PC right now to become familiar with this muscle, and to determine how weak it is.

Again, the most important aspect to you is the fact that the PC muscle is involved in the ejaculatory process. When you strengthen your PC muscle and begin to use it properly, you are able to drastically increase your staying power.

Most men have underdeveloped PC muscles because they have never been taught how to strengthen it. If you look at the male species on an evolutionary basis too, there has never been a reason to develop the PC, since we naturally want to ejaculate quickly.

If you have a weak PC muscle, you can experience many of the following:

1. Having trouble detecting your arousal level during the 5 stages of arousal. This leads to overexcitement, and inevitably premature ejaculation.
2. Weak ejaculations, that have very little force and consistency.

3. Having difficulty sustaining and maintaining an adequate erection.

4. Having to wait a long time between ejaculations and sex sessions.

The wonderful part about your PC muscle is that you can train it, and reverse all the above sexual problems. You can start having harder, stronger erections and fuller, stronger ejaculations. It becomes much easier to detect what stage you are experiencing in the arousal process as well. It will also become much easier to orgasm, take a break, and then get right back at it with your partner.

It's crazy how powerful this muscle is. When I first started doing PC muscle exercises I was lasting 10 more minutes during sex within 4 days, and 15 minutes more in 1 week! It was so awesome!

Having a strong PC muscle is one of the best (if not the very best) ways to increase your sexual stamina and staying power.

Exercise: PC Muscle

The great thing about exercising the PC muscle is that you can virtually do it anywhere. You can be naked, or fully clothed. You could be sitting in bed, or on a park bench on a busy street. It really doesn't matter. However, I do recommend being as comfortable as possible. If you need to be alone, then by all means do it in the privacy of your own bedroom or bathroom. If you are comfortable doing these exercises at work sitting at your desk, then go ahead and do it. Everyone is different.

I prefer doing these exercises alone, and in my bedroom. I would usually do them naked as well. I want to replicate a sexual experience as much as possible.

Like I mentioned earlier, you need to train correctly. You don't just go out and run a marathon. So, like training for that, you need to do these exercises at a beginner's pace. You might be able to easily get through some of these exercises, and that is fine. Keep going to the next level. You just need to start at the beginning level and work at your own pace from there.

Start with the following exercise and work your way up to them more advanced stages. I also recommend having a "semi" erection. The erection should be at about 50% of its full capabilities. It's okay to do these flaccid as well.

If you are fully erect, I would not practice too frequently. I have heard stories about men doing these exercises with a fully erect penis too frequently, and then having trouble getting and holding onto a good erection. I don't know if this is true or not, but it scared me when I heard it so I decided to listen to the advice. I practice the following exercise 3-4 times a week, and I recommend that you do the same.

The following exercises are called kegel exercises. Kegels are designed to strengthen and give voluntary control over the PC muscle. They are named after the doctor who invented them, Dr. Arnold Kegel.

Not only does strengthening this muscle allow men to delay orgasm, it is possible that you can also have an orgasm without actually ejaculating when you have a fully developed PC. This allows for multiple orgasms in men. I have experienced this many times. I cannot quite do it every time

I have sex, but I am getting there. I will explain this in more detail in a bit.

Hopefully you will be able to experience orgasms without actually ejaculating once you become a master of these exercises.

PC Muscle Exercises

- 1.** Quickly flex the muscle by squeezing and releasing it. (By now you should have an idea of how to “flex” or “squeeze” the muscle). You are not actually using your hands to squeeze it. The squeezing is the contraction of the muscle. Squeeze and hold for 1-2 seconds, and then release. Rest for 1-2 seconds, and then repeat the process.

You should do this 20 times, 3-4 times a week, during week 1. The following chart shows the progression of the exercise. Please note that you can increase and do more reps each week if you feel comfortable. Starting with 20 is just a frame of reference to see where you stand. However, do not move on to the next week until you can complete 60 reps in each stage.

So, if you can only do 40 flexes in week 1, 3-4 days a week, then do not move on to week 2 until you can do 60 flexes. Once you can hold the flex for the appropriate amount of time 60 different times, 3-4 days a week (every other day basically), then you can move on to the next week.

Weekly Progression Of Exercise 1

Week	Repetitions	Length Of Time Holding The Squeeze	Rest Time Between Each Repetition
1	20-60	1-2 seconds	1-2 seconds
2	20-60	3-4 seconds	3-4 seconds
3	25-60	6-8 seconds	5-6 seconds
4	30-60	10-12 seconds	5-6 seconds
5	30-60	15-20 seconds	6-10 seconds

Remember to pay attention to your breathing as well. Try and keep a consistent, rhythmic breathing pattern. When you are doing these exercises, you will want to exhale when you flex your PC, and inhale when you relax it. This will make for a much more effective workout, and it will translate well during sex. You will be completely focused on lasting longer.

However, if you are in week 5 and holding each squeeze for 6-10 seconds, do not hold your breath the whole time. Just make sure that you are exhaling at the start of each flex.

Once you have reached week 5, start slowly expanding from there.

This is completely up to you. You can do more reps if you want, or hold each flex longer. It is also completely okay to just repeat week 5 once you get there. That is what I do. 3-4 days a week I am do 60 reps, holding each for 20 seconds.

- 2.** This exercise is similar to the first exercise, but with a couple differences. You will want to start by flexing your PC muscle very slowly, not in the faster motion like exercise 1. Once you feel that it is fully flexed, which should take 3-5 seconds once you start flexing, slowly release the flexed muscle

at the same rate. Remember to exhale during the flex and inhale when you are relaxing.

After doing this, you might feel a tingling sensation running around your anus and testicles. This is completely normal, and is just a sign that you need some strengthening of the muscle.

The chart below is similar to the chart from exercise 1, but there are a few differences. Also, the length of time holding the squeeze in this chart is when you are fully flexed.

Remember, this should take about 3-5 seconds. The 3-5 seconds is when you start flexing your PC, to when it is fully flexed.

Weekly Progression Of Exercise 2

Week	Repetitions	Length Of Time Holding The Squeeze	Rest Time Between Each Repetition
1	10-30	1-2 seconds	1-2 seconds
2	10-30	3-4 seconds	3-4 seconds
3	15-30	6-7 seconds	5-6 seconds
4	15-30	8-10 seconds	5-6 seconds
5	20-30	10-12 seconds	6-10 seconds

- 3.** The third kegel exercise is the same sensation as when you are “pushing” to move your bowels, except you obviously will not be going to the bathroom when you perform these exercises. Push down through your lower stomach, as if you were pushing out the last bit of urine, or the last few drops of crap. Do not tense your stomach too much. Try and focus pushing with your PC muscle. You will do 5-15 reps, for 5-15 seconds,

with rests of 3-15 seconds in between. Again, go at your own pace and do what feels most comfortable to you.

I recommend the following weekly schedule when performing these 3 different PC muscle strengthening exercises (kegels). The exercises are listed as **1, 2, and 3**, and correspond to the 3 exercises mentioned above.

Weekly Schedule For PC Muscle Exercises

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2, 3	1	2,3	1	2,3	1

You should also notice steady progression from week to week. When you combine the PC muscle exercises along with the other techniques I talk about, there should be noticeable differences from day to day and week to week.

Multiple Orgasms For Men

As I mentioned earlier, it is possible to have multiple orgasms as a man without actually having a full ejaculation. I know it sounds crazy, but I have experienced this myself. It is extremely difficult to do, but once mastered, the sky is the limit!

Multiple orgasms for men are similar to what women feel when they have multiples. It is a very intense, full body orgasm. It is an amazing feeling. This is a very advanced technique though, and involves reaching points just before you want to ejaculate. If you are starting to last longer, and

getting control of your P.E., then you can try this technique.

Do not try it until you reach that point though.

It is very easy to explain this technique, and even easy to try.

However, being able to resist the urge of ejaculation is the part that is very hard. The next time you are masturbating or having sex, tightly flex your PC muscle 2-6 seconds before you feel like you are going to ejaculate. Keep the PC muscle flexed until the ejaculation urge goes away. This will be very difficult, but if you keep it flexed right before you feel like you are going to cum, and then the urge goes away, then you are partially successful.

If you felt like you had an orgasm, but you didn't shoot out your entire load, then you were fully successful. At first, you might be able to do it here and there. Once you master it though, you can do it multiple times during one sex session, and you will never lose your erection.

I said earlier that you should not do this until you have reached some points where you are controlling your P.E. What I meant by that was to not try and reach orgasm quickly just to practice doing it. Obviously curing your premature ejaculation is the main goal here. You can try it any time you feel like you are going to ejaculate, to keep yourself going even longer. However, don't try and quickly reach orgasm just to try this technique.

Masturbation Training For Lasting Longer

During masturbation, it's important to become fully aware of exactly how you feel. Become aware of when and how you reach certain arousal stages. Make note of what you are visualizing. What makes you excited? What doesn't? Pay attention to your breathing. Is it becoming faster? Are you breathing out of your mouth or out of your nose? As stated

earlier in this playbook, becoming aware of your overall mental and physical state during arousal is a key aspect of overcoming your premature ejaculation, and becoming a better lover in the bedroom.

Once you become aware of all of this, you then can re-train the way your body responds to arousal, which directly affects your ejaculatory reflex. This, in-turn, will allow you to last longer. There are some great habits and techniques that you should start implementing today when you masturbate. At the same time, there are some things to avoid as well.

First and foremost, only masturbate when you are relaxed, and have at least 10-20 minutes to dedicate to the whole experience. This was very hard for me at first, because like a lot of men, masturbation was a way to try and get off fast. I love to masturbate, and I used to do it as quickly as possible.

Well, as you might have guessed, this is all wrong.

Masturbation is the time to practice your ability to delay orgasm, especially for men suffering from P.E. As hard as that might sound, you are going to have to make some sacrifices to get past this awful problem. From this day forward, until you have mastered your ejaculatory reflex, masturbation is a time for serious practice. This might even mean masturbating less often. Again, only masturbate when you have 10-20 minutes of relaxed, alone time, and can have your full concentration on the process. If you continue to masturbate to get off quickly, you are going to do more harm than good.

- You will always want to use a lubricant. ALWAYS! I would recommend that you get a lubricant that is specifically designed for sex. I really like Astroglide. It is, in my opinion, the very best lubricant on the market. Remember, when you masturbate with your

dry hand, your penis is going to be overly sensitive when it comes in contact with the wetness of a vagina. You want to replicate the realness of sex every time you masturbate, and rewire the way your body and mind respond to arousal. I have found that Astroglide can even feel better than a real vagina, so when it comes time to have sex, the sensation is not quite as strong. Don't get me wrong, it still feels amazing, but I am well prepared.

- Remember to always breathe correctly. If you need to look again, check out the section earlier in this guide on breathing.
- Always be aware of your arousal level. If you feel ejaculation coming on, it is okay to slow down or take a few second break. I also recommend not just using

your hand. Get your hips and body into the act. It is a good way to simulate sex.

Exercise: Masturbation: 1 Second Stroke

There are some experts who say to masturbate with little stimulation, or without visualization. I think this is complete nonsense. I found that the best way to practice masturbation was with as much stimulation as possible. I suggest the same for you too.

Obviously, everyone has different things that get them turned on sexually. It might be pornographic videos, erotic pictures, or strong memory of a past encounter. A sexual fantasy in your mind might do the trick also. For me, it is pornographic videos. I know they are not for everyone, but they get me very aroused, and they were, and still are, the best way for me to practice masturbation with as much stimulation as possible.

So, for this exercise, make sure that you are relaxed, can dedicate at least 10-20 minutes (preferably 20) to the whole process, have a great lubricant, and have the best form of stimulation for you.

I would also like you to be in a position that stimulates you the most. If that means lying on your back and watching a video, then do it. If sitting in a chair, standing up, or even getting on your knees and imitating doggy style gets you the most excited, then do that.

It's also important to have an erect penis. I know it's easy to do this without one, but do your best to get as hard as you can before you start really going at it.

Now, once you are in your most stimulating position, erect and have applied the lube, begin to slowly masturbate. Even if you are watching a video and the actors are going at it a bit

more aggressively, keep it slow. A back and forth movement should take you roughly 1 second, which is a nice steady pace. Keep this pace. Even if you feel the urge to go faster and get it over with, DO NOT DO IT! As you are doing this, pay attention to your arousal level and your breathing.

Concentrate on each stroke of your hand. Try and visualize actual intercourse. This might be a lot to try and think about at first, especially during masturbation, but you will get better at it each time you do it.

The point of this exercise is to not stop masturbating when you feel like you are going to ejaculate, which most men do. You want to stop masturbating 20 seconds before you feel like you are going to ejaculate. At first, you probably will miss the timing, but as you become more aware of your body and arousal points, you will become a master at timing this.

Now, this is where everyone is going to vary. For some of you, ejaculation during sex occurs in literally seconds. For others, it occurs in minutes. You need to realize that no matter when it occurs for you normally, these techniques will work for you over time. So, if you literally ejaculate 15 seconds into sex or masturbation, you have a bit more work than other men.

If you are one of these men, stopping 20 seconds before you feel like you are going to want to ejaculate really wouldn't work since you are ejaculating even sooner than that. So, I want you to take things very slowly. You literally might need to take a few second break every few seconds. This could be a bit tedious and boring, but it is highly necessary. You need to start training your body to recognize and delay orgasm.

So, the point of this exercise is to be visually stimulated, use a 1 second stroke method, and stop masturbating 20 seconds before you feel like you are going to want to ejaculate. When you stop, stop for a full 5 seconds. Once the 5 seconds is over, begin the 1 second stroke method again. Repeat these steps for a full 10-20 minutes, if possible.

Remember, you might not be able to do it at first. That is completely okay. When I first started doing this, I ejaculated within 2 minutes the first 5 times I did it! It was hard for me. However, I stuck to this exact formula, and I began to become aware of my mental and physical arousal states, and my timing and ability to last grew quickly. I was conditioning myself. The human body responds very well to repetitive and reoccurring actions.

Exercise: Masturbation: Quick Draw Method

The directions for this method are going to be very easy to follow and implement. I want you to do everything you did for the 1 second stroke technique, but go at a fast pace. A fast pace is going to be different for everyone, but it should be a few strokes per second. Don't worry about counting your strokes. I want you just to go at the fast pace you would normally use for masturbation.

The 20 second rule still applies here. However, you will have to establish new timing for this exercise. You might be more aroused or less aroused masturbating quickly, so the 20 second rule is going to be different. The important thing here is to stop 20 seconds before you feel that you are going to have the urge to orgasm. Once you stop, stop for 5 seconds, and then continue. Again, attempt to keep this rhythm going for 10-20 minutes, but don't worry if you can't

make it that long right away. You will get better as you practice.

I will repeat something again. I don't want to beat a dead horse, but there are certain things that need to be said more than once in this playbook.

It is going to be hard to follow these instructions sometimes. You are going to get bored, or you will cut corners. I felt that way too at times. But, I really do look at all this stuff as practice, and I take it seriously.

If you want to become great at something, or at least better at something, you need to create a consistent, fluid, repetitive game plan and schedule. Practice and repetition really do make perfect. Don't lose faith too quickly. If these exercises are hard for you at first, don't worry. So it might take a bit longer to get better at curing your P.E. At least

you are on the right path. Just follow this playbook. I promise things will get better for you!

Exercise: Masturbation: Combination Method

This method involves all the same aspects of the previous 2 methods, but in a combination fashion.

In this exercise, simply rotate the 1 second stroke method and the quick draw method. It does not matter which one you start off with. If you start off with the slower method, once you stop for 5 seconds, start masturbating faster after that. Once you stop for 5 seconds that time, use the slower method again. Simply rotate back and forth for the full 10-20 minutes.

These exercises are simply getting your mind and body used to all different types of speeds for sex. Sex can only be 3 things really. Fast, slow, or a combination of both.

I don't know what your masturbation habits are. If it was up to me, you would be practicing this at least 2-3 days a week, regardless of your sexual activity level. If that is not going to be realistic for you, then you need to do this at least once a week. Obviously, the more frequently you can practice, the better. However, do not exclude 4 days weekly. You want your body to have some time to build your ejaculate up so things are more pleasurable. This will give you better practice because you will be hornier and more stimulated.

Also, as you begin to become more aware of your arousal and ejaculation habits, change how you are positioned during masturbation. If you are normally on your back, stand up. If you are on your knees, try something different. You

might notice that you are lasting much longer in different positions, and if that is the case, you will want to utilize that during actual sex.

Since everyone is going to be masturbating at different frequencies, there really is no exact chart to display here that breaks down daily and weekly exercises. I allowed myself much freedom here, and I am going to do the same for you.

If you masturbate 3+ times a week, you might want to rotate the different exercises every other day. You could even stick to one exercise until you felt like you mastered it. It really is up to you.

The important thing is to stick to a routine, whatever that is.

If you keep that habitual action going, you will begin to re-train yourself mentally and physically which will allow you to put an end to your premature ejaculation.

SECTION 4

The Physiological Side Of Premature Ejaculation

Good Old Healthy Living = Better Sex

In this section I want to briefly discuss the importance of overall diet and fitness when it comes to sexual health, energy, and staying power. Maintaining a certain level of physical fitness can do wonders for your P.E. You don't need to be a gym rat, but 30 minutes a day, a few days a week of light weights and cardio will not only drastically improve your health and energy level on a daily basis, but it will also greatly improve your sex life. Your lasting power will be better, and so will your erections.

At the same time, what you put in your body is also very important for your abilities during sex. If you are putting the right things into your body, not only will you be lasting longer in bed, but you will have a much stronger libido as well.

Even if you already have a strong libido, there is never a

point where you couldn't or shouldn't have a stronger one.

The more the merrier in my opinion.

Most men think that you need to take a prescription medication like *Viagra*, in order to have a better sex life.

Well, it's true that *Viagra* can give men a more satisfying sex life, but it's a medication for Erectile Dysfunction, not P.E.

Taking this medication is not the solution for everyone.

There are, however, certain foods out there that you can eat that will provide very important nutrients for your body, that will allow you to relax more during sex, be more confident, and ultimately last longer before you have an orgasm.

These foods are nature's way of increasing testosterone and serotonin levels in your body, which are key for sexual health and lasting longer. The other great thing about these foods

is the fact that they can be purchased virtually anywhere.

They are not expensive either.

Recommended Foods For Sexual Health

As you've probably heard before, breakfast is the most important meal of the day. It is essential to start the day off right, giving you lots of energy that will keep you focused all day, and help you keep some of that energy for later at night when it is time to perform sexually.

Breakfast foods that are high in riboflavin and thiamine can help you store energy more efficiently. If you are eating cereals and breads at breakfast, make sure they have a high level of niacin in them. Niacin allows histamine to flow in your body, which is important for delaying ejaculation.

Improving your body's circulation will give you a stronger ability to perform sexually. Studies have shown that foods rich in L-Arginine such as peanuts, walnuts, cashews, dairy, oatmeal, granola, garlic, green vegetables, ginseng, root vegetables, seeds, soybeans, can improve sexual functionality in men. All of these foods help improve the circulatory system.

Other foods known to help with the circulatory system are foods that are high in Omega-3 fatty acids. Salmon, mackerel, flaxseeds, halibut, and snapper are excellent sources for this nutrient. Omega-3 fatty acids also get your nervous system functioning better, which in turn helps with sexual health, depression, and fatigue.

You should start adding blueberries to your diet as well.

Blueberries have so many health benefits. They are packed with soluble fiber, which help clean out your digestive system

and arteries. They are also good for circulation, which can help with stronger, fuller erections. I enjoy making a protein shake 3-4 days a week that contains blueberries, flaxseeds, protein mix, milk, and a bit of peanut butter. It tastes really good, and I get a ton of lasting longer energy from it, which I thought was B.S. when I first heard of eating better for my sexual health.

Natural Supplementation And P.E.

For some reason, men want to be able to take a magic pill for anything and everything. The same goes for premature ejaculation cures as well. Many men believe, and are made to believe, that they have a deficiency with their natural production of serotonin. This is not the case for most men.

If you are severally depressed, then this might be the case.

People are often prescribed anti-depression medications

when they are depressed because their serotonin levels are low. These anti-depressants help boost serotonin levels, which can increase a person's overall feeling of well-being.

However, one of the commonly reported side effects of anti-depressants, or SSRIs, is an inability to achieve orgasm in a normal time period, if at all. This can occur in both men and women.

I do not know if I have a serotonin deficiency, but I do believe in treating P.E. from multiple angles, which you know. I do not like medications either. I prefer trying the natural supplement route.

I have done much research on natural supplements for premature ejaculation. I was very concerned about what was in them, how they worked with the human body, and all

the side effects associated with them. I was curious to try something to get that extra “boost.”

I decided to try a supplement that is promoted by an actual physician. I liked the fact that a doctor was behind the formulation. It made me feel a lot more comfortable taking it. It was also the only supplement that I know of that is targeted to help P.E. through natural serotonin boosting ingredients, and it made complete sense on how it worked on the body. Most other companies just say that something works, but they don't say how it works.

It's important to reiterate that a supplement alone usually doesn't help cure your premature ejaculation. However, combining one with this guide can greatly enhance your results. It is similar to a body builder who lifts weights, but also takes a daily supplement to help replenish his muscles.

The product is called Detain X, and I have been using it off and on for about 6 months now. I wanted to test it out for myself, and if it worked, recommend it to other men.

I was doing pretty well with my P.E. before I started this supplement, but I did notice a big increase in my overall energy, focus, and lasting ability after about a month of taking it. I have recommended it to a few friends of mine, and they are having awesome results as well. If you're thinking about trying a supplement, then I believe that this is the best one on the market and can be very beneficial to you in gaining extra staying power. You can get more information about this supplement at:

www.prolong-ejaculation.com/detainx.

SECTION 5

Sexual Positions And Techniques

For Lasting Longer In Bed

Let's Talk About Sex

When you purchased this book, you weren't looking for ways to breathe better, relax, and last longer during masturbation.

As much as these things are important parts of the whole process, you were looking on how to cure P.E. when you are having sex.

In this section, I will talk about techniques to use that will help you last longer during sex. I will also discuss several sex positions, giving you advice on which ones are good and which ones are bad for ejaculatory control. I will also discuss certain techniques in each position that can make things more pleasurable for both of you.

I want to say something to the ladies here. If they read this book, and I HIGHLY suggest that you let your wife or

girlfriend take a look so they are on the same page with you, please realize that this is a very difficult issue for men. Your boyfriend or husband needs your complete support on this. His premature ejaculation has nothing to do with you, so stop thinking that this is your fault. If anything, it should show you that he is extremely excited to be with you sexually. Men, including myself, are or have been extremely embarrassed by P.E., and it only makes things worse if our significant others aren't supportive and patient with us. The wives and girlfriends play a large part in overcoming and curing P.E. Your continued patience is very much appreciated.

Sex Positions

I am sure you have realized that your ability to hold off ejaculation can vary from position to position. Well, that is not a fluke. Each and every position has a unique effect on

both men and women. Each position effects overall pleasure for both sexes, and can vary our abilities to reach orgasm. Knowing how and when to use different positions will have a powerful effect on your ability to delay orgasm. You will also become a more confident, experienced sexual partner. It's a win/win situation.

Man On Top (Missionary)

The missionary position is the most well known and used position there is. Everybody does the missionary position, and most likely it's the first position that men and women experiment with when they have sex for the first time. It's one of the easiest and most pleasurable positions as well.

There are many experts who say that this position does not allow you much control over your arousal. I disagree. I think you have a lot of control. This position is just very arousing,

and tiring because you are supporting your body weight on your arms or legs. This extra tension and fatigue can make it harder to concentrate on your arousal stages, but not impossible.

Missionary is most likely the most intimate position as well. Couples can kiss and hug, looking at each other closely. Women feel very safe in this position. It provides great stimulation for the clitoris and g-spot. If you try popping yourself up on your arms, raising your groin up a few inches, there will be increased stimulation through the contact of your pubic bone and the woman's vulva.

Try having her bend her legs, which will allow herself to open, and in turn allows you to penetrate deeper. Your partner can put her feet under her hips and rise up with her pelvis in order to have better leverage and control.

Another great technique is to use your butt for leverage.

Your partner places her hands on your butt, and pulls herself up to meet your strokes. She has control of the intensity of the position, varying rhythm and angle of pressure so she can maximize clitoral stimulation.

Also, try having her hold her legs together, while you position your legs on either side of hers. This will move the penis back and forth over the clitoris while you are penetrating her. This greatly increases pleasure for both partners.

Woman On Top

The next most popular position is woman on top. When she is on top, normally she is facing you. However, she could also sit on top with her back to you, facing the same direction as you are. This just changes it up a bit. I enjoy it

because I like reaching around and grabbing a woman's breasts, and I can see her backside a bit.

This is also the best position for men to delay orgasm. I love when a woman is on top because not only is it not exhausting and I last longer, but it's also highly pleasurable for her. Most women, but not all, have the easiest time reaching orgasm when they are on top. That's very good to know, because you might not even have to last very long before she "gets off."

Since you are on your back and resting, you can pay much closer attention to your stages of arousal, breathing, and PC muscles. This focus allows you to become fully aware of your mind and body, which will make you much more relaxed during sex. She will have the ability to control speed and motion, giving her ultimate pleasure.

When she is on top, it is also a very clear view for a man to see his partner. You can see her hair move around and her breasts move up and down. You will have more freedom with your hands too. You can explore her body very easily.

Women who don't like being on top are usually self conscious about having their bodies open and exposed. If she's uncomfortable, have her keep a bra or tank top on until she gets more comfortable. Compliment her on her body.

Women like hearing this.

Slight alterations to your positions can often times make a great difference, depending on what you want to achieve. Going faster, slower, moving hips or legs a bit, or bending in different ways can all achieve varying results.

Experiment with these no matter what you're trying to achieve. You can hold hands when your partner is on top,

which can help with balance and increase the intimacy level. Put your hands on her butt and help work a back-and-forth motion into an up-and-down motion, increasing g-spot and clitoral stimulation.

Doggy Style

Doggy style is a great position. To me it is very erotic because of the natural animalistic instinct it encompasses. Many women like it too because they feel like they are being “taken” by their male partner, and it also provides for deep penetration and g-spot stimulation.

Never squat during doggy style. This puts way too much pressure on your legs, which will make it impossible for you to focus on control. Instead, sit on your knees, or stand at the edge of the bed.

When a woman lies on her knees and pushes her butt up for doggy style, her body naturally opens up a bit more. This allows for deeper penetration, and less stimulation on the head of the penis, which will help you last longer. Men can also press their pubic bone against the female to stimulate her externally. Once you are fully inserted, you will be able to rub and push up against her without really moving your penis that much. This will give you a lot of arousal control.

For more intimate doggy experiences, have your partner lie flat on her stomach and you can lie on top of her. This allows for more intimate contact both physically and verbally.

Side By Side

This is also known as spooning. I find this to be a great position for lasting longer before I orgasm. This position is great for tired couples, morning sex, couples with back

problems or other physical limitations, and for those who want to be intimate. Kissing and hugging are a given in this position. You can either face each other or have your stomach up to her back.

It is best to “scissor” or intertwine your legs with your partners, instead of having her legs wrapped around you. you can have one of your legs on the outside, while your partner moves one of her legs to the inside. This will help shift the weight and create a slightly new angle and position.

Standing

The standing position is great because it can be taken advantage of anywhere. If you are looking for a quickie or want to have sex in a place you are not supposed to, then this is great to try. This position can be very challenging though. If there is a big height difference between the two of

you, it will also lead to more difficulties. I would save this position for more advanced sex, however, to you can do it if you feel comfortable.

It is best to try and utilize a wall or table. Have your partner lie on the table, while you stand in front of her. This can often times be a very erotic angle. You can also lean against a wall or table with her leaning into you. Again, height differences can make things more challenging so utilize high heels or bare feet, depending on what needs to be accomplished. Standing on sturdy objects can also work. For the more athletic men, try picking up your partner while leaning against a wall.

Techniques For Delaying Orgasm During Sex

If you are practicing everything that is discussed in this playbook, then you are going to be much better at controlling your premature ejaculation during sex. However, there are still things that you can do when you are actually having sex that can keep you lasting for a long time.

Since P.E. is an issue for you, I would recommend using a condom every time you have sex. There are great condoms on the market that can lighten the sensation during sex, and you should be using these condoms. You can find them all over the web, or you can head to your local drugstore to find them as well. As you get better and better at delaying your orgasm, try having sex without a condom and see what happens. At this point, you should still be able to last much longer than you were in the past.

I also recommend that you start off in a position where you can last the longest. It might not be as exciting, but you need to start gaining control of your arousal, and you will gain confidence as well because you will be lasting longer and longer in this position, which will allow you to move on to the next position.

You can also apply the masturbation techniques that you have been practicing. If you were able to last the longest with the 1 second stroke method, then use this method during sex. If one of the other 2 methods was working well for you, then use that method during sex. If you combine the method that works best for you with the position that you can last the longest in, then you will be in very good shape.

Remember to slow down your thrusts, or even stop for a few seconds 15 seconds or so before you feel like you are going to have the urge to ejaculate.

Always remember to keep your breathing under control, and use the methods that were discussed in the breathing section of this book. You should also apply the PC muscle techniques as well.

Keeping mentally tough is going to be hard. I found that sometimes baby steps need to be taken. When I was first practicing everything during sex, I had my partner sit on top of me. Instead of trying to get way into it, which would always get me too excited, she would just sit on me and move very slowly.

The two of us would try and have a normal conversation, and at times communicate about how both of us were feeling on an arousal level. This kept me very relaxed. If I was lasting, she would increase her movement until I started to

get to a higher arousal level. At that point, she would slow down and we would have a conversation again, which would again relax me and allow my arousal level to go back down. I suggest that you try this.

Like I have said, communication with your partner is key, and she needs to be supportive. If you are single (not having sex with the same woman more than once) and having sex with different women frequently, then you might need to do more things on your own, without talking to her about it.

Talking openly about P.E. to a woman was single handedly the hardest thing to do for me. I didn't feel masculine about it at all. However, I quickly realized that it made things a hell of a lot easier in the long run, once I got past the initial embarrassment.

Also remember that you can try any of these techniques in any order or frequency that you like. Everyone is going to like certain methods better. You need to experiment and find out what works best for you.

There is a technique that I use frequently that works very well, and you need to try it.

When you are having sex, you are generally doing the in and out motion in missionary or doggy, and she is going up and down when she is on top. When you start realizing that your arousal level is getting higher, stop the thrusting motion.

Remember, this should be well before you actually think you are going to have an orgasm.

When the thrusting stops, insert your penis as far as you can, begin to move side to side or up and down, without pulling your penis out too far. This will significantly lower

your arousal level, and it will still feel good to her. If you want, keep your penis inside of her without moving it at all. You can still kiss her or touch her, but you are letting your arousal level drop a bit. Don't be afraid to do this for as long as you need, whether it is 5 seconds or 1 minute. The important thing is to not ejaculate and let your arousal level go back down.

If she is on top, have her just move around your penis without going up and down. This will accomplish similar results for you.

So, you can constantly go back and forth. Thrust a few, then rest inside with little or no motion. Thrust again, then rest.

The deeper you stay during sex, the less stimulation you will have. Many women get more pleasure having sex like this anyway. You can really stimulate the g-spot this way. It's the "motion of the ocean" comes to mind.

Another technique that you can use during sex, is to change positions frequently. What I really love about this, even when I was struggling with curing my P.E., was that I felt very dominant, and women respond to that.

To women, you appear confident and in control when you are initiating new and exciting positions, even if you don't feel that way. When it comes down to it, this is what women want. Women want a man that is in control and confident, both in life and in the bedroom.

Changing positions also allows you to lower your arousal level a bit. If you are on top, and feel like you are getting too excited, pull out, rest a few seconds, and then put her into the doggy position or whatever. From there, try putting her on top. Changing positions allows you to rest for a few seconds. She will think that you are exciting, dominant, and

crazy by switching positions so frequently. Little does she know that you are just trying to control your orgasm.

There are also ways of completely stopping sex, getting recharged, and then having sex again.

When you are starting to reach high arousal levels, slowly pull out. At that point, you can start kissing her entire body, or even start performing oral sex. You will be able to regain control, but at the same time keeping her pleased sexually. After a bit, begin to have sex again.

Women really like teasing, so this one can be great to exaggerate. Once you pull out for a bit, do your thing, and then go back inside of her, immediately pull back out.

Repeat the process a few times. This will drive her nuts!

But, the best part is the fact that you will be able to literally rest for 5-10 minutes if you want! It works great. It can be

done in any position too. If you are in doggy, pull out and start giving her a back massage. When you go back in, pull out again and massage her neck this time. Any distraction method works like a charm. You will read about how to touch a excite a woman in the communication portion of this playbook.

Now, when you put it all together, you can combine every one of these techniques. For example, you can start on bottom and have a normal conversation. This sort of acts like teasing too if you take control of it. She will think that you are just having fun. From there, move to the missionary position and start thrusting using one of the masturbation techniques I discussed.

When you notice that your arousal level is getting too high, penetrate deep and give very little movement. At that point, start thrusting again. As arousal gets higher, pull out

completely and use a distraction technique. Kiss her body, rub her back, or give her oral sex. At that point, change positions and enter her deeply again. You get the picture.

If you are giving her the vibe that you are in complete control, then she is going to love it. All of these techniques will send this message. And, with time, you will get better and better at lasting in different positions using different techniques.

As even more time passes, you will be able to abandon some of the exercises and methods because you will gain more and more confidence in yourself and your abilities. Your confidence will sky rocket, and you will become the ultimate lover. And remember, if things ever start to slip again, you can always go back to this playbook and refresh yourself on all the methods I talk about for curing your P.E.

SECTION 6

Communication And Your Partner

There's one important thing I've learned in over the years with my work. It's quite simple really. Men are men. Women are women. Sex is sex.

I know what you're asking? What in the world are you talking about? Isn't that too easy of an answer?

I've learned that men are men. Men love just as strongly as women, but they love more physically and with their eyes. Men need women. Men put an enormous weight on their abilities to please women in bed. They put enough weight on the importance of sexual performance that it seems to be the most important part of the relationship. They put enough weight on sex that it can ruin them and the relationship.

I've learned that women are women. Women love just as strongly as men, but they love emotionally and with their

ears. Women need men. Women put an enormous weight on their emotional connectivity to men. They put enough weight on emotional connectivity that it seems to be the most important part of the relationship. They put enough weight on this that it can ruin them and the relationship.

Sometimes sex is good. Sometimes sex is bad. Sometimes sex is fast, and sometimes it's slow. It's never really the same with anyone. I also know that too much time is spent on sex.

Goodbye Porn

If you use or have ever used pornography, either in print or in film, as a playbook, you might be headed down a slippery slope. There couldn't be a worse set of guidelines for sex, especially when you are young and just beginning to experiment with your sexuality. I know that as an adult,

pornography can be used as something to spice it up, but leave it at that. You should not be using these videos to get pointers on how to please women.

These films or magazines are made to escape reality, and provide visual pleasure and stimulation for men. They are completely unrealistic. The people in pornography are professional actors or models. There is editing and special lighting. The scenes are scripted. All of this creates an imaginary world. They give men unrealistic expectations of what should happen during sex, and this leaves them upset or frustrated when it isn't fulfilled.

These films are catered to men, and completely ignore women, which is over half the population and the portion of the population that we are interested in pleasing.

These films also put so much pressure on men to perform. Media in general does this. We live in a society, unfortunately, that demands physical perfection in all areas. When you equate this with sex, it becomes too scripted, and loses the passion of what makes this natural act so great.

Sex should not be mechanical. She isn't a robot, and neither are you. Get lost in the act. Focus on her completely. Make her feel like she is the center of the universe. If she feels cared for emotionally, she will start to reciprocate with a sexual frenzy. And believe me, if she is turned on emotionally, she will be turned on physically and sexually. In turn, this will make you feel more confident in the bedroom, regardless of how you've performed in the past.

Are We In The Same World?

I have read a book on how to attract women, and the author, Jack Rockwell, www.prolong-ejaculation.com/datingsavant, wrote a little bit on communication between men and women, which I discuss a bit below. It is a great book if you are looking to attract and date more women.

Most of us feel like women are from another world sometimes. Believe me, even I have felt that. It's only natural. Men and women are completely different machines, operating on different fuel.

I'm sure you've heard, "you don't need to go (fill in a function or event) with me. It's not that big a deal. I can go alone."

Now what men hear is, “you don’t need to go (fill in a function or event) with me. It’s not that big a deal. I can go alone.”

Now what women hear themselves saying is, “you need to go with me. It’s a huge deal to me. I can’t go alone and if you don’t go you are an ass, and I’ll be pissed off.”

Sounds familiar right? She says one thing, you listen, you don’t go, and then she’s in a bad mood later because you didn’t go. Only it takes 5 or 6 hours for her to tell you she was mad because you didn’t go.

Men and women should have personal translators at all times. Things would go a lot more smoothly. However, there are a few things men can do to make the communication process a whole lot easier. They are quite simple really, and will make a world of difference for you.

You need to first acknowledge that there is a difference in the way men and women talk and listen. It's been that way forever, and will continue to be that way forever! Get it in your head now. It is here to stay. Women will shrivel up like flowers if they feel that they're not being heard by their man. Master chess players see the game 10 moves ahead. Michael Jordan saw the court from all angles, and could see the game play out in slow motion. You need to see a few steps ahead as well. Her emotional state will most certainly control her sexual state in the bedroom. If a woman doesn't feel that she's being heard, she will start to freeze up emotionally, and sexually. This pattern will continue unless you break it.

**WHEN FRUSTRATION OCCURS IN THE BEDROOM, IT
VERY EASILY STEMS FROM A WOMEN'S MIND
THINKING ABOUT DAYS EARLIER WHEN YOU WERE**

**NOT THERE FOR HER EMOTIONALLY. REMEMBER,
SEE THE GAME A FEW STEPS AHEAD. THOSE LITTLE
THINGS YOU DO THAT DON'T SEEM LIKE A BIG DEAL,
ARE TO HER, AND CAN LEAD TO SEXUAL
FRUSTRATION OVER TIME.**

Now guys, the beauty of all of this is how simple it is. This playbook is designed to make things easy for you.

Regardless of what a woman wants to talk to you about, whether it's a story, emotional issue, concern, question, anything, she just wants you to listen. Let me repeat that because it's very important. **SHE JUST WANTS YOU TO LISTEN.** Keep that stored in your brain. It's a very simple act, but goes miles with women.

Women are attracted to self-confident men. Self-confident men listen. Women are also looking to be heard. Naturally, men want to come up with a solution to the problem,

because that is what we do. We try and fix things. This is natural. Women don't want us to fix anything. They really don't even want advice. Refrain from giving advice unless she specifically asks you for it.

Going back to my experience, I have witnessed something between men and women that is quite remarkable, yet it happens constantly. You might have already experienced it. If you haven't, become aware of it and watch how often it happens.

I've witnessed, several times, a woman talk to her boyfriend or husband or any male friend for that matter about something, whatever that may be. I've watched her talk for 30 minutes straight. I've also witnessed men, say absolutely nothing in those 30 minutes but one word answers. Yes, no, wow, I agree, what?

They look the woman right in the eye, giving her their full attention. There really isn't even a conversation. But at the end, the woman looks at her male friend and says, "That was a really good conversation. Thank you so much for that. Thank you for listening."

Wow! It is amazing. The men who do that know exactly what they're doing. Listen, focus on them, and let them talk. Nod your head, touch their arm. Don't interrupt or look around the room. If you do this, they will become detached and feel unwanted. I promise you this. You listening in this way, coupled with her feeling and believing that you're giving her your full attention, will translate into remarkable results. This process is healthy too.

Now of course, this doesn't mean you don't ever have to talk. Just keep in mind though when she wants to talk, let her talk, and listen to her. I know you might not care what

she has to say, but it will help your relationship in the long run, both emotionally and physically.

YOU CANNOT UNDERESTIMATE HOW IMPORTANT IT IS TO HAVE CLEAR COMMUNICATION WITH A WOMAN. WHEN YOU BECOME AWARE OF THIS AND BECOME AWARE OF HOW THE TWO OF YOU INTERACT, THEN GREAT SEX WILL SURELY FOLLOW.

Communication in the bedroom is also very important, and I've noticed it's lacking with the majority of couples. Most men and women just try and assume what the other wants. For some reason, we feel uncomfortable or embarrassed to talk about sex with the one we love. When you practice football, you listen to the coach. You talk with your teammates. You do workouts and do drills. You try and get better. This should be the same mentality you have with your partner about sex.

There are some barriers and hurdles to jump over though. Many women have difficulty talking to men about what they like sexually. They can chat it up all day with their girlfriends, but it ends there. Many women still have a complex about feeling like “good girls.” If they tell men what they want, they may feel sleazy or cheap. They often times feel that men won’t even listen to what they want (here comes the listening again), so if they tell them, it won’t matter anyway.

Women also fear that if they tell their man how they like it, we will automatically equate it to something that her ex did to her that drove her nuts. It could alienate the two of you in her mind. There are also just times where you can’t explain something. That will happen too. Certain things in the bedroom just need to occur over time and with practice. They can’t always be put into words.

Make it clear to her that you want to know what turns her on sexually. She needs to feel comfortable and free to tell you. Start kissing her body softly, having her stop you whenever you hit a sweet spot, or use a technique that makes her hot. Make note of those spots. Have her kiss your body showing you what she likes, and at the same time you can communicate with her what turns you on romantically.

If you're new to a relationship, please stick to using proper terminology when referring to body parts, especially hers. She might not feel comfortable right off the bat using slang terms for your penis, or her vagina or breasts. You will learn over time what is acceptable in the bedroom.

There might be certain occasions where slang and dirty talk is what she needs to hear. In more passionate moments, soft sensual talk with PG rated words might be necessary. You will learn over time. Please talk about it though. Find

out what she is comfortable saying and what words she wants you to use. Again, this playbook is giving you the importance of communication. It is vital to your relationship and sex life.

Foreplay Vs. Sex

I've covered the first step in the overall "game" of making women crazy over you, communication. Again, I will stress over and over again how important this is for overall great sex. Do not overlook this. It's a very important element for getting women in the mood when sex does occur.

Now, keeping with the sports theme, men tend to warm up quickly and then go out and play the game. Why do we do this? Is it a macho thing? Do we think we can shoot a few free throws and then run up and down the court without pulling a groin, or working ourselves into complete

exhaustion? It's a very strange phenomenon that I've been guilty of in the past as well.

Men do the same thing during sex. They tend to rush through the foreplay, right into the sex. There could be nothing more unattractive to your partner. If you're worried about PE, then you might be spending more time during foreplay because you don't want your problem to arise during sex. If this is the case, then you are one step ahead of the game on most men.

Foreplay to women is more important than the sex, and foreplay for her begins with your overall communication with her. You must work on a women's brain before you work on her body. Seducing and relaxing her mind, then seducing and relaxing her body, will make her think you are the best lover ever!

Working on women's minds is very difficult for some men, but is vitally important. Now when I talk about working on her mind, I'm not talking about playing games or playing hard to get, I'm talking about being a gentleman and being respectful. Too many members of this current generation are lacking in that department. Maybe parents aren't teaching manners anymore. Maybe men just don't care. I don't know the answer to this.

A MAN WITHOUT MANNERS AND THE ABILITY TO TREAT A LADY WITH RESPECT IS A SUREFIRE WAY TO TURN THEM OFF TO YOU.

Now guys, this stuff isn't hard, and you certainly can think of what I'm already talking about. Things like listening, eye contact, opening building doors and car doors, pulling out her chair, holding her hand, touching her softly, unexpected flowers, breakfast in bed, making her favorite dinner,

surprising her with her favorite perfume, the list could go on and on. You should be able to figure out anything that goes on this list.

Please start implementing them! You need to start seducing her mind. Make her comfortable. Make her think she is special and unique to you. These gentlemen like gestures should not only be done during courting but also during the lifespan of a relationship, whether that is 2 years or 40 years.

I have talked with a 34 year old female who has been married for nearly 10 years. I talk to her and her husband about their sex life.

“I knew I loved him the day I walked into work and saw a box of my favorite perfume sitting on my desk with a beautiful note attached to it. I remember feeling that I wanted him right there. Those little things can really get me going.”

**WHEN IT COMES TO FLOWERS, MAKE SURE YOU
KNOW WHAT SHE LIKES. ROSES AREN'T ALWAYS THE
BEST CHOICE.**

The Art Of Relaxing A Woman

Most women will not feel “in the mood” if they don’t feel relaxed.

Why is this? Well, unlike a lot of men, women tend to struggle with dozens of things in their head at once. They are constantly thinking and worrying about something. Men are thinking about a lot of things as well, but we are much better at shutting it off when it comes to sex. The majority of women are not good at this.

For her to get in the mood for sexual activity, this internal monologue needs to be shut down, and when we help shut this down, women feel like we've gone out of our way to relax them.

How do we do this? Well, that depends on each individual woman. Some might like a neck or back massage. Some might like a foot massage. Maybe drawing a bath or relaxing with her in a hot tub will do the trick. Maybe all you need to do is just sit next to her stroking her hair while she listens to her favorite CD. You need to figure that out with your partner. Every relationship is different.

Engaging any of their five senses (touch, smell, sight, taste, and hearing) can ultimately do the trick. A woman's body will not get excited unless her mind is at ease. If her mind is at ease, her body will be at ease, and her body will be in a wonderful position for excitement.

SOMETIMES JUST LETTING THEM VENT TO YOUR LISTENING EAR DOES THE TRICK. THERE IS THAT LISTENING THING AGAIN. IT WORKS EVERYTIME!

I'd like to tell you how one of my customers gets his girlfriend relaxed and in the mood for intimacy. Now remember, he isn't doing all of these things every single day. If he did this, the spontaneity would be lost.

He does, however, use these techniques frequently and realizes that all of these things are necessary to keep his girlfriend wild over him.

I will call this guy Jim. For Jim, the whole process begins at the start of the day. He might have breakfast waiting for Mary when she wakes up or he might bring it to her in bed. He sometimes wakes her up to her favorite Nora Jones song and gives her a morning back massage. If he doesn't do

those things, He sometimes quickly grabs her before he leaves for work and gives her a nice long goodbye kiss, complementing her on how beautiful she looks or how wonderful she tastes. These are the little things that can be done throughout a day that are not so little to a woman.

GIVE HER POSITIVE COMMENTS ABOUT HER PHYSICAL APPEARANCE. BE SPECIFIC ABOUT CERTAIN AREAS OF HER BODY THAT TURN YOU ON. THE MORE DETAILED THE BETTER.

Jim often times will send her text messages or emails about what he is going to do to her that night. He is very specific. He talks about how he's going to touch her. Jim talks about how much he loves kissing her neck. He tells her about her smell and how sexy her lower back is. He is simply engaging her senses and relaxing her mind, which is going to transition into relaxing her body.

When Mary gets home Jim has food or a glass of wine waiting for her. After that he rubs her back while they listen to soothing music or maybe watch a little TV. From there, Jim takes her to the bathroom where he has a bath drawn for her. He washes her hair or helps her wash her body. He does what he knows will relax her mind and begin to relax her body. Jim is now ready to lead Mary to the bedroom for more relaxation. We will get to the physical part later.

Whether this whole process takes 25 minutes or 1 hour doesn't matter. What matters is that you've communicated with your girlfriend or wife about what relaxes her, and then you implement it.

Let me give you a quick background on Jim. Jim has been dating Mary for nearly 1 year now. Both of them are 28

years old. I started talking to him at the 5 month mark of their relationship.

When I first met him, he was so down and out about his struggles with his PE. He loved Mary deeply, and felt he was losing her because of what was going on in the bedroom. He told me there were times when he could last a few minutes, but most of the time intercourse was over in less than 1 minute.

It was constantly on his mind. He would avoid sex with her because he was so fearful of hurting her and embarrassing himself. Jim just didn't know what to do.

I began telling him the little secrets that I'm telling you. I would give him weekly assignments. I gave him a "quick tip" playbook that he could use for support and to take notes with. I was very straight forward with Jim. I told him he

might struggle with PE forever. I have seen this happen.

However, I was giving him great secrets that would allow him to cope with his condition, and do everything possible to get his P.E. turned around.

I was giving him secrets of how to satisfy women in non sexual ways. I was giving him secrets of how to have mind blowing foreplay that could lead into mind blowing sex, whether or not it lasted 2 minutes or 35 minutes.

Slowly but surely, Jim started feeling better about the situation. Not only did he feel better personally, but he also knew Mary was feeling more comfortable as well. Jim still was struggling with his PE, but he was finding ways to cope with it, and so was Mary. They were communicating about the issue. I had them communicating about the relationship in general. Jim was using techniques that I taught him to relax and seduce Mary, and they were working.

After a few months, Jim and Mary were completely satisfied with their sex lives together. Complete satisfaction with your sex lives means you can still have “bad” sex sometimes.

The satisfaction comes from knowing you are both communicating about it openly, and trying other things to satisfy your partner.

The Senses

I mentioned earlier about engaging her senses. I want to briefly touch upon this in more detail.

Sight

When it comes to sight men, take some stock in your surroundings and in yourselves. We rely most heavily on this sense. *Wherever* you plan on hooking up, whether it's

your bedroom, family room, kitchen, whatever, keep the area tidy. Cleanliness is next to godliness as we all know.

Women will appreciate this. Clean your sheets, pick up the underwear that's been sitting on the floor the last 6 days.

Clean the dishes that are beginning to collect flies and mold.

Make her feel like you have some respect for yourself.

When it starts to get hot and heavy, make sure the room isn't as bright as a star. Have low lighting. It will calm her down.

Hearing

Women are easily seduced through their ears. Speaking softly to her about her strong points, whether physical or mental in a soft seductive voice is a sure turn on for her. But words are not always necessary.

Having instrumental music in the background can be very effective for getting her in the mood. You can pick this out together, or put on her favorite CD. Music without lyrics can really get the both of you lost in the moment. If you don't know what music to put on, put the radio or cable box to the jazz station. Jazz is always a safe bet in passionate moments.

Taste

What tastes people enjoy varies greatly. Everyone is turned on by different foods and drinks. Feeding each other in bed can always be erotic and fun. A few foods to try are olives, strawberries, grapes, chocolate or cheese. Wine is a nice alcohol that goes well with cheese and chocolate. A clean mouth is always a must, which all of you know.

Smell

To me this is a no brainer. Everyone wants to smell nice things. Scent recall is very powerful. To this day, when I smell a certain perfume or soap, I immediately recall a person or place. Chances are that you've experienced this as well.

Women can be turned on strongly by a man's cologne, or even natural scent. Now guys, natural scent isn't your unwashed armpits and crotch after playing a game of football. Taking showers and using soap is important. I'm hoping that you already know this. We do however, all have a very unique odor. Keep a flavored candle burning or plug in an air freshener as well to give the area a nice smell. Again, most of this should go without question.

Touch

We finally get to the important part. You have done your best to relax her other 4 senses, now it is time to relax her body with your touch.

Women respond most greatly to touch, and will turn into mush right in your arms if done correctly. You will notice her breathing getting faster or deeper. Now that you have learned how to relax her mind, it is time for you to learn how to relax her body.

A WOMAN'S SENSE OF SMELL IS MUCH MORE SENSITIVE THAN A MAN'S. WHAT YOU DON'T SMELL, SHE MIGHT. PLEASE KEEP CLEAN!

Relaxing The Body

You have learned how to put her mind at ease, now it's time to put her body at ease. Now for most of you, this could be the most difficult, depending on how severe your PE is.

Remember though, after all that I've taught you is implemented, your PE will not be an issue. You will have her melt in your arms, which is what men should want anyway.

In the same way that communicating with women is important, giving them your full attention during foreplay is also important. You want to make her feel like there's no other place in the world that you would want to be. Long kisses, touches, eye contact and teasing is a part of this process.

Actually, this whole process began at the beginning of the day when you used some of the techniques that my patient Jim implements in his day. Feeling special will relax her and open her up to receive ultimate pleasure. SHE MUST BE RELAXED IN ORDER TO RECEIVE BODILY PLEASURE. I cannot stress this enough!

To turn a woman on sexually, you don't always need to touch them sexually. I have heard countless women tell me how they love just to be hugged, held, or kissed on the forehead by the man they were with. It makes them feel wanted and loved, which in turn opens them up sexually, and to be more specific, it opens them up sexually to you. WOMAN NEED TO FEEL SAFE, COMFORTABLE AND LOVED.

Nothing will get a woman more revved up than a great kiss. When you were younger, maybe a teenager, kissing was

everything. As we get older, and our sexual experience grows, we sometimes forget about how powerful this act can be. Quick kisses, long kisses, French kisses or wet kisses, any of them have the power of making your lady wet. Kiss her with intention and feeling. Be present. Communicate your love and intimacy for her through your mouth touching hers.

If you have very different kissing styles, it is important to kiss her the way she would like to be kissed. Have her show you by kissing you. If your kissing does not mesh well, you could end up having problems. If your kissing style is in sync, there is nothing more erotic in many women's minds.

Remember though, that kissing styles can change depending on mood and other factors. It is also important to have variety in your kissing. Some people like their tongues

touching a lot, some people don't. Either way, don't stick to one type of kissing.

Some women with larger lips like to have their bottom lip sucked on lightly. Try lightly running the edge of your tongue along the perimeter of the lips, both outer and inner, refraining from slobbering or getting their lips too wet. Be aware of how loose or tight your lips are. The best key though, is to make sure you are kissing them the way that they want to be kissed.

Spontaneous kissing or making out is always a turn on as well. Grab her by the arm and just start kissing her when she is brushing her hair or cleaning up her dishes. Kiss her against the wall, holding her hands to her side, or cradling the sides of her head in your hands. However the two of you enjoy kissing, I promise you it is the number one way to get her all riled up sexually.

When it comes to touching a women, do not leave any area untouched. Cover her face, head, neck, ears, feet, legs, back, breasts, stomach, buttocks, shoulders, hands, and vagina with your kisses and touches. Massage those areas keeping in mind some women like a gentle massage and others like a deep massage.

Women do not always want to be touched how we would like to be touched. Keep that in mind. As you are exploring her body, pay attention to her breathing. Pay attention to how her body reacts to your touch. Delay going right to a woman's hot spots men. Tease her. Give her a slow buildup. Touch every area but the hot spot, or every now and then lightly touch or kiss a hot spot just so she knows where you will be heading next.

The shoulders and neck are a very sensitive area for women and an area that if touched properly can really get them going. Use your lips, fingers and tongue in nice circular motions. You do not need to use a lot of pressure here because it is a very sensitive area.

Pay attention to both sides, refraining from spending too much time on either side of her body. Kiss her gently from the bottom of her ear to the top of her neck. This is a great sweet spot on all women. The lower portion on the back of her neck is a great turn on area too. Lift up her hair and slowly kiss and lick her neck down to her shoulders.

The back is a great area for deeper touches and massages. The sacral curve, located above the curve of her buttocks, is a sensitive area on a women's back and can bring great excitement to her when rubbed and touched. Rubbing the lower back and buttocks stimulates the groin area.

Some women are very shy about showing their butts, so make sure she is comfortable with it. Again, this is when positive comments about her body come into play. Tell her how much you like looking at her from this angle. Tell her all the things you want to do to her. Be specific on how you're going to do these things to her as well.

This leads us to the buttocks. Again, many women are sensitive about exposing this area. If she's still uncomfortable even after you tell her how much you love the area, then it's okay to skip this part of the body. If she is on her front and does enjoy back rubs, put a sheet or towel over her butt. Try rubbing her backside through the sheet. After a bit, she might become more comfortable and allow you to remove the sheet.

If she is comfortable with this area, the sky is the limit as to how much you would like to experiment. Out of all the body areas, this is the area that is divided in terms of how much, if at all, couples experiment. As always, you and your lady are the final judges on things.

Turning to one of men's more favorite areas, the breasts often times are centered on too much. In my experience, and it might seem obvious to you, men tend to gravitate towards the breasts and vagina. They spend too much time during foreplay in these areas. These are the majority of times 2 hot spots that should be intertwined slowly during foreplay. Although it might pain you to hear this, many woman don't like their breasts being touched or sucked on. It is best to jump into the area slowly, playing with them at the bottom and working your way towards the nipple.

Don't fly right towards the nipple unless your partner is comfortable with it. It's very sensitive. Most women also don't like rough pinching or biting of the nipples. Always lean towards the more conservative option until you learn her body or she tells you it is okay to play a little harder. Have her show you how she likes having her breasts touched by placing your hands over hers as she explores her body.

The belly button is another toss up area. Some woman like that area touched and kissed, and others don't. You will figure that out. The belly button does serve as a nice area to put liquid or whipped cream.

Woman love having their hair touched and played with. You can do this at any point during the day. Watching TV with her head on your lap, strolling down the street with your arm around her, or during foreplay, there is never a wrong time to

stroke a woman's hair. Massaging the upper portion of the neck and lifting up the hair to kiss her is a turn on for women. A nice scalp rub, or the feeling of hot breath against their head will also make a woman hot.

Obviously the face is the part of the body where you're going to be the most gentle and sensual. Very light touches are key, using the tip of your fingers, the top sides of your fingers, and the back of your fingers or the fingernail. Lightly trace the outline of her face from her forehead down her jaw and back up the other side. Touch her lips and nose. Suck on each other's fingers. Keep your eyes on hers. Women like the attention you are giving them. You are present with them. They love that.

Ears are an area men and women differ from greatly. A lot of men like tongues in their ears. They enjoy that wet feeling. For women, it's the exact opposite. They don't like

that feeling of wetness in the ear. Stick to the outer ear and earlobes. Breathe lightly in her ear so she knows you're there. The key word here is lightly. Don't start exhaling in her ear like a bull.

The limbs (feet, hands, wrists, legs and arms) are a wonderful area of the body because they can be touched all throughout the day. It's also okay to touch these areas in public. The limbs on women are also less sensitive than other parts of her body, so deeper, harder touching is more pleasing to her. Foot massages for women reduce tension, reduce anxiety, reduce neck tension, and reduce stress and nervousness. It's important to use a body lotion to give you easier stroking techniques. If you want to become an expert on this and really wow your girl, get a book on reflexology. There are hidden gems in these books.

It is very important to know your lover's body. She also needs to know yours. This takes time, so be patient. Talk to each other openly. Practice techniques. You need to be comfortable. Any tension or unclear areas of communication will only distance you farther from your girlfriend, boyfriend, wife or husband. In turn, this will only make you worry more and more about your PE.

Focusing on foreplay and not about "getting off" will shift your attention from you to her, and in turn keep your mind off the importance of lasting for a long period of time. The mind is very, very powerful. Shifting the thoughts that go through your head could prove to be the best choice you ever made.

Using Your Fingers

It is very important to talk to your lady about what she likes and where she likes it when it comes to using your fingers on her. Everyone is different. Having clean, washed hands is very important, although, depending on the circumstances, not always something that can be done. The reason it is important to have clean hands is because the skin in this area is very sensitive on women, and the salt and sweat on your fingers can make her feel a strong burning sensation. You do not want this to happen. Wash your hands thoroughly, getting off all the hand soap.

Do not use anti-bacterial gels that do not require water. If you are absolutely in a position where you are not near water or soap, lick your fingers. Also, make sure your nails are not too long. This also can irritate her very sensitive skin.

Some women are going to like immediate clitoral stimulation, where others are going to need warming up by touching the surrounding areas of the vulva. As said plenty of times before in this guide, communication with your partner is key to find out what gets her buttons going and allows you to drive her mad.

It is also a great idea to use a lubricant. Now guys, don't shy away from this. Just because you are using it doesn't mean you can't get things done on your own. Women can dry out very easily, even if they are stimulated. Using lubricant will prevent this from happening and also add to the excitement level of your foreplay. I tell every man I counsel to use lubricants, and they benefit from it greatly. There are all different kinds that you can buy and use.

You can use flavored lubricants, scented or unscented, oil-based (external only), water based, or colored or clear. The

list goes on and on. If you feel overwhelmed by the choices, pick up a few of them and experiment. I have found that you can never go wrong with ASTROGLIDE. It is water-based, fairly inexpensive, and very easy to find. If you were going to start with just one, I would highly recommend it.

**IF A WOMAN SHIFTS HER BODY, EVEN SLIGHTLY,
THEN THAT IS WHERE SHE WANTS YOUR FINGERS TO
STAY. DO NOT MOVE BACK TO THE LAST SPOT!**

Regardless of what move or position you are in when you are using your fingers on her, it is important to start with bigger motions and then moving to smaller more concentrated motions. You also want to slowly build your speed. Start off slowly and gradually start moving faster. Most women are not ready for you to just start going at 100 M.P.H. This can be extremely uncomfortable.

It is easy to find out what will make your lady most excited by varying tempo, degree of pressure, and the motion of your fingers. It is always a good idea to rest the palm of your hand on the area where the pubic hair starts (mons pubis) and apply pressure. Place a well lubricated hand over her labia, fingers pointing towards her anus. Pull up toward the navel. Experiment by touching her inner and outer lips gently. Pull softly on one lip and then the other. Rub the outer lips gently between your forefinger and thumb, then the inner lips.

Place the palm of your hand on her pubic hair region and rest your fingers lightly on her lips. Put your thumb on her thigh. Gently, but with pressure, press your palm onto her mons pubis and begin to move your hand in a small circular motion. Your palm should not move too much over her skin during this process. Instead, her skin should move underneath your palm.

Repeat this process until you have done 8-10 circles. You will then raise your fingers and softly tap her vaginal lips about once every second until you have given her 8-10 taps. After you have done this, rest your hand for 6-8 seconds. Then repeat the whole routine over as much as you and your partner fancy.

Brief Closing

I hope you have enjoyed reading this guide, and I know the information is going to help you start lasting longer in bed tonight. I know the road has been tough, but hopefully it will get a whole lot easier starting today. I commend you for taking the necessary steps to changing your sex life. You owe it to yourself, and I know that you can do it!

Recommended Tools And Resources

For a great supplement for naturally increasing serotonin levels please visit:

www.prolong-ejaculation.com/detainx

For an effective natural supplement for getting harder and fuller erections please visit: www.prolong-ejaculation.com/erectifyxl

To naturally and safely add length and thickness to your penis, please visit:

<http://www.prolong-ejaculation.com/length>

If you are looking to meet, attract, date, and have sex with more women please visit: www.prolong-ejaculation.com/datingsavant

If you are looking to have more meaningful relationships, or suspect your spouse of cheating, please visit:

www.prolong-ejaculation.com/relationship-solutions

