

The

47 hour

PREMATURE

EJACULATION

CURE

Deon Black

The 47 Hour Premature Ejaculation Cure

Created and written by Deon Black

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“Obstacles are those frightful things you see when you take your eyes off your goal”

Henry Ford

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How does this program work?

Welcome to “The 47 Hour Premature Ejaculation Cure”.

You downloaded two files.

This one is the “Core Program”, the other one is the “Daily Plan”, which spreads the “Core Program” exercises out over a sample period of 90 days.

In this “Core Program” you’ll find all the theory you need to know, plus exercises explained in step by step detail.

In the “Daily Plan” instead you’ll find the numbers (hours, minutes, days, etc.)

The exercises’ titles are **in red**.

This clear division between exercises (explained in the “Core Program”) and timing (in the “Daily Plan”) is designed to accelerate your improvements and to give you faster results.

How?

If I had put numbers and charts next to the exercises you’d have focused on them (how many repetitions do I need to do? For how long?) instead of trying to execute the exercises properly.

Quality is more important than quantity.

The 47 Hour Premature Ejaculation Cure

So I want you to read the exercises, try them and when you feel like you can do them, go and follow the daily plan.

The plan spreads the 47 hours (actually 46 hours and 52 minutes) of training over a 90 day period.

Get a calendar and go one day at a time, only counting the days that you train. So for example if yesterday you were at “Day 19” in the “Daily Plan” and today you’re busy and can’t train, then tomorrow (or whenever you start your training again) will be “Day 20”.

Another reason why I divided the program from the plan is to give you more flexibility. Some men don’t like following a day by day plan, they simply want to learn and practice the exercises in their own time with a general indication about the recommended timing and frequency.

For example, in the second chapter you’ll be introduced to the first exercise, called **Action No.1**. In this “Core Program” I tell you that this exercise needs to be done everyday until you stop premature ejaculation.

In the “Daily Plan” instead it only goes on for 30 days.

Which one is right?

It depends on your approach.

The 47 Hour Premature Ejaculation Cure

If you like step by step instructions follow the Daily Plan and do it for 30 days. It will work because I know you'll follow each of the instructions with precision, and in that case 30 days of Action No.1 will be enough.

If instead you belong to those men who don't like precise instructions then do Action No.1 everyday until you stop premature ejaculation.

So basically you have three possible approaches to "The 47 Hour Premature Ejaculation Cure".

- 1) You go through this book, read and practice each exercise and when you feel you can do it properly, go to the "Daily Plan" and practice the exercise for as long as described.
- 2) You start from the "Daily Plan". See what exercises you need to do for Day 1, find them in the book and practice them for as long as described, then move onto Day 2 the next day.
- 3) You forget about the 90 day plan and simply follow this book and practice at your own pace, following the indications I give you.

Approach one is the best in my opinion and it's what has worked the most so far. I still get a lot of great emails from people who have followed the second and third approach, but in my opinion number one is the winner.

The 47 Hour Premature Ejaculation Cure

The best thing you can do is to simply go through this book focusing on quality. Learn the exercises and try to execute them as well as possible.

Then go check out the “Daily Plan” and follow it: minute by minute, day by day.

Your new sex power is only 47 hours away.

Have a great journey!

Deon Black

1.0OVERVIEW

**"I find hope in the darkest of days, and focus in the brightest.
I do not judge the universe."
DALAI LAMA**

Everything in life that's worth mastering takes effort.

I know, it's a shame that we can't achieve our goals doing nothing, but that's how life works, and you'd better save yourself some frustration and get in the right successful mindset if you want to get anywhere.

All you need isn't love but adaptation, concentration and hard work.

Throughout this book I'll write p.e. in little letters and not in capitals. There's no need to make your enemy look bigger than it is.

Premature what?

There are many things I remember about my desperation period. Those days looking for a solution to last longer were characterized by lots of studying and research. And I can still remember the great variety of definitions of premature ejaculation I came across. Looking back, I realize how ridiculous most of them are.

One of the funniest is probably the definition in numbers of strokes! Yes, someone actually managed to define p.e. in numbers of strokes.

The formula...

$$\text{p.e.} = N \times L / H$$

N = Number of strokes

L = Length of your tool

H = How silly you are in actually believing that there's a formula for this!

...is not going to work.

The second most ridiculous definition is the one in minutes. If you last more than one minute you're ok. If you last less, you have premature ejaculation.

How silly is that?

Let's try something. Imagine that in a few months from now, you're in total absolute control of your ejaculation. Imagine that you have applied the instructions in this book and you've totally mastered them. Imagine now that if you want to, you can even have sex for thirteen hours straight (good luck to her). Imagine that one day you're tired or stressed and just want to come very quickly to relax a bit. Imagine you consciously do everything you have to do and come within 60 seconds.

Do you have premature ejaculation?

Someone could say: "Oh no, of course not because you have p.e. when you consistently come in one minute."

Let's say then, that you choose to consciously come in one minute for a whole year, do you have p.e. then?

Premature ejaculation is not about time or the number of strokes, it's about choice. Here's a useful definition of premature ejaculation:

The inability to consciously control when to ejaculate.

Sometimes while having sex I'm tired and decide to come after a few minutes. So I consciously do "what I have to do" and come.

Does it mean I have premature ejaculation? No (not anymore), because I have the choice. If you have no choice, that's premature ejaculation, if you have choice you don't have p.e.

Mastering your ejaculation is the foundation of becoming a better lover. Without that skill, you can't go very far. Of course you can always satisfy your woman with your hands, mouth or toys but that's not solving the problem. That's running away from it.

Sexual archaeology

Take a look inside your pants. Find anything? What you've got down there is a reproductive system. And what's a reproductive system designed for? Reproduction.

Nature designed you to procreate.

Your innate role in this world is to plant your seed and procreate. Pretty basic role if you think about it.

I know, maybe if you're a songwriter you think that you live to write amazing songs, or if you're a baker you believe you're on

earth to create the best cakes the world has ever seen. That's what your mind believes, but really, as simple as it might sound, the only two things your body cares about and is designed for are survival and reproduction.

It's this discrepancy from what you want with your mind and what your body is designed for, that creates most of the personal challenges you face in your life.

Throughout the whole history of evolution, our ancestors' bodies have evolved and adapted in order to increase their chances of survival and reproduction. After millions of years of natural selection their nervous system and reproductive organs reached a stage where they were so efficient that they can ejaculate very quickly and plant their seed in no time.

What now seems like a problem (p.e.) is actually the result of a highly responsive nervous system that has adapted and improved during the whole history of the world to optimize your chances of having an offspring.

Having a nervous system that is highly responsive and ready to come anytime has been a great skill for centuries.

Men able to come quickly were able to impregnate a large number of women, build a bigger tribe and gain more control and power.

The environment was crazy back then, there were dangers around every corner and if you took too long to ejaculate, you'd risk your life, never have an offspring and die.

Quick ejaculators were like super men, the crème of the crème of humans and all of us on this planet descend from them.

Such a shame you were born in this crazy new era, where men and women want to enjoy sex for an extended period of time, orgasm and forget about procreation.

Here's the challenge for you, superman. It's called adaptation. Tough but achievable.

Have you ever watched one of those sci-fi movies where men create super fancy robots and control them, but then after a while these robots somehow develop their own intelligence, rebel against men's orders and set themselves free?

Well, that's kind of what we're doing right now. Nature has got plans for us, but we're rebelling against them. We want to be free, we want choice.

We want to be able to have sex, to enjoy, make our partner enjoy and then come whenever we decide to. We don't care about reproduction, we don't care about what nature wants. Sometimes people want to procreate and have kids, and that's a noble, respectable thing. But most of the time all we want is pleasure for ourselves and our partner. That's it.

Quick ejaculation is definitely not a skill we need. Not anymore.

Thank God our bodies are amazing, and with some instruction, patience and consistent practice, we can re-wire our nervous system and create the new habit of lasting longer – which is exactly what this program is designed for.

All your friends have (had) premature ejaculation

Before entering or penetrating (if you prefer) the meat of this program, let's kill some ghosts.

First of all, based on what I told you in the previous section you should now know that you're not alone. You're in large company, huge company. Two billion men strong company.

Not all men complain about premature ejaculation but one hundred percent of the male population has experienced it at least once in their lives.

Now, of course some men will tell you that it's never happened to them, and I believe them, I'm actually sure they're not lying. And you know why? Because they don't think it was premature ejaculation.

Most people in the same condition as you just think that coming quickly and not being able to control themselves is normal. They have never questioned it, for them that's just the way men are built.

It all depends on your map of the world (your map of what's possible on planet earth).

For example, let's say you were born and lived all your life on a desert island with your mini community of aboriginals. You have your own cave and a donkey to move around the island and leaves to cover your body from the cold. That island is all that exists for you. You're satisfied there, your reference points are the other people living with you on the island and since you've got three leaves and John's only got two, you think there's no one else in the world in a better condition than you. You're a king.

But then one day some people travelling on a helicopter discover your remote island and come down to meet your community.

These new people have got incredible tools you've never seen before like smart-phones, tablets, vibrators...

They pull out a micro PC from their little shiny bag and show you a high definition video of how people live in the western world nowadays. They show you big solid houses, clean drinking water, cars to move around in, warm clothes, parties, music festivals, clubs, incredible food and stuff like that.

Your map of the world just expanded.

You didn't know such things were even possible and now you've seen them with your own eyes. Now you know that the world is bigger than you thought, now you see other possibilities.

Only now do you realize that you actually live like the homeless compared to the rest of the world.

Now that you know what's possible, do you want to be your island's king with your leaves and donkey, or do you want to jump on that helicopter?

If you go for the second option you'll need to be ready for a great deal of adaptation. You'll need to get out of your comfort zone, learn how to get a job, how society works and adapt to it.

This is what you're doing now. You know that some people are able to last longer in bed and have control over their ejaculation, you know that there is a better world somewhere and you're going for it.

But unfortunately for millions of women, most men will never even be exposed to the idea of being able to control their ejaculation. For many men this is simply not possible. Maybe in a sci-fi movie but not in reality. This idea is outside their map of the world.

Being able to recognize that you can improve your ejaculatory control means that you're evolved and open minded enough to be aware of your unlimited potential – and that's a great thing. But at the same time this awareness puts a challenge in front of you that you wouldn't have had if you were simply ignorant to the possibility of a better sex life. And this is the price you have to

pay when you're one of those lucky men surfing on top of the evolutionary wave.

Freedom has a price

So, if premature ejaculation is actually a normal thing related to a highly responsive nervous system, when did the “premature ejaculation problem” come about? What started it?

That's sexual freedom for you baby.

In the modern era and in advanced countries, men and women are free to experience sex with different partners and therefore compare them. Even more importantly, men and women are free to openly talk about sex, about their preferences and tastes. And if this wasn't enough, they can hear it talked about on TV, the Internet and in magazines and spread their ideas everywhere. Women can read about other women having orgasms, men can find out that there are techniques to have sex for longer and techniques to drive their loved partner crazy. They know some men out there master those skills and are afraid these people might offer their lady something they can't.

Sexual freedom has been a great blessing for our planet, and is certainly my favourite revolution ever, but at the same time it spread new ideas about sexual intercourse setting the bar way higher for men than it has ever been in the history of mankind.

Porn movies

What do a movie and a porn movie have in common? They're both movies. Movies are not reality.

Given that, let's see why I'm talking about it.

So first of all, those porn actors have sex for work. They get paid for it, like you get paid at your work. And I'm sure that if someone pays you, for whatever job you do, it's because you can deliver a performance, right? Whether it's selling shoes, offering great customer service, fixing someone's car or the like.

Someone pays you because you deliver a service, and you've been trained to deliver it properly. Now, if you were a porn actor and had to pay your rent and electricity bill at the end of the month with the money you earn, I bet my house that you would spend some time training and studying. You would train in order to last as long as possible and look like a stamina bull on camera.

It's a kind of "life or death" situation. You, as a porn actor, know that if you do a bad job, you won't get hired for the next movie and will need to find another job. And you'd hate that.

How about the risk of losing your job as a motivation for training?

So first of all, porn actors usually have stronger motivations than normal people for increasing their stamina.

Secondly, if tonight you go partying and get back home around 6am and at 9am tomorrow morning you have a very important meeting, would you consider drinking some coffee or an energy drink? Probably, yes. The same thing is true for porn actors. Sometimes they are tired, but in order to put up a performance they use penile injections or other kinds of drugs to help themselves out.

You want to look your best at your very important meeting and they want to look their best on camera.

A job in acting isn't a normal job where you work every day. It's a job made of moments of filming. Actors on a movie set spend most of their time waiting for their turn. And this waiting time is terribly stressful because as an actor, you know that when your moment of glory arrives you need to totally give your best and much more.

When filming the shot a lot of people are looking at you, there are cameras, make up artists, spectators and the director is usually tired or angry because the producer hasn't bought him the exact kind of microphones he wants. As an actor, you really can't make mistakes. Especially because you know that if you do make some, they will easily find a substitute. How many men would love to be porn actors?

Here we go. That's the most competitive job position on earth!

Now you understand why they must look perfect on camera, and if their huge training isn't enough they will resort to injections, drugs and all kinds of doping they can find in order to give a spotless performance.

One last thing. Imagine you worked for an international company and one day the owner or "big boss" decides to come over and visit the branch you work at. What do you think would happen?

I bet the whole office would be cleaned, everyone would be told to wear the best suit they have and to prepare themselves to answer any question, so that when the big boss arrives, everything looks just perfect.

The same thing goes for porn movies. Those guys and girls are not perfect. They make mistakes, they get tired, dry and they come... They're human. But you never see their faults. And you know why?

Because you're the big boss. You are the spectator, the precious invaluable spectator, the one that pays them, the one supporting the porn industry. And the production will do everything they can to make the movie "look" perfect for you. It's a business and like in every business you won't survive long if you produce a mediocre product. Wouldn't you do the same if you owned a porn production company?

So, be careful when comparing your sex with porn movies' sex. Those guys are ultra-trained, they use stuff to enhance their

performance and the production itself protects them by masking their faults and using dozens of filming techniques to make them look amazing.

This doesn't mean that you can't have long lasting sex. You can, I'm telling you, you can even have sex for five hours in a row if you like. But the kind of fast, uninterrupted and eternal thrusting they "make you believe you're seeing" in porn movies is really challenging and you should forget about it at least for now.

The category of men who could easily perform "as movies make you believe porn actors do" are people who have a dysfunction called "retarded ejaculation". Their nervous system isn't usually very responsive and their sex is way less enjoyable than yours.

If you're thinking: "Oh, what a shame I don't have retarded ejaculation dysfunction, I would be such a happy man with that dysfunction" grab a glass of icy cold water and throw it over your face.

Work hard

Now that you know that what you see in porns is no more of a reality than the Lord of the Rings, welcome back to planet earth.

Even the best lover with years of practice, sometimes can't control himself and comes. Why is that?

It's normal because we are not machines.

Have you ever watched a tennis Grand Slam match? You've got the best players on earth, people that have been playing since they were three years old and that have spend all their lives playing and training, and still, you sometimes see them double fault on their serve.

How the hell can they make such a silly mistake?

Sometimes they're nervous, sometimes they're tired, sometimes it just happens.

The same thing goes for you. You'll practice, follow my instructions and get incredible results. But you also need to accept the idea that sometimes things can take an unexpected route and you can lose control and not perform as well as you would like.

The only reason why that will happen is because you're human.

Practice, aim high, be confident and focus on your successes. Be perseverant. Be terribly, incredibly, annoyingly perseverant. You'll achieve your goal.

2.PERFORMANCE

**“If you can accept losing, you can’t win”
VINCENT LOMBARDI**

How about this:

You can't achieve a goal if you don't have one.

Sounds basic to you? Then you didn't get it.

Being able to "last longer" is not a well formed goal. In other words, the goal of "lasting longer" in bed is unachievable.

Why?

Sharpen your mind

Lasting "longer" is not specific enough.

For example, let's say your goal is to "last longer", right?

Let's say you last one minute now. Tomorrow a friend tells you about retarding condoms and how amazing they are, so you go home, try them out, have sex and last one minute and three seconds.

Congratulations, you've achieved your goal. You lasted "longer" than before. Haven't you?

Is that what you want? I doubt it.

Generic goals are unachievable.

A second type of unachievable goals that are very popular nowadays are "negative goals".

Some people will say: “No, it’s not that I want to last longer, I just don’t want premature ejaculation anymore!”

That’s a negative goal.

Unfortunately if you set yourself a negative goal, it’s a screaming clue that you have no idea how your mind works.

Believe it or not, our minds work “in positive”.

When you say you don’t want this or that, you aren’t saying what you want, but what you don’t want.

And that’s not a well formed goal.

I know, for you saying what you don’t want makes perfect sense because by doing that you’re implying what you want, but when achieving a goal the human mind has it’s own characteristic way of working and it needs a specific, measurable, positive goal, in order to attain it.

Again, remember what I told you in the first chapter. Don’t judge the universe. That’s just the way our minds work, you can’t do much about it.

Adapt.

Your mind needs a carrot to fight and work for.

You can't say your goal is not potatoes and tomatoes, taking for granted that your mind understands that what you want is a carrot. No, you need to tell your mind:

I want a carrot, or I want ten carrots.

It's really important that the goal is measurable, because if you say: "I want a few carrots", how do you know when you have achieved your goal?

What does "a few" mean? Is "a few" measurable? Can you track your improvement with "a few"? Can you objectively measure when you've achieved half of a few and just have another half-a-few to go?

You need a goal that is specific.

This is imperative.

And by specific I mean measurable. Otherwise you'll never know if you have achieved it or not.

You need to know exactly how many minutes you want to last and what you mean by "lasting".

Now of course your long term goal isn't to last a specific amount of time, but "the choice" of coming whenever you want.

But having this "choice" as a goal is totally unwise at the beginning for three reasons: first, choice is complicated to measure, second, choice is usually a by-product of something else

and third because tracking your improvement along the way to achieving “choice” is really tricky.

This third point is really important for me. I want you to objectively see your improvements and experience the pleasure and satisfaction that comes from them.

Your little successes will give you more confidence and momentum which in turn will strengthen your belief. You’ll start seeing your goal being achieved by little steps and this will get you very close to its attainment.

But what do I mean when I say that you’ll indirectly achieve the goal of “having the choice to come whenever you like”, while learning how to achieve a proper measurable goal?

Easy.

If you set ten minutes as your goal, you’ll need to learn how to last ten minutes and not 11. If you set ten minutes as your goal and last 11, you’ve failed.

If your goal is ten minutes, after that you must come.

Do you see what I mean?

In order to achieve such a specific goal, you need to learn not only how to stay in control for ten minutes but also how to voluntarily come when the clock is ticking.

When you learn how to consciously come, you can do it whenever you want. That's choice for you baby.

What would the next steps be?

Aiming to last 20, then 40 minutes and then improve the quality of this time.

And there we go, you'll be a man who can last for as long as he wants and come whenever he decides.

But the last thing we need to decide is what we mean by "lasting".

To make it easier I'll decide for you, and from now on every time we talk about "lasting in bed", I'll be referring to sexual intercourse. So the "timer" starts when you penetrate her the first time.

Thinking of oral sex, fingering or perpendicular penis techniques as ways to last longer is called fooling yourself.

That's not lasting longer.

Your goal

To increase your chances of success, you need to understand what kind of goal you have.

Why? Because this will put you straight in the mindset you need in order to achieve it.

There are two main kinds of goals, and the most popular are result goals.

A result goal is a goal where you actually get something. A result goal for example is to make \$10,000 within x months, or to win a gold medal or buy a certain car.

That's a goal based on results. This goal is something material. Something you get, something you possess.

Now you understand that lasting longer doesn't fall into this category because you don't actually get in possession of something material by lasting longer.

Lasting longer is a performance goal. It's something related to you.

Your goal of lasting longer is similar to a tennis player's goal of improving his serve, or to a runner's goal of quickening his sprint.

That's a performance goal, the typical goal of sportsmen.

So now, before we move on, you tell me what your goal is and how long you want to last.

How about five minutes? 15 minutes? More? 35 minutes?

I want you to set a specific performance goal for yourself and write it down somewhere.

Write down:

By the xx/xx/20xx, I last 25 minutes in bed.

Copy the sentence as I wrote it above, don't write I "will" last, but "I last". It usually works better.

And don't forget to sign it.

This is a specific goal.

You can write it on your computer or on a piece of paper, even though the computer is probably a better solution since you'll be able to open your file and read your goal often (which is very helpful to concentrate your mind's energy in the direction you want) instead of having to mess up your bedroom to find your hidden paper and risk having a heart attack thinking someone else might have found it.

Once you set the goal you can divide it into milestones, little chunks that will make it easier for you to achieve it.

Having a proper measurable performance goal puts you in front of a challenge you can conquer with the proper training.

So, now you have a goal. Congratulations.

Next you need a strategy.

Here is your strategy

The strategy I introduce with this program involves no sex toys or chemical stuff whatsoever. It's totally natural and works like a charm.

Briefly, you're going to build tolerance to pleasure, raise your ejaculatory threshold and develop physical awareness in key areas of your body (especially the pelvic floor muscles). You'll code your arousal creating a "Map of Arousal" which helps you navigate your sensations and gives you control by making your experience predictable. You'll discover your "Comfortable Arousal Level" and then you'll learn which specific actions make you ejaculate and which ones allow you to stay at your "Comfortable Arousal Level". Then you'll practice those techniques and with your eyes wide open for feedback, you'll develop the power to choose how to act depending on your outcome.

Sounds fancy but it's easier than it sounds.

This strategy will not only give you the most solid, natural and powerful results, but will also make your sex much more enjoyable.

I'm dividing this strategy into 18 definite and specific "actions" for you to practice.

You'll need to practice them in the order I give them to you and for as long as described in the action itself.

Some of them will need to be repeated daily.

Start the program only when you're ready to commit. Skip one day of training and you'll lose almost everything you've done.

Remember: it's your physical actions that translate what's now a dream, into reality.

I did all the research, experimentation, trial and error to develop this program. I tried it on myself and have let other people test it. I got feedback from them and improved it. I created the website LetsTalkSex.net in order to help men like you improve their sexual performance, I write content and do my best to reach as many men as possible. I did 95 percent of the work and I'm serving you this program on a silver platter. All I'm asking you to do is to practice every single action in this program without questioning it and with the full belief it's going to work. That's all.

Let's start right now.

I want you to practice Action No.1 as described below. I don't care if you've done this exercise before or if you think it doesn't work. Just put this bloody ebook down and practice this action right now wherever you are.

Action No.1

Sit down somewhere comfortable, close your eyes, straighten up your spine and lay your hands on your lap one on top of the other with your palms facing up and thumbs touching each other. You can sit down in the classic yoga position if you find it more comfortable or you can simply sit on a chair, just make sure your feet touch the floor and your spine's straight.

Throughout the exercise you'll most probably forget about your spine, remind yourself and keep making sure it's straight. For some reason, having your spine straight makes the exercise a hundred times easier.

Create a mental porn movie of yourself with a beautiful partner (it can be your girlfriend or whoever you want it to be).

You are both naked and start having sex. I want you to see yourself in total control during intercourse. See yourself as confident, proud and totally in control while you flip her around and thrust into her as much as you like.

If you can't get yourself to look confident in your mental movie, repeat, repeat, repeat until you can clearly see yourself super confident and thrusting like a porn actor for hours (mind time not actual time).

Have fun when creating your mental movie and remember to be a great director. As a great director, you need to switch between a

camera view where you see yourself from the outside and one in first person where you see her body from your point of view and you are not visible in the picture.

See yourself succeeding.

Make the movie as colourful and as detailed as you can. For example, you can play a soundtrack in your mind to go with the movie, you can have the title when it starts or use special effects when you and her get naked...

Keep perfecting the movie until you manage to actually feel the sense of comfort, success and happiness that comes from having achieved your goal.

This mental exercise is the base of everything.

It can be difficult at the beginning and you might find it complicated to create a mental movie and keep your concentration on it, or to actually feel comfortable and happy by watching the movie.

If you feel nervous and uncomfortable about your movie, or keep getting distracted, that's good. It means that we've found the first thing you need to work on.

I've gone through it and you can rest assured that it's just a phase. With practice and concentration you'll be able to put your mind where you want it to be.

It takes time. You don't need to be able to play a perfect movie today or not even by the end of this month. Of course, if you can that would be really good and you'd experience faster results, but take it easy. Try to create this movie for about ten minutes everyday as soon as you wake up.

If you do it every morning, you'll soon manage to make it work. And how do you know if it's working?

You'll know when you've created a good movie because you'll feel euphoric and comfortable while watching it. Your emotional reaction is your feedback to understand if you're on the right path.

Don't settle until you can watch a mental movie of yourself totally confident and in control thrusting into your lady for hours, with her screaming for pleasure and you feeling comfortable and happy watching it.

If you have no idea how a confident person is supposed to look, take James Bond as an example. Or watch a porn star and imitate him (in your mind).

You must practice and play your mental movie every single day until you have achieved your goal in real life. I know it's really complicated to remember to do something every single day but for this exercise to work you need to do it every day.

You might have promised yourself to do something everyday in the past and then forgot about it, right?

Well, I'm sure you never forgot to wake up. I'm sure you did that every single day of your life.

So, here's the solution for you, we're going to link waking up and taking Action No.1 so you won't forget it.

After years of experimentation I can tell you that this is the best, easiest and most effective moment to do your exercise.

The first thing you do as soon as you wake up is to sit down on the bed, close your eyes and do the exercise.

Then after the exercise you can go to the toilet, take your morning piss and everything else.

Action No.1 must be done as soon as you wake up. Do not leave the bed until you've done that exercise.

If you feel embarrassed or you're worried about what other people in the room might think of you, just say you're doing a relaxation exercise and would like five minutes to yourself. They can't see what you're thinking in your head, so don't worry.

Remember, you need to see yourself succeed in your mind before being able to succeed in the "external" world.

If you're new to this idea it may sound a bit new age to you, but try it.

Give it a try and you'll be amazed at the results you'll get.

Think like a winner

So since what you have in your hands is a performance goal, you want to approach it as an athlete would – with confidence, training and determination.

I take tennis as an example because it's a sport I personally like, but think of any sport or activity you enjoy and look at your favourite "champion". Look at him and observe the way he enters the pitch, his confidence and determination.

Imitate him. Walk like him, look at people like he would, and even talk with his confidence and pride.

If your champion is a real winner, you'll notice that you can read it in his eyes: I'm gonna win.

He's already won in his head and he's determined to do the same in reality.

All professional sportsmen practice visualization to improve their performance. They keep visualizing themselves winning and winning and winning.

They spend hours mentally rehearsing their performance until they get it spotlessly perfect in their minds and when they finish with their minds they go and work hard on their bodies in training.

On a physical level, there's little to no difference between a professional athlete and an amateur. The difference is all in their heads.

The winner knows he'll do it. He never stops believing it and doesn't accept the idea of failing.

If something goes wrong, he doesn't think it's a failure, but feedback. A winner doesn't even accept the idea he could ever fail in his life.

He thinks: "I learnt my lesson, I won't do the same mistake next time. Now I'm stronger than before".

That's how a winner thinks.

There's no failure in his mind. No idea of failure whatsoever. Only feedback and success.

I know you've gone through difficult moments, because I've been through them too. But if there's something I learned it's that if you're working as hard as you can but things go wrong and you touch the bottom it's because you're actually very close to victory.

Victory hides itself around the corner of tough moments.

Sometimes in moments of frustration, I used to see negative moments as challenges God has thrown at me to test my

character, and I used to yell: “Oh, yeah! Do you think I’m gonna give up now? Fuck off! I’ll make it, I’ll succeed!”

That’s the attitude you need.

Energy, determination, confidence and flexibility.

Flexibility has been the hardest skill for me to develop, but it looks like it comes very easy for most people.

Flexibility is the ability to adapt to the feedback you get and to anything that happens to you or that surrounds you in order to achieve your goal.

Remember that your goal is the most important thing you have. Your goal is more important than your ego. Put your pride aside, be willing to change your habits and even your personality and do what’s important to achieve your goal.

A great quote by Richard Bandler says: “Why be yourself when you can be someone much better?”

That’s the kind of quote which requires flexibility to be appreciated. If in order to achieve this goal, you need to become a more confident and determined person, but this makes you afraid you might lose “you”, ask yourself: what’s more important? My goal or what people may think of me if I change my attitude and start believing in myself?

You choose your priority.

Just a hint. Trying to please everyone is one of the most effective routes to failure.

Last thing.

Do not multitask. The day I started achieving things in my life is the day I swapped from multi-tasking to single-tasking.

I know you have many goals and dreams, but you're not going to achieve any if you scatter your energy among them.

You have a goal now; to last ten minutes (or whatever you wrote) in bed. Forget all your other goals.

Concentrate all your energy, body, mind and soul on achieving this goal. Forget about everything else, put all your energy towards your goal of ejaculatory control until you achieve it.

Keep practicing Action No.1 every day and get ready for more.

3.EJACULATION MECHANICS

**“Know thyself”
SOCRATES**

In order to make things as easy as possible for yourself, it's important you have a clear model in your mind of how ejaculation works.

Curiously enough not everything has been discovered about the ejaculation process yet. It's a complex one and to be honest it's not easy to find two scientists or doctors that agree on how the whole process works.

There are a few points that all the theories share, but there are also other details no one really understands yet.

But the good news is that what we know is more than enough for the purpose of this book.

So, based on experience, experiments, research and tests, here is a clear and easy to understand model which works amazingly well.

Know thyself

It makes sense, doesn't it?

If you don't understand what happens in your body when you ejaculate, it can be difficult to completely master the process.

And I want you to master it. I want you to get the most incredible results.

So, let's start with this.

First of all, there's no need for me to use too many scientific terms so I'll rarely use them in this book. I don't think it's relevant for your learning to remember names of professors, where they studied and how many times a day they used to go to the toilet, but nonetheless I found out that using some scientific terms here and there is the solution which guarantees the best results.

Know thyself part.2

First of all you need to get familiar with some of the most ignored muscles in the world. They're quite hidden and if you've never paid attention to them in your life, I'm not surprised you have no control over your ejaculation.

No one ever talks about these muscles but they're extremely important when it "comes" to ejaculation.

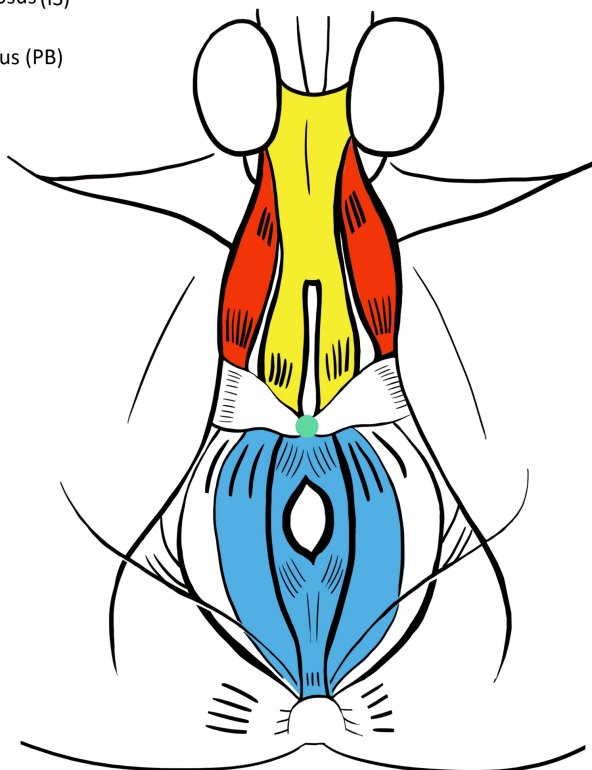
Let's have a look at them. They're called the "pelvic floor muscles".

The pelvic floor is a really tricky area, located at the bottom of your pelvis, going from the pubic bone to the coccyx bone. It's called a floor because it lies horizontally. This is the only horizontal load-bearing muscle in the human body and one of its purposes is to support your upper organs.

The trickiest part about these muscles is that there are a few of them, and they are all interconnected. Among them are the

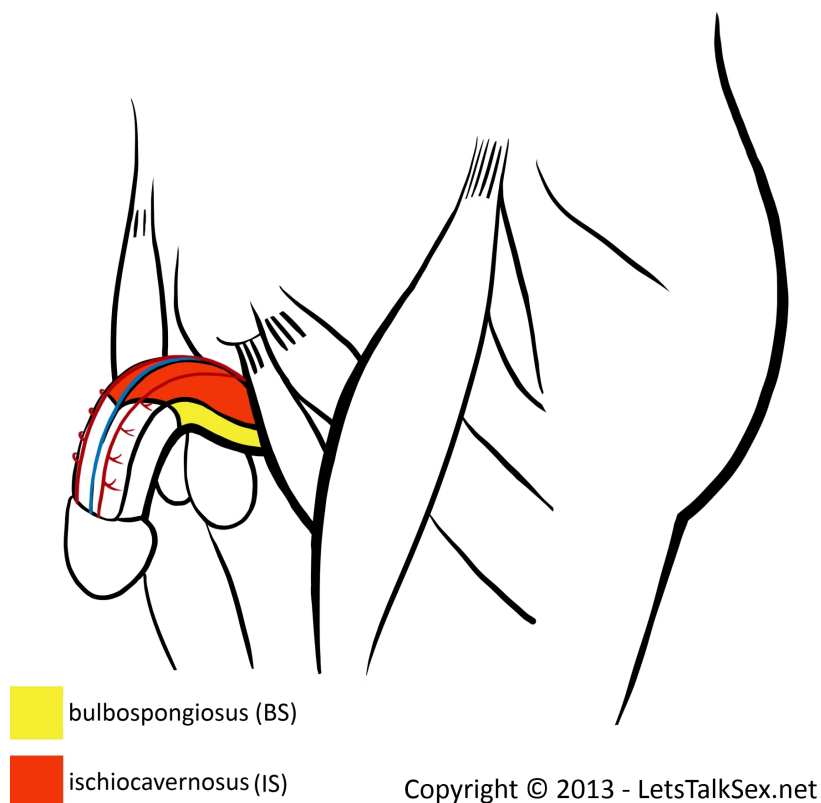
Pubococcygeus, the Superficial Transverse, the Bulbospongiosus and the Ischiocavernosus.

- bulbospongiosus (BS)
- ischiocavernosus (IS)
- pubococcygeus (PB)



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I know, whoever chose those names was very creative.



It's a lot of muscles, it would have been nice to only have one big muscle that controls everything, but you know, nature likes optimization and created this intricate web of muscles not just to serve ejaculation but many other purposes as well.

But little miss nature doesn't know we're determined to take control of our ejaculation and no matter how intricate she made these muscles, we'll prevail.

The pelvic floor muscles play specific roles in the ejaculation process, roles you'll soon discover. The most important thing you need to bear in mind is that these muscles are innervated with the Somatic Nervous System. This means that they are voluntary, i.e. you have control over them.

Interesting hey?

As I mentioned before, the ejaculation process is very complex so the model I'm about to show you is a simplified one.

Since your purpose is not to win a Nobel Prize in erectional physics but to practically use your knowledge of the ejaculation process to improve your performance, this model will be more than enough.

Have faith and concentrate all of your energy on understanding this easy process and you will. Here it "comes":

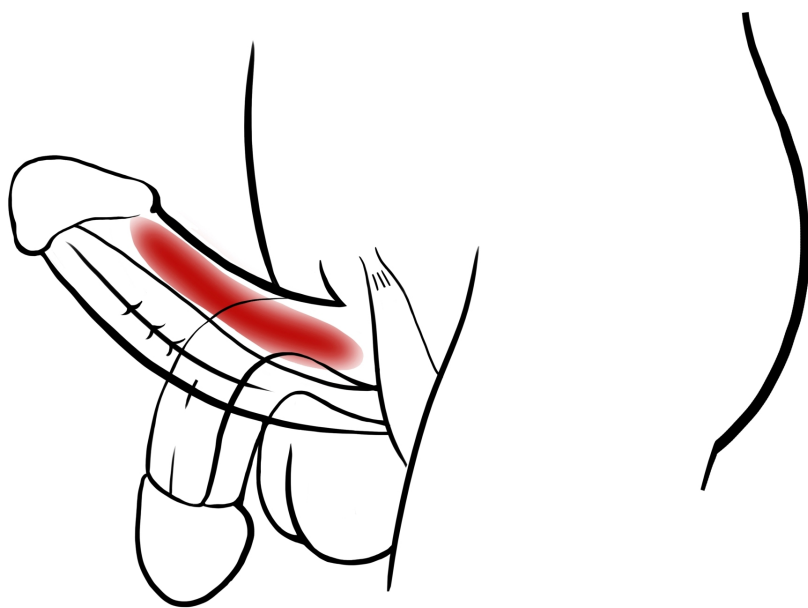
Step 1

It all begins when you start getting aroused, this can be due to external stimuli (you watch a porn, see a pair of big boobs, someone sexy touches you) or internal (you think of something erotic).

When this happens and arousal starts, a part of your nervous system called the Parasympathetic System (which is responsible for relaxation), releases a neurotransmitter called Nitric Oxide which relaxes the smooth muscles in the penis and the arteries

that supply it. This allows increased blood flow (via the dilation of the arteries) and the spaces in the erectile tissue pool up with blood giving you an erection.

This process is involuntary (thank God, otherwise you would need to remember to get an erection, as if remembering the condoms wasn't enough).

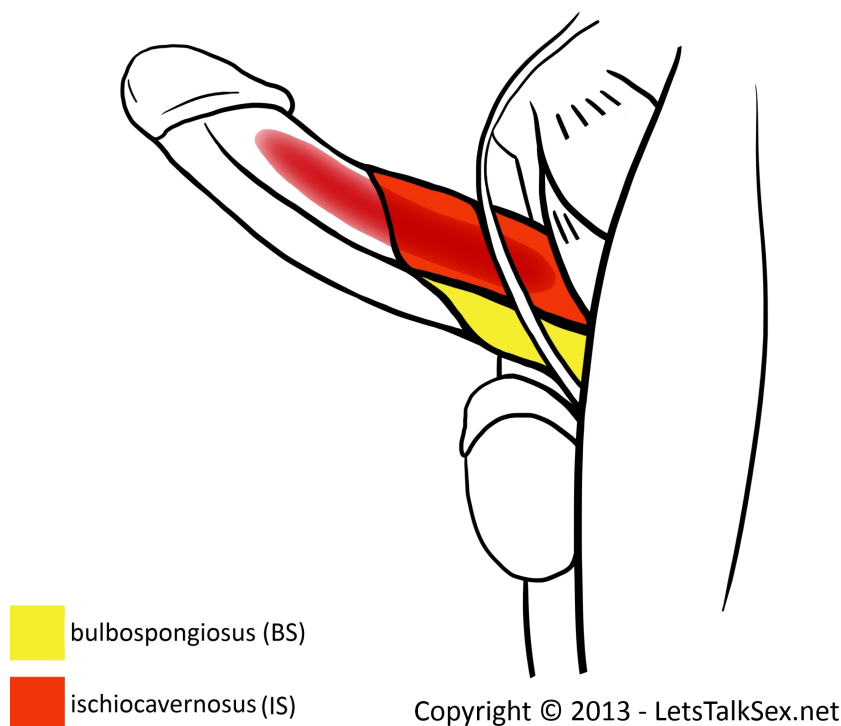


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Step 2

Due to ongoing stimulation (again, it can be physical, mental or both – as is usually the case) arousal grows a bit more. At this stage the Ischiocavernosus muscle increases in muscle tone. This

causes the emissary veins to constrict and basically traps the blood inside the penis, significantly reducing its outflow. This pressured blood is what feels like a hard erection.



The more aroused you get the harder your erection.

So this is an important point to keep in mind, watch out for the “pressure” inside your penis as feedback to understand how aroused you are.

Also remember that this sensation of pressure will grow until you achieve peak “internal pressure”. When that moment arrives, ejaculation is getting close.

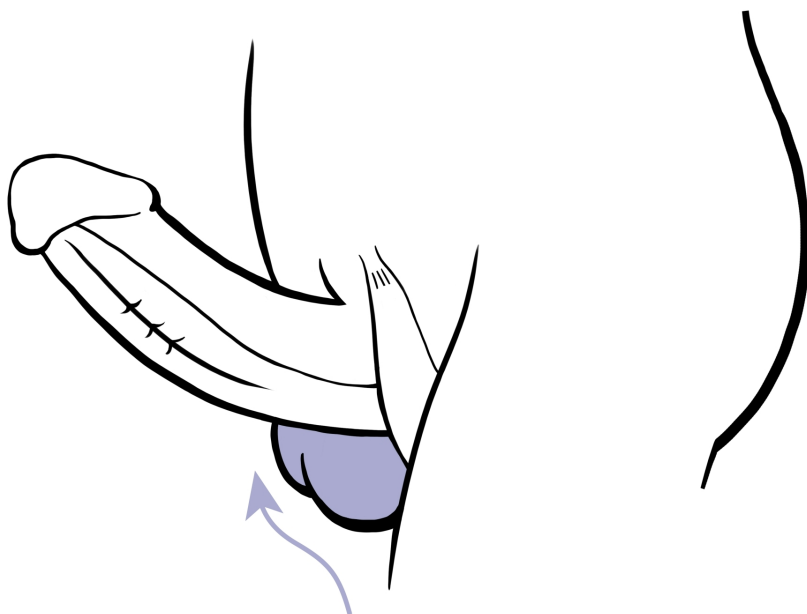
So when you feel your erection is kind of “exploding” because the blood is trapped inside your penis and there’s little blood flow from the base of your penis outwards, it’s the first signal that you’re on your way to climaxing.

And we don’t want that.

Step 3

Let’s keep going.

Stimulation (physical, mental or both) continues, arousal grows and you’ll feel that your scrotum will snuggle and be drawn up next to your penis.



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That's a signal that your testicles are working to release a pre-cum fluid in your urethra. This pre-cum is a kind of sperm bodyguard that kills the acidity that urine might have left in the urethra in order to protect the sperm when it comes out.

Your scrotum tightening and snuggling up next to the penis is another sign that you're getting close.

But nothing is lost yet. At this stage no sperm has been expelled and you can still take control of the situation.

Step 4

Stimulation continues, arousal grows and the Sympathetic Nervous System reverses the process started by the Parasympathetic, blocking the release of Nitric Oxide. This increases the smooth muscle's tone which in turn squeezes the sinuses and drains blood out of the penis.

This outflow of blood slightly softens the erection.

This sensation of lower pressure in the erection right after the peak is a very important signal that the expulsion phase is about to begin.

Step 5

Stimulation continues and the game becomes tougher.

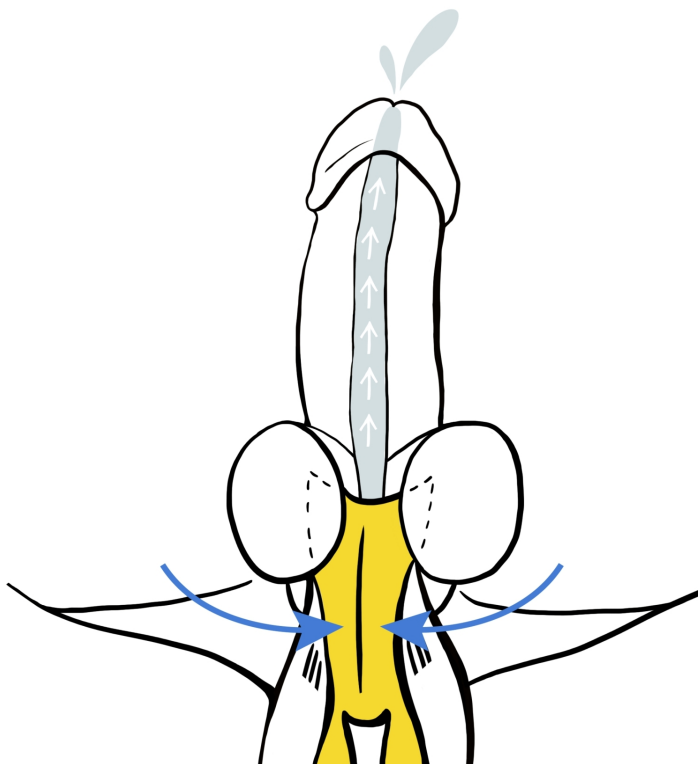
Contraction of the smooth muscles in your prostate gland, seminal vesicles and vas deferens (which connects your testicles to the urethra) moves sperm through tubes to collect it at the base of the urethra.

This collection usually feels like tickling sensation.

Step 6

When a certain threshold is reached, the spinal cord triggers the contraction of the Bulbospongiosus which using the Perineal Body as a solid base, leverages on it to contract and expulse sperm (I should say "semen" to be more scientifically correct, but

I'm sure you know what I'm talking about - calling it "semen" or "sperm" or "white stuff" is not gonna make any difference) out of the body.



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These contractions of the Bulbospongiosus are what we feel as an orgasm. Once you go over the first one or two contractions (which usually carry some pre-cum) you can't go back as it continues as an involuntary action.

The point between the first and the second contraction represents “the point of ejaculatory inevitability” or “point of no return”.

So basically if these first two contractions happen and you do nothing about them, you’ll climax and have more contractions – this time with sperm being ejaculated – and won’t be able to control yourself anymore. And that’s game over.

Know thyself part.3

So basically the body gives you at least four big signals to tell you that ejaculation is on its way.

And you want to become aware of them.

Signal No.1 – High pressure in the penis. It happens when the Ischiocavernosus reduces blood outflow, locking the blood inside. The pressure inside will increase to a peak.

Signal No.2 – Slight relaxation of the “pressure” in the penis, right after the peak.

When you feel that subtle relaxation due to the release of blood, you know that the contractions are about to begin.

Signal No.3 – Collection of sperm at the base of the urethra which you feel like a tickling sensation.

Signal No.4 – Contractions of the Bulbospongiosus muscle.

When a certain threshold is reached, your Bulbospongiosus muscle will receive a signal to contract and expulse the sperm out of the urethra.

So the first thing you need to do is raise that threshold in order to delay the trigger – and that’s what Chapter Five (“Pure Resistance Training”) is all about.

Besides that we’re also going to do something even cooler.

Even though most of the physical processes involved in ejaculation mechanics are not voluntary but are directed by the Autonomous Nervous System, there are some that are.

For example, the blood gets “pressured” in the penis because the Ischiocavernosus muscle increases its tone.

Now, we can’t consciously reduce this muscle’s tone, but we can relax the muscle. We can keep it relaxed to reduce the constriction effect and allow some outflow of blood from the penis, which in turn will slow the whole process down.

Cool but tricky.

Why is tricky?

Because all the muscles in the pelvic floor are interconnected and they’re also in some way connected to the abdominal muscles. So a contraction in any other of the pelvic floor muscles can get the Ischiocavernosus to contract as well and accelerate the

ejaculatory process (every contraction in the pelvic floor muscles will accelerate the ejaculation process – note that it's absolutely normal to feel a few contractions here and there, what you don't want is ongoing contractions and held contractions).

So you can't just focus on keeping the Ischiocavernosus relaxed, but you need to keep all the pelvic floor muscles relaxed.

Ideally if your pelvic floor is fully relaxed you'll have minimal contractions. No contractions, no ejaculation.

It sounds easy but it's actually very tough to keep all of these muscles relaxed. It requires awareness, training and patience, but the prize is well worth the effort.

Get ready for the challenge.

4.MIND & SENSATIONS

**“Put your heart, mind, and soul into even your smallest acts.
This is the secret of success”.
SWAMI SIVANANDA**

In the previous chapter we saw how ejaculation works. If you haven't understood it yet, read it again and again until you do.

Forget about the scientific names and the chemical aspects. What counts most are the mechanics of the ejaculatory process.

You need to understand the parts involved, the muscles that contract and the ones that relax.

This knowledge will be the foundation upon which you'll build up your power over ejaculation.

The most challenging thing about the ejaculation mechanism is that you can't "see" it when it's happening. Sure, if you're having sex in front of a mirror you could see the flush in your chest or that your earlobes become darker when you're close to climaxing and then maybe even your sperm coming out.

Happy with that?

Since you don't want to have sex with a mirror in your hand (at least not all the time) you want to learn how to *feel* the stages of the ejaculation process as it goes on in your body.

But movements in these pelvic muscles are quite "subtle" and you really need a trained awareness to feel them.

You'll get there eventually. With practice and awareness you'll be able to feel every muscle of the pelvic floor and keep them relaxed at will.

But let's start small by simply learning how to perceive.

Meet your mind

Let's have a look at what makes pure perception as difficult as it is.

Have you met your mind yet?

Perceiving would come easy to everybody if their minds wouldn't get in the middle and take them away from the present moment.

In order to solve the root of this problem, let's take a look at how your mind works when left alone without control.

When your mind is uncontrolled it usually doesn't move in a line (i.e. from thought to thought) but it moves in loops (thoughts on top of other thoughts) making meaning out of your experience.

Here's an example for you so you can see straight away what I mean by "loops".

Let's say you have a problem with your phone bill and you call your provider and talk to someone from customer service.

Let's say this customer representative starts yelling at you. What would your reaction be?

You might get angry for example.

Why?

Here's how it works:

1. Real world experience = the guy yells at you.
2. First Loop: You think "about" the experience and give it a meaning = guy yelling at me means he's disrespecting me.
3. Second Loop: You think "about" your interpretation = his disrespecting me is unacceptable!
4. Third Loop: You think "about" the interpretation of your interpretation = I can't tolerate unacceptable actions!

Result: You get angry.

And the more you think "about" this, the angrier you become and the further you move away from the actual experience itself which was: you hearing someone talking with a louder tone of voice than you.

Do you realize that "you hearing someone talking with a louder tone of voice than you" is all that you objectively perceived?

Let's move on because your mind is wonderful and if you had a different background, education and memories, it could have taken thousands of other directions.

For example, let's say someone you care about had problems with their ears in the past and was used to speaking loudly because of that condition. In that case it could have gone this way:

1. Guy from customer service yells at you.
2. First interpretation you give: he might have hearing problems, just like my friend.
3. You think about your first meaning: it's pretty sad that this young man has got these problems. You feel compassion.
4. You think about how sad it is: you realize how lucky you are for being able to hear properly.

Result: You feel grateful.

Or even...

1. Guy yells at you.
2. This is a bit weird... Why is he doing that?
3. Tonight I'm going to tell my friends about this.
4. It's funny.

Result: You laugh.

Your emotional reaction doesn't come from what actually happens in the outside world but from the meaning you give your perception.

Do you realize now how your mind takes you away from the experience itself, potentially in many different directions?

In the case of sex, an untamed mind usually jumps away from the perception of the experience itself taking you in loops of highly arousing thoughts. These thoughts (mental stimulation) make you move quickly through the ejaculation process getting you close to the point of ejaculatory inevitability even without physical contact.

In that case when contact itself begins, you quickly climax and ejaculate within seconds.

This is why it's imperative for you to learn how to stop this unconscious mind looping, because that's what brings you close to ejaculation without you even realizing it.

You need to tame your mind and put it where you want it to be. Read on and learn how.

Tame it

So, how do you get rid of this useless mind looping?

You can achieve it by giving your mind something better to do: perceive.

I know some people talk about perceiving or being aware like something that doesn't come from your mind but from another dimension of being. Whatever.

Some people talk of "perceiving" like something passive, something you "don't do" but which happens...

I don't know I guess everyone is different, but in my experience nothing happens if you don't actively take some kind of action. It's very likely that your mind won't "passively" perceive the world, unless you take it by the horns and put it there!

To concentrate your mind on your sensations and move it with them is still the most practical way to describe the action we want to achieve.

When it becomes a habit, your mind will go where you want it to go by itself, or even your intention will be enough to make it do what you want.

But why is perception so important?

The moment you perceive, you simply experience the world without judgment or meaning. You basically keep your mind purely on your physical perception of the experience (phase one) and avoid it running away in loops.

Cool huh?

I'm not inventing anything new here. In their own way, Tantric practitioners have been talking about this principle for thousands of years. This is what their philosophy is all about: focusing your attention on your sensations "in the now" and keeping your mind from getting lost. But be careful when reading about this idea of awareness in Tantric books, because their language and descriptions are usually more poetical than practical.

Sex is a complex experience and you'd fail in applying your perception skills to it just as you would fail at college if you hadn't gone to primary school first.

You need to apply your concentration to easier experiences first before daring to do it with sex and the pelvic floor muscles.

So to start with, we're going to learn how to "feel without thinking" practicing with a simple act, like sitting down.

Once you've successfully done that, then you're ready to rock and roll with more sexual exercises.

Action No.2

Sit down in a comfortable position with your spine straight. Again, having your spine straight is everything and makes your exercise a hundred times easier, so make sure you do it.

After a while you'll forget about your spine but keep reminding yourself and straightening it up again.

All I want you to do is to inhale and exhale from your nose and pay extreme attention to every sensation in your body.

"Pay extreme attention" is the keyword here.

Feel the touch of the cold air in your nostrils when inhaling and the warmth when you exhale, feel the texture of the air and the tickling feeling...

Those sensations are very delicate and require all of your concentration. Don't expect any screaming feelings or intense ones, not at the beginning at least.

Don't say anything. Do not verbalize what you perceive.

Don't say: "Oh, this is cold, oh this is warm..." nothing. Don't even say the word "nothing".

Just perceive the feeling.

After a while you'll start noticing that other parts of your body are trying to get your attention and your body might start feeling uncomfortable.

Don't fight it.

If your knee feels warm and tries to get your attention, move your concentration to your knee and feel the sensations over there. If your ankle is falling asleep and is dragging your attention there, go with it.

You'll soon realize what a pool of sensations your body is. And I bet you've never noticed it before.

So perceive the physical sensations in your body and move your attention with them. Feel the touch of your pants on your legs, the warmth of your hand in the other hand and the like.

If you feel like you need to move your hand or your back, do it very slowly and feel all the sensations when you do it. Let your

body move a little if it wants to but remember to feel everything when it moves.

At the beginning it's complicated but with time and practice you'll see what happens: your body will relax, the sensations will become more subtle and you'll feel a deep sense of contentment.

You'll know when you get that feeling.

When you do, you've done the exercise successfully and are ready to move on to the next step.

During the exercise your mind will try to lead you away from the sensations associating them with emotionally attractive memories or future experiences.

That's daydreaming for you.

If you allow your mind to take you away from the experience into the first or second "loop" it'll be difficult for you to get back in control. You'll get lost in your thoughts until you "wake up" after a few minutes and remember you were doing the exercise.

No worries. It's normal at the beginning. When you wake up from your thoughts just get back to the exercise and concentrate your mind on your sensations.

Be aware that contrary to what some people say, your mind is not your enemy, far from it. It just does what it's used to.

Keep practicing this and the next exercises and you'll soon turn your mind into your best ally.

Action No.3

Just as for the previous exercise, sit down, close your eyes, inhale from your nose, concentrate your mind on every subtle and less subtle sensation and let your attention move with them in your body.

Now keeping your eyes closed, stimulate yourself until you get an erection and start masturbating.

Perceive your sensations all over your body, move your mind to them, pay attention to them as if you were getting a massage and wanted to feel the intensity of every sensation.

Notice that wherever you feel pleasure there will be a slight muscular contraction. Relax it.

Feel the pleasure growing inside you when masturbating.

You don't need to stay still. You'll notice that moving your hips and your spine a bit will help you spread this pleasure all over your body.

When you get close to the point of ejaculatory inevitability, stop.

Stop there.

Put your pants back on and get out of the house.

This exercise is more for your mind than for your body.

It'll train you to concentrate on your sensations and to “stay with them” even when they're as intense as the arousal ones are.

Remember to practice

Remember that both these exercises have got a double power (just like a superhero).

First they'll teach you how to feel the sensations in your body, which will be useful when learning how to feel your pelvic floor, and second it'll put your mind “into place” avoiding that useless spinning which brings you close to climaxing without you even realizing it.

Practice Action No.3 at least three times a week for about two weeks before moving on to the exercises in the next chapter.

Action No.2 instead, like Action No.1, needs to be practiced everyday.

It's really easy, and it shouldn't take you longer than ten to 15 minutes to do both Action No.1 and Action No.2.

As soon as you wake up, sit down and do it (I usually put a couple of pillows behind my back to give my spine more support, cross my legs and do it then and there – but really crossing your legs is not necessary at all, I have been training my mind for years simply sitting on a chair with my feet touching the ground).

Again, doing it as soon as you wake up will have a stronger effect, you'll easily remember to do it everyday and it will also have a meaning for you on your goal achievement path since you'll kind of tell your mind that lasting longer in bed is a priority and the first thing you put your energy into as soon as you open your eyes.

You and your goal come first. Then you have your breakfast, your job and anything else.

Your goal and your happiness first.

5. PURE RESISTANCE TRAINING

**I hated every minute of training,
but I said, "Don't quit. Suffer now and
live the rest of your life as a champion."**

MUHAMMAD ALI

You're going to hate this chapter.

Just like you hated spinach as a kid or your running sessions at college.

Still, many of the things we don't like doing turn out to be necessary to achieve our goals and make things happen.

I started this book saying that you really need to work hard to achieve anything worthwhile in life.

It's not me that created this world, but whoever did decided that on planet Earth you really can't afford to do things half-heartedly or superficially.

Unless you want to fail, of course.

Stretching your threshold

The exercises in the previous chapter were designed to train your concentration.

As I've already told you, it's important that you take control of your mind and put it where you want it to be, otherwise it'll most likely take a direction which will lead you to climax before you want to.

In Chapter Three I told you how ejaculation works from a mechanical point of view. As you know, when a certain threshold is reached the spinal cord will trigger the contraction of the Bulbospongiosus, starting the expulsion of seminal fluid.

The purpose of the chapter you're reading now is to both raise your threshold and strengthen your mind even more by exposing you to different kinds of stimulation.

In order to simplify things for you, I'm going to divide this training into four weeks. Everyone is different. For some people four weeks won't be enough (because they need more time on a specific exercise or aren't able to train often enough) for others it'll be too long or just perfect.

You need to adapt the program according to the feedback you get during the exercises and move onto the next week only when you can confidently say you've mastered your current week's training.

At the end of each week, if you have done the exercises as described, and feel confident and proud with your improvements, you're allowed one ejaculation.

For the next month, you can't ejaculate more than once a week (if you are in your early twenties or younger, you can cum twice a week, reason being that if you don't cum you'll most probably have wet dreams anyway).

Preparing for battle

Before you start each exercise, it'll be useful to take some time to prepare yourself for the battle.

It's going to be tough, there's no point denying it. Promise yourself that even though it'll be challenging and at times you'll want to stop, you will give your all and always finish the exercise.

It's important that you determine why you're doing this.

What's your motivation?

Sum it up in a word or two and write it down on your arm, hand or anywhere visible.

Repeat these words to yourself whenever you need a kick in the ass to help you finish the exercises.

For all the training sessions in these four weeks you'll need a timer and privacy.

About the timer.

At the beginning of this book you wrote down your goal somewhere. Go ahead and open that paper or file.

Read what it says.

How many minutes did you decide you wanted to last?

We're going to use this time for our exercises as long as it's more than 30 minutes.

If your goal is 30 minutes or more you'll use your goal as your Reference Time. If it's less, you'll use 30 minutes.

Let's get started.

Edging Training: Week One

This week you'll be practicing two exercises: basic masturbation and visual stimulation.

You want to train as much as possible, starting with the first exercise and alternating them throughout the week.

Remember you can't move on to Week Two until you're able to do Week One's exercises easily.

Action No.4 - Basic Masturbation

The first time you do this exercise you want to take your usual sitting down position, the same one you used in the previous chapters.

You'll only do this the first time.

From the second time onwards you'll do the exercise not sitting down but in specific sexual positions you choose: one day you'll do the full exercise on your knees as if you were thrusting doggy style, one day you'll do it laying down on your back or in whatever position you like.

This is imperative for three main reasons.

First, we want your mind to associate the resistance we build in this exercise with a variety of sexual positions. The risk of doing

this exercise only in your typical sitting down masturbation stance is that your mind might associate sitting down with a higher threshold than lying down or being on your knees.

Your mind is like a computer and you need to train it step by step, you can't take anything for granted.

Second, in different positions you'll feel new sensations which might surprise your mind. You want to train your concentration to stay with your sensations whatever they are. It's an exercise in mental flexibility.

Third, when you take specific sexual positions, you'll notice that some muscles in your body will contract and get tired. This will teach you what parts of your body you need to strengthen if you plan to thrust into a woman in that position for an extended period of time.

Start by sitting down, closing your eyes and inhaling and exhaling through your nostrils. Concentrate your mind on your sensations, feel them around your body and move your attention to follow them.

Stimulate yourself till you get an erection and remember to feel every sensation while you do.

Set up a timer for 30 minutes (or whatever Reference Time you have).

Then take the “sexual position” you want to practice in, like doggy style for example. So get on your knees and masturbate (keeping your eyes closed).

Pay extreme attention to your sensations, and when you feel like you’re getting close to the point of ejaculatory inevitability, start slowing down and then stop.

Breathe. Put your hands on your hips and rest until your erection starts to subside.

When your erection gets to about 80 percent start again.

Just like before, slow down and stop when close to climax. Then start again...

Keep repeating this cycle until your alarm goes off.

When this happens, put your clothes back on and do whatever you were supposed to do that day.

Do not ejaculate. As I told you before you’re allowed to ejaculate once at the end of the week and only if the exercises have been mastered.

It’s hard but this is why it’s called training.

Do you think runners like their training sessions? Do you think martial artists like to kill themselves stretching, jumping and punching?

I don't think so.

It's tough, sometimes terribly tough, but be proud of your hard work, keep practicing and have faith.

The arousal conditioning will do its job and you'll reap the rewards of your training in the near future.

Action No.5 - Visual Stimulation

In this exercise you don't need your hands, but just your eyes and ears.

Take the sexual position you were using for the previous exercise, whether it's on your knees, standing up or whatever.

Take off your pants, set your Reference Time on a timer and play a porn.

Watch the movie and feel the sensations inside your body. This time it will be even more complicated to concentrate your mind on your sensations because the movie can easily distract you. Try hard to concentrate on your sensations.

Compare them with the ones you were feeling in the previous exercise. How is this kind of arousal? Does it feel like the physical one? How is it different?

Remember to not touch yourself.

If you happen to, you need to restart the timer.

When the exercise is finished, stop the movie and do something else.

At the end of Week One, if you have managed to do all of your seven training sessions in no more than two weeks (basically at least one exercise every other day) and start finding it almost easy to resist the urge to ejaculate, you can reward yourself by coming once.

Then, move on to Week Two.

Edging Training: Week Two

If you have survived the first week, it means you're developing a tough skin, which will be useful in this second session.

There's only one exercise in Week Two. One you have to do everyday.

If you can't do it every day, do it at least seven times in no more than two weeks, before evaluating whether you're ready to move on to Week Three.

Action No.6 - Masturbation 2.0

Do you remember the Basic Masturbation exercise you used last week? Right, you're going to need it now.

Masturbation 2.0 is the Basic Masturbation in the sexual positions you like plus a porn movie playing in the background.

Your eyes must be closed, so you can't watch the movie, but you can hear it. This way you'll add some auditory stimulation to your physical one.

Just as before, concentrate on your sensations (now it'll be tougher) and move your mind with them.

When you're getting close to the point of ejaculatory inevitability, slow down and then stop. Allow your arousal to subside a bit and restart.

Repeat the same process until your timer (set to your Reference Time) goes off.

At the end of the week (or seven training sessions) if you have managed to stay in control and not come, if you feel like you're building resistance in your body and are happy about your improvement, you can reward yourself by ejaculating once.

Then move on to the next week.

Edging Training: Week Three

If you're still alive, be proud of yourself and get ready to add visual stimulation to your masturbation.

Action No.7 - Masturbation 3.0

This is exactly the same as masturbation 2.0 but with your eyes open, watching the porn.

So, let's say for example you decide to train on your bed sitting on your knees like in doggy style.

Put the porn in front of you so that you can watch it and at the same time masturbate.

Concentrate your mind on your sensations and move it with them inside your body. How does it feel? Do you notice any difference in your sensations from when you had only physical or only visual stimulation?

Keep your attention on your sensations.

Slow down and stop (stop touching and stop watching) when getting close to the point of ejaculatory inevitability.

When your arousal goes down a bit and you feel ready, start again, then when you're close, slow down and stop.

Repeat this cycle until the alarm goes off.

Then switch off the porn, put your clothes back on and do something else.

This exercise would have been almost impossible for you to do a few weeks ago, do you realize that?

Now, even though it's very tough, you can manage it.

Very good.

Remember that you're raising your ejaculatory threshold by making your body accustomed to high and ongoing arousal (this process is called "arousal conditioning").

You're also strengthening your concentration by keeping your mind in touch with your sensations – which gives you the power to recognize when you're getting close and pull back – even when you're being bombarded with stimulation.

Lastly, your mind's perseverance in resisting the urge of coming is making you stronger by giving you more control over your biological sensations.

After a week of great practice and if you're happy with your improvements and find it quite easy to practice Masturbation 3.0, reward your hard work by ejaculating once.

Then move on to Week Four.

Edging Training: Week Four

This is the last week of your "Pure Resistance" month.

If you have managed to practice all of your exercises over the past three weeks, your mind should be strong enough by now and you'll probably find this last exercise quite easy.

Action No. 8 - Masturbation Pro

The exercise for this week is exactly the same as the one you did last week plus the use of lube.

Go with silicon based lubricants, they're better.

The use of lube will enhance your experience making your physical stimulation more intense and the whole exercise harder.

Be careful because with all of this stimulation going on, it'll be difficult to concentrate your mind on your sensations.

The porn will easily distract you, you can get lost in your sensations, miss the point of ejaculatory inevitability and come.

That's the challenge: feeling these intense sensations, reining your attention and slowing down when necessary.

Like usual, stop when you're getting close.

Repeat the cycle until the alarm goes off.

At the end of Week Four, celebrate your improvements and reward your hard work by allowing yourself to come once.

Get ready for new challenges in the next chapter.

Squeeze it if you miss it

During your practice sometimes you might miss the point of ejaculatory inevitability and come. It's normal and part of your learning curve.

But if you feel like you stopped stimulation too late and are getting close to ejaculation even without physical contact you can actually do something about it.

Give the head of your penis a squeeze and this will pump some blood out of it releasing sexual build up and reducing your arousal (you might see some pre-cum coming out of your penis when using this technique).

Use the squeeze technique ideally before the contractions start but otherwise no later than your first contraction.

This is because your point of ejaculatory inevitability is between your first and second contraction.

If you get the second contraction and then squeeze, you'll most probably see sperm coming out of your penis as soon as you release your fingers.

You need to pay attention to this. Your urethra can get damaged if you let your sperm get stuck inside, so if you miss the point of no return and the sperm is being expelled, release your fingers and let it out to protect your urethra.

The next chapter is about control.

6. MAP OF AROUSAL

**“When a person has learned a symbolic system
well enough to use it, he has established a portable
self-contained world within the mind”**

**MIHALY CSIKSZENTMIHALYI
(excerpt from “Flow”, 1990)**

Our quest for lasting longer in bed revolves around one core principle: control.

All we aim for is control. We want to be able to control our body during sex and decide when (and if) we want to come.

Control is a feeling. You feel in control. You feel like you have the power to choose, to decide, to make things happen. It's a feeling we've all experienced.

But when do we feel in control?

Predictability is the answer

When you can accurately predict what's going to happen you feel in control, conversely when you have no idea what's going to happen, you don't feel in control.

For example when you're driving a car, you know that if you steer right, your car will turn right. If you break, your car will slow down. You know what's going to happen and this feeling of "knowing" makes you feel relaxed and in control.

If you're a high school teacher and walk into a class for your first lesson ever, you probably won't feel in control because you have no idea what's going to happen, you don't know how the students are going to react to your personality and teaching style. Since you can't predict anything, you don't feel in control.

If you have 20 years of experience as a high school teacher, you'll know exactly what kind of reaction you'll get and you know exactly what to do in any possible situation that might occur.

The same thing is true for sex, probably with many years of practice you could maybe develop an intuition about how your arousal grows in your body and how to behave in relation to it.

But I don't want you to waste 20 years of your life when there's a shortcut you can start using right away.

Again, predictability is the key to control.

How do we make experience predictable?

Think about it. There is nothing men do better than make nature predictable.

Mathematics and chemistry, for example, are codes men have created to master the behaviour of natural resources.

Thanks to math formulas an engineer can describe exactly how an iron beam will behave under a specific stress level and use it to build a bridge.

Naming things, classifying and labelling them, that's coding.

Code is everything and everything is coded.

Language itself is a code, a code we use to describe things and make sense of them in our minds.

Coding an experience makes it predictable. When you learn how to code your arousal you'll know that after feeling sensation X, if you keep thrusting in that specific way you'll get to sensation Y etc.

This will give you more confidence and peace of mind because you'll know exactly what's going to happen and where your specific actions lead you. At the same time this peace of mind will make you more relaxed and therefore more open to your sensations which in turn will help you manage your arousal and last even longer.

Coding arousal for enhanced control

Ok, so what's the universally accepted arousal code?

Unfortunately, there's not such thing.

I can tell you how your body behaves during arousal from a technical point of view, which muscles contract and which veins dilate.

I can tell you that when sperm is collected at the base of the urethra you'll probably feel a tickling sensation or that when the climax is close your penis will reach a peak internal pressure and you might feel that, but these are all subtle physical sensations, not arousal.

Being able to feel the slightest contractions of your pelvic floor and manage to control them will be your final goal eventually, but that's not the easiest way to start.

When aroused you feel something, something stronger than muscle contractions, something easier to perceive and therefore easier to manage. And the arousal you feel changes and evolves from when your erection starts until you ejaculate.

I can't tell you exactly how you'll perceive your arousal in your body, because that's subjective.

No one has access to your sensations. Even if I had access to your sensations, I wouldn't have access to the words you use to describe your sensations, which would make my personalised code for you quite useless.

What I feel as "cold" might be "chilly" for you or even "warm" for someone else who comes from Russia.

You can say you feel "happy", but maybe what you feel as happy someone else would call a feeling of "peace" or "relaxation".

You see the problem? Sensations aren't universally coded because they're subjective.

The best solution to this labelling problem is that you create your own code of sensations. One which is personal and works "just for you" and refer to it when learning how to handle your arousal.

After you label your sexual sensations, you'll know that after sensation X comes sensation Y and then sensation Z and then ejaculation.

And that's your map. That's your code.

So you'll know that when you get to sensation Y you need to take some kind of action to handle your arousal, like breathing or relaxing your pelvic floor for example, otherwise you'll get to Z and then come.

As said before, mapping your arousal is just a phase. Eventually you'll be able to feel your pelvic floor muscles and their behaviour and that will be enough.

I know that all of this coding stuff might sound a bit scientific but you'll only need this map at the beginning, just like you need a map to get to your hotel when you're on holiday.

After a couple of days at your holiday destination you usually don't need to check the map anymore because you know where everything is. The same thing will happen with your sensations. After a short practice period you'll absorb everything and you'll "know" what to do.

So let's create this map now.

Remember that creating this map is really important and will set you apart from 90 percent of men out there, who act blindly without recognizing the signals their bodies send them.

A map will also make your actions repeatable, which is the key to transforming your new stamina into a habit.

Cool.

Action No.9 - First Mapping

Put a piece of paper and a pen next to you.

Start the exercise as if you were doing Action No.3. Sit in a comfortable position, put one hand on top of the other hand with your palms facing up, inhale from your nose and move your attention to feel everything.

Now get ready to label your sensations.

Start stimulating yourself from when your penis is flaccid, keep your eyes closed and feel the sensations inside your body. Give a name to the first sensation you feel when you start getting aroused, for example: “a bit horny” or “number one” or whatever you want. Open your eyes and write it down.

Close your eyes again. Masturbate yourself and feel the pleasure growing inside you. If your sensations are changing, name the next sensation you’re feeling, for example: “hot balls” or “getting there” or whatever.

Keep masturbating, naming and writing down every sensation you feel in the order you feel them.

Notice that your heart rate and increasing arousal are best friends and go together. You can keep an eye on your heart rate to notice if your arousal is increasing in intensity. You'll find that the more aroused you get the faster your heart beats.

Masturbate, feel and write every variation in sensation.

When you get close to climaxing, slow down and stop. Make sure you name the sensation that anticipates your point of ejaculatory inevitability. This level of arousal is your current limit and it's important for you to know it well, so stop.

Let your arousal subside, feel it go down your coded scale and then start again, just to make sure you really nailed the sensation that signals the approach of your point of ejaculatory inevitability.

Give it a name, for example: "I'm about to explode" or "I wanna die" or "geronimooooo" or whatever.

Then, with extreme attention, masturbate and go over this point, go over your limit, see if there's any other sensation you can track down and come (try to not come on the paper where you're writing your arousal map).

Write down the last sensation, for example: "orgasm", "number one hundred" or whatever.

Of course it's your responsibility to make this map as accurate as you can, filling in the gaps between each step and making it very detailed.

The more detailed the map, the better you'll know your sensations and the more in control you'll be.

Action No.10 - Double Check

In order for you to become even more familiar with your arousal you want to test its behaviour with visual stimulation.

So just like in Action No.5, take a sexual position you enjoy, like on your knees if you were in doggy style and play a porn movie in front of you.

Remember that just like for Action No.5 you're not allowed to touch yourself.

To keep your hands busy, hold the paper and check how your arousal goes.

Feel if now that you only have visual and auditory stimulation your arousal follows the steps you previously discovered or if it behaves differently.

Write down any differences you notice.

Action No.11 - Triple Check

Like for Action No.7 take a sexual position, watch a porn and slowly masturbate.

Put your map next to you and check if your arousal grows as you've described it. If something goes differently, just write it on the side.

Remember to be scientific. Label every single microscopic step your sensations take. If at a certain stage you're not sure about what you felt, slow down, let your arousal subside a bit and go over that specific sensation again.

You might discover new levels of arousal, but most of the time you'll just feel the same sensations changing more quickly than during pure physical stimulation.

Find your Comfortable Arousal Level

Keep practicing Actions 8, 9 and 10 until you've memorized your map and can recognize your sensations of arousal as easily as you would recognize your brother on the street.

Make an accurate, definitive and detailed map that represents the evolution of your sensations from the beginning of arousal to ejaculation.

Go very slowly, be a scientist and write down every subtle difference you feel.

It's very, very important that you find your Comfortable Arousal Level. What I call a Comfortable Level is a level of arousal where you feel in control, calm and comfortable.

It's usually right in the middle of your map, it's a level of arousal that you feel you could handle for hours.

For example, let's say that your map is simply numeric, from one to one hundred where one is the start of your arousal and one hundred is orgasm.

You probably couldn't handle sensation 80 for too long, because just being in that pleasurable state, even without additional stimulation will make you go to 82 and then 85 and then you may feel a bit scared because you're too close to 90.

But if you aim to stay at 55 instead, you will probably be able to feel that sensation for hours without any significant increase in your arousal. At 55 you probably feel confident, because you know that ejaculation is 45 steps away.

You can really spot your Comfortable Level because it's one where you feel confident, in control and at ease.

At the beginning your Comfortable Arousal Level will probably be quite low and that's ok.

With time and when you start experiencing your first successes, you'll naturally stretch yourself and move your Comfortable Level up.

Managing to keep your arousal at your Comfortable Level for as long as you want will be your goal in the next chapter.

7.TO COME OR NOT TO COME

**“Champions know that success is inevitable;
that there is no such thing as failure, only feedback”
MICHAEL J.GELB**

In the previous chapter you opened your eyes to your sensations for the first time in your life.

After creating a map, you now know how your arousal behaves and can recognize its stages in your body. If you've been practicing the pure resistance training, you're also building a tolerance to pleasure which will stretch your map and raise your threshold more and more.

You've also identified your Comfortable Arousal Level and I'm about to give you the techniques you need to stay at that level for as long as you like.

Do it wrong

The ability to get feedback when you try stuff is extremely important. To be honest with you, being able to recognize when something worked and didn't work has been the toughest obstacle for me. You really need a result-oriented mindset to do that, and I didn't have it before, I had to build it with time.

Since I don't want you to go through the same stress and frustration as I did, I designed the exercises in this chapter to really open your eyes so you can see the effects of your actions and can easily learn from them. I wish I had found these exercises myself many years ago, it would have saved me a lot of pain.

Using feedback is a critical skill because I can teach you how to code your arousal and give you techniques, but then you need to

try and adapt them to your personal experience to optimize your results.

But not to worry, just do the exercises I'm giving you throughout this book and everything will naturally fall into place.

In order for you to accelerate your improvements, I'll show you exactly what the effects of your actions are.

This empowering experience will open your eyes and transform your habits forever.

Quick Ejaculation VS Comfortable Arousal

This chapter is divided into two parts.

In the first part I'll show you some very effective techniques you can use to rapidly increase your arousal and ejaculate quickly.

In the second part I'll show you some other techniques you can use if you want to keep your arousal at your Comfortable Level for as long as you like.

You must try them both. It's actually more important that you try the Quick Ejaculation techniques than it is for you to try the Comfortable ones.

I know it sounds counterintuitive and you may be thinking of skipping the first part but beware, it would be a huge mistake.

When you'll have tried the Quick Ejaculation techniques, next time you have sex you'll "recognize" what you're doing and it'll be in that moment – when you realize you've been unconsciously using a Quick Ejaculation technique – that you'll stop and swap to a Comfortable one.

You need to see your mistakes with your own eyes and what better way to achieve this than by purposely doing it wrong.

Get ready for some fun!

Part 1 – To Come: How to Achieve Quick Ejaculation

Practice Action No.12 below and keep your mind open for feedback.

Action No.12

This exercise is built on top of Action No.3 so, sit down in a comfortable position as you did in that exercise, inhale from your nose, feel every sensation and then start masturbation.

Now recognize and say hi to your levels of arousal and start the new exercise.

I want you to flex your buttocks tight, make your spine rigid and block your shoulders. Keep masturbating while tightening all your muscles and see what happens.

Masturbate very fast, stimulating particularly your glans and take very shallow breaths, sometimes even holding the breath in.

At this stage you should be ejaculating.

This technique is great and works like a charm. In this case I showed you the three most important *physical* principles of Quick Ejaculation.

These principles are: physical tension (absolutely great for ejaculation), shallow rapid and sometimes held in breath (it's an absolute guarantee and works every time) and fast pace strokes with high glans stimulation (that's probably the best).

In the next three days apply these principles both when you masturbate and during sex. You shouldn't have too much trouble mastering them.

Trying these Quick Ejaculation techniques during sex is paramount for three reasons:

Reason one:

You've probably been using these "Quick Ejaculation" techniques all your life, but unconsciously. What I call Quick Ejaculation techniques are likely to represent your current sex habits. But when you consciously apply them, everything will change and you won't be the same anymore, because next time you're having sex and flex your buttocks you'll say to yourself: "Hey, I'm using a Quick Ejaculation technique! Geez, is this

what I want? Let me swap to a Comfortable Arousal technique before it's too late!"

Reason two:

You need to feel as though you're allowed to make mistakes and ejaculate quickly at will. Without mistakes you can't learn. Most men want to do everything perfectly when having sex, and that's a good goal to have, but not at the beginning when you're learning new stuff. That's learning time, and learning time is full of experiments and mistakes. If you go through the learning period you'll be able to have that perfect sex you dream of very soon.

Reason three:

You need to learn how to take the situation not too seriously and you should ask your partner to try this with you. If you don't have a girlfriend but are having sex with someone you barely know and don't want to tell her, just don't worry about it. Try the Quick Ejaculation techniques and put your learning and your goal first.

But let's have a more detailed look at these three principles you can use to achieve Quick Ejaculation.

Focus each of the next three (no more than three) days in mastering these techniques, one technique per day.

Technique 1: Physical Tension

Tensing your muscles really does make a difference when you want to ejaculate quickly. The more muscles you flex the better.

Why?

There are thousands of possible reasons from chemical ones related to the amount of serotonin in your blood, to esoteric ones (eastern traditions believe that when your body is rigid there's no space in your "aura" for the sexual energy to expand, which makes the energy leave your body through the only "gate" it can find i.e. your penis).

Is it true? Who cares! We don't need a degree in philosophy, all we care about are results – and contracting your muscles certainly increases arousal and leads to ejaculation.

Some of the most effective areas you can flex are: the pelvic floor muscles (number one guaranteed), thighs, abdomen, hips, spine and neck.

Contract these areas during sex and you'll easily experience an increase in arousal and an acceleration of the ejaculation process.

Stiffen your spine and the muscles of your back and you'll be half-way to ejaculation. The same thing is true for your neck – keep it tense and your arousal will grow fast. Try it.

Technique 2: Shallow, Rapid or Held in Breath

The same thing goes here. Some say that your breathing and heart rate are linked, and that if your breath is shallow your heart will beat faster therefore priming your Sympathetic Nervous System and accelerating the ejaculation mechanism...

I don't think it's really important to know "the why" of everything. The thing is that holding in your breath and breathing with short and fast breaths is a really good way to promote ejaculation.

Try it out and see how well it works.

Technique 3: Fast Pace with High Glans Stimulation

This is another technique that works very well. Stimulate your glans (the head of your penis) with fast continuative rubbing (during sex or masturbation) and your arousal will grow exponentially getting you close to ejaculation in no time.

Here again, I might tell you that the glans is a very sensitive part of your body, or give you more detailed reasons, but what counts is that it works.

Try it, stimulate the head of your penis with fast strokes and you'll see how quickly your arousal will grow! Guaranteed.

Part 2 - Not to Come: How to Keep Arousal at a Comfortable Level

Now that you have learned how to fail, let's learn how to succeed.

This part should be easier now seeing as you've already discovered what makes you come quickly, so at least you know you should do something different if you want to experience different results.

Action No.13

For this exercise start like usual, by sitting down in a comfortable position, inhaling from your nose and feeling all the sensations in your body, just like you did for Action No.3.

Then when you're ready and have been feeling some sensations around your body, start masturbating.

Recognize your levels of arousal, just like you would recognize a friend on the street. Recognize and name them according to the map you created in the previous chapter: "Here is sensation X, now if I keep doing this in a few seconds I should start feeling sensation Y, here we go, just like I expected..."

When you reach your Comfortable Arousal Level, slow down, move your hand down the shaft, closer to the base of your penis and avoid stimulating the glans.

Release every tension you feel in your pelvic floor muscles (details later in this chapter) just like you would release a fist and exhale when you do.

Breathe, breathe in a calm way as if you were comfortably stretched out on a couch... And if you feel like you can't breathe in that relaxed way, stop stimulating until you manage to do it.

Never overcome your Comfortable Arousal Level. If you do, stop stimulation, feel the arousal go down and start again.

When your arousal goes down to your Comfortable Level, rub your glans or increase your speed in order to bring you up to the Comfortable Level and always, always, always use that level as your reference point.

If you need to stop, stop.

With a relaxed pelvic floor, stretched out breath and smart stimulation, your arousal will grow very slowly or even stay steady at your Comfortable Level, as long as you stop every time you go over it, even if only by a little bit.

When you do this exercise properly and if you have done all of the past ones, you will be able to masturbate yourself all day without coming if you want to.

Three techniques

Let's get down to detail. In Action No.13 you were focusing on three main areas in order to keep yourself at your Comfortable Arousal Level:

- 1) Pelvic Floor Muscles
- 2) Breath
- 3) Stimulation (location and pace)

In the next sections, you are going to work specifically on each of these three areas. After you take control of each area, you can experiment by mixing and varying techniques in order to find the combination that works best for you.

Note that this is a necessary phase you have to go through. You can't expect to thrust like a bull before you have built tolerance to pleasure (which will raise your ejaculation threshold), you have control over your stages of arousal (by keeping your mind concentrated on your sensations and building an accurate map), and feel confident in your ability to keep your arousal comfortable.

With time and practice you'll push yourself outside of your comfort zone, build even higher tolerance to pleasure and allow yourself to thrust harder and faster while always being in control.

Now let's have a look at the techniques you can use to keep your arousal where you want it to be.

Take Control of Your Body

Even though having a generally relaxed body during sex is certainly helpful in managing arousal, you understand that not all muscles affect your performance in the same way.

Let's have a look then, at the most crucial area whose relaxation can dramatically improve your control.

Pelvic floor muscles

In Chapter Three I explained the mechanics of ejaculation. If you've forgotten, go back and take another look.

The pelvic floor is composed of an intricate group of muscles which serve different purposes and play an essential role in your sexual performance.

The best thing about these muscles is that they're innervated with the Somatic Nervous System, which means they are voluntary. Basically, you have control over them.

Some of the most critical are: the Bulbospongiosus (that we're going to call the BS muscle to simplify its artistic name), the Levator Ani (especially the Pubococcygeus, which is the middle set of fibres in the Levator Ani group and will be simplified as

the PB muscle) and the Ischiocavernosus (that we'll call the IS muscle).

But everything is interconnected in the pelvic floor, and this connection between muscles extends to your abdomen, thighs, buttocks and even your scrotum.

Why am I telling you this?

Because being in control of the pelvic floor and keeping it relaxed at will during sex is a pretty challenging achievement since a contraction in any of these muscles will contract the others and make you lose your cool.

You need to learn how to keep “everything down there” relaxed in order to enjoy the benefits of this technique – you'll learn later in this chapter that you don't want to eliminate the contractions in your pelvic floor altogether, but only get rid of the spasms and the uncontrolled contractions that cause you to prematurely ejaculate.

Even if very challenging, finding a balance in your pelvic floor and learning how to keep it relaxed at will is worth your time, because it's probably the best way to keep your arousal at a Comfortable Level with ongoing stimulation.

Your goal is to have a flexible, toned, balanced and healthy pelvic floor. A pelvic floor you're aware of and that you can easily control during sex.

In order to reach this goal we're going to use a mix of flexing and stretching exercises which target both halves of the floor independently and as a unit.

There are three main categories of pelvic floor exercises:

- 1) Direct pelvic floor exercises (without hands)
- 2) Pelvic floor exercises with manual help
- 3) Full body pelvic floor stretching (yoga poses)

Let's start with the "direct" training.

Now, if the exercises I'm about to give you look complicated, remember how complicated it was for you to ride a bike or to read when you were a kid.

Did you ever give up bike riding or reading?

No you didn't. You persevered even if you had a few falls along the way.

Embrace the same winning attitude, the same perseverance you had when you were a kid and keep trying.

You can do it.

1) Direct Pelvic Floor Exercises

Heard about Kegels? It's all wrong.

Most people talk about Kegels as if they're a one stop solution for everything.

The traditional Kegel exercise you find in 99 percent of premature ejaculation books and websites is supposed to strengthen your pelvic floor muscles as a unit (which it usually doesn't) and to help you last longer thanks to this strength, but unfortunately it doesn't work like that.

Sometimes I'm really surprised when I see experts focusing so much on these traditional Kegels. It seems they haven't done their research properly and maybe never even tried the exercise themselves. They only focus on the front half of the pelvic floor and even worse, they take for granted that a strong pelvic floor is all you need.

They can't be further from the reality of what works.

If you have premature ejaculation problems, the traditional Kegel that everyone tells you to do is usually counterproductive and makes things worse.

Traditional Kegel exercises are not useless though, if properly done they can tone and make you aware of the front half of your pelvic floor and, when trained in conjunction with the other half, can help you achieve the balance you need (we'll see this later). Ideally, traditional Kegels could also allow you (with tank loads of experience, mindful practice and perfect timing) to have orgasms without ejaculation.

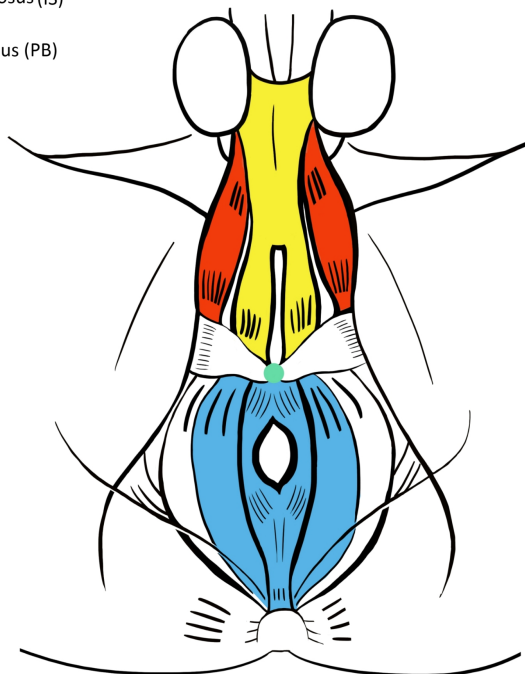
More than just having a strong front half of your pelvic floor, you want a balanced floor. People with p.e. usually have an unbalanced and hyperactive pelvic floor that keeps contracting during sex accelerating the whole ejaculation process.

Their pelvic muscles are hypertonic, which means they are constantly in a semi-contracting state that results in involuntary pelvic floor spasms. These involuntary spasms cause ejaculation to happen without them being able to control it.

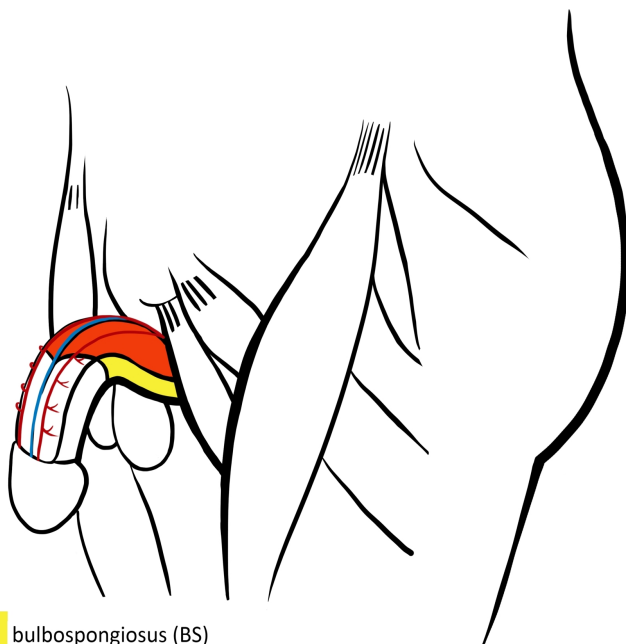
When this is the case, stretching your pelvic floor muscles becomes more important than contracting them.

Since there's a lot of misconception about the word Kegel and the word "PC muscle", in the following exercises I'm going to use a totally different terminology: we'll be talking about contracting and stretching PB (also known as PC) and BS (also known as BC) muscles (see picture below).

- bulbospongiosus (BS)
- ischiocavernosus (IS)
- pubococcygeus (PB)



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- bulbospongiosus (BS)
- ischiocavernosus (IS)

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So let's have a look at these exercises.

Pelvic floor exercises

Your pelvic floor muscles are very delicate and you need to train them very carefully and in moderation.

The keyword when training your pelvic floor is: "be delicate". Be sure to take it easy, especially in the beginning when you're still working out what's what, if you do these exercises forcefully or incorrectly you could injure yourself.

At the beginning, train them no more than three times a week, alternating one day of training with one or two days of rest.

Train with your penis in flaccid form for a few months, until you master all of the exercises with the same degree of ease.

Take it easy. If you start with your penis fully erect you can injure yourself and I don't think you want that. Personally I do exercises in the erect form rarely and found the flaccid form more than enough to improve my performance.

To start with, I'm going to give you four basic exercises and you have to do them in combination:

- contracting and stretching the BS muscle
- contracting and stretching the PB muscle

You don't want to separate them. Since your goal is to have a balanced pelvic floor you want to train both muscles equally until you can do all four exercises easily, allowing the floor to balance itself.

Note: feeling the two halves of the pelvic floor is not easy task. At the beginning you'll probably feel the pelvic floor as one big muscle (hence the common misconception about the "PC muscle") but with time and practice you'll become able to distinguish the single muscles involved in it.

When you do the exercises, focus your attention on the specific half you're training, and if the other half of the floor moves too, just ignore it for now. You'll become able to isolate the muscles with focus, practice and time.

For every exercise:

- 1) Choose the easiest position between laying down, standing up or sitting down as long as your spine is straight.
- 2) Relax and concentrate your mind on your sensations.
- 3) Keep breathing (it doesn't matter if you can't breathe deeply, just make sure you breathe).
- 4) Do not push too hard.
- 5) Be delicate and patient. It takes time to feel the muscles.

6) Remember to clench and stretch with moderate strength and at a medium pace. Nothing extreme.

Basic routine

There are people who train their pelvic floor with hundreds of repetitions. I think it's better to start small and do a few repetitions with your mind fully present on your sensations.

Your goal is not to become a pelvic floor bodybuilder, but to have a well toned, flexible and balanced pelvic floor. Basically a pelvic floor you can relax at will during sex.

This is a beginner's routine for you. It might sound too easy for some, but if properly done (with focus on your sensations and on feeling your muscles) it's really all you need.

The basic routine includes both contractions and stretches.

Contractions help you to tone your muscles. Toned muscles transmit sensations to the nerve endings more effectively than mushy muscles, and when you are able to feel your muscles better you'll have more control over them. Stretches help you release the tension in your pelvic floor and to increase blood flow and flexibility.

A balanced combination of contractions and stretches is what you're after.

PF B. (Pelvic Floor Basic Routine):

- 10 x BS contractions (clench – release)
- 10 x BS stretches (stretch – hold for three seconds – release – wait three seconds – stretch – hold for three seconds – release – wait three seconds – etc.)
- 10 x PB contractions (clench – release)
- 10 x PB stretches (as for the BS muscle)

Then clench and stretch the pelvic floor as a whole.

PF C. (Pelvic Floor Combined Routine):

- 10 x PB + BS contractions
- 10 x PB + BS stretches

When you master this routine and can do all of the exercises with the exact same degree of ease, you can add another little step at the end of it which is alternating two contractions with two stretches for both muscles.

PF A. (Pelvic Floor Alternated Routine):

- 2 x Contract BS (hold the contraction) for five seconds

Release

- 2 x Stretch BS (hold the stretch) for five seconds

Release

– 2 x Contract PB (hold the contraction) for five seconds

Release

– 2 x Stretch PB (hold the stretch) for five seconds

Release

Alternating contracting and stretching will give you even more awareness of your pelvic floor and increase its flexibility.

Always remember the number one commandment when training your pelvic floor: be delicate and never push hard.

I want to stress again the importance of doing few but completely mindful repetitions. When doing this “fundamental” routine becomes extremely easy for you of course you can increase the number of repetitions, speed, rhythm, strength, etc.

Learn the fundamentals, and then based on the feedback your body gives you, try increasing the intensity of your training.

I know how attractive a complex and detailed routine can be, but if I'd given you a very detailed routine with hundreds of repetitions, specific time frames and rhythms you would miss the point of becoming aware and in control of your pelvic muscles and focus on the numbers instead than focusing on your sensations.

Listen to me: do the basic routine, master it, own it. Feel your muscles stretching, relaxing and contracting. Feel them, possess

them. The more you feel them the easier it will be for you to control them during sex.

When you master this basic fundamental routine, you'll already have developed more awareness of your pelvic muscles than 99.9% of men out there.

Then if you want, play around with your pelvic floor by increasing the repetitions, style and intensity of your routines. In this way you'll be exploring your pelvic floor based on your own unique body, which is the only body you care about and are learning to master.

Let's have a look now at how to execute these exercises.

Again, focus on the quality of your repetitions and not on the quantity.

BS muscle: Stretching

Stretching your BS muscle helps you relax your pelvic floor and improve its flexibility. Most people with p.e. have found this exercise extremely useful.

Since the IS and the BS muscles are connected, we stretch the BS muscle indirectly by stretching the IS muscle at the base of the penis (on the upper part).

How?

Focus on delicately pushing out the muscle at the base of your penis (IS muscle), just where your penis connects to the rest of your body (it can be useful to “simulate” the action of peeing to understand the movement you need to do – you can even try once to accelerate your flow of pee for a second when you’re actually urinating in order to get it).

For people with a strong imagination it might be helpful to visualize the area at the base of your penis (just where it joins the body) inflating like a little balloon, or imagine that when inhaling the “expansion” of your tummy reaches the base of your penis.

It’s a very light and subtle sensation, it might take you weeks before you actually feel something. Do not strain yourself, do it softly and be patient.

With time you should be able to feel the area around the base of your penis and between your testicles and the anus “inflating/pushing out” a very tiny little bit while you practice, that means that your IS muscle is stretching and taking the BS muscle in the stretch with it.

BS muscle: Contraction (traditional Kegel)

The easiest way to understand how to contract the BS muscle is by stopping your urine mid-flow, because in order to stop it you need to clench the Bulbospongiosus.

So try it a few times when peeing until you can locate the muscle. When you identify the muscle, forget about interrupting your pee and stop doing it, that's not an exercise.

Once you have learnt how to contract your BS, clench it and relax it with moderate intensity, not too strong, not too weak, just medium.

Focus on the area behind your balls when you flex it, and even if some other muscles will move (remember, it's all connected down there), ignore them and keep your point of focus on your BS (behind your balls).

When you finish, always do the BS stretching as described above.

Let's move on to the other half of the pelvic floor now.

PB muscle: Stretching

One way to understand how to stretch your PB muscle is by delicately simulating a fart or by helping a fart come out when you actually do one.

Be careful to not shit your pants! You want to do it in a delicate way and when you're not actually defecating.

If when doing the exercise you feel like farting it means you're pushing too much.

Be delicate, you should feel a very light movement of the muscle around your anus; down and back, like it's being pulled. Again, it's a really subtle sensation, it can take you a while to feel it.

Take it very easy.

PB muscle: Contraction

A variation of this exercise is also described in Yoga as Ashwini Mudra. It's actually pretty simple, probably the easiest of the four.

You can contract your PB muscle by simply clenching your anal sphincter. So clench and release your anus and you'll be flexing your Pubococcygeus (PB).

Here too, do your contractions with intermediate intensity and pace and take it very easy.

2) Pelvic floor exercises with manual help

While learning how to stretch (and contract) your PB and BS muscles with direct mental input is your best option because it increases your control over them, there are at least another couple of ways for you to stretch your pelvic floor.

One way is to stretch your PB and BS muscles with some simple manual help.

Here again be very careful, don't stretch too much and don't do it unless you've practiced some clenching first.

Always clench and stretch in combination.

Remember you want to develop balance. If your pelvic floor is hypertonic you can easily ejaculate prematurely, but if it's hypotonic (too stretched) you can have difficulty getting an erection because your muscles are too loose.

All right?

So equilibrium is important, balance is the keyword.

You can do this stretching as an alternative to the stretching explained before as long as it's always in combination with the contraction exercises.

Never do the stretches without the contractions and vice versa.

These exercises are actually very easy.

PB manual stretching:

Encircle your penis at its base (where it meets your body and of course before the scrotum) with your thumb and index finger, then slightly and gently pull up keeping your thumb close to your belly.

Do this gently and breathe in the meantime. You should feel the stretch going on in your Pubococcygeus. If you're breathing properly (we'll talk about breathing later in this chapter) the stretch should feel more intense.

BS manual stretching:

Do the same procedure as in the previous stretching exercise but changing the grip point. This time you want to encircle the area right below the head of your penis and gently and slowly pull up and in different directions.

Remember that if the exercise hurts, it means you're pulling too hard or too much. Take it easy and listen to your body.

3) Pelvic floor full body stretching (yoga postures)

There are some yoga postures that can help you stretch your pelvic floor and become more aware of it.

Increasing your pelvic floor tone and flexibility will make you more aware of its movements and will give you the power to keep it relaxed during sex (like you'll try later on in this chapter).

Here there are four selected yoga postures that are great to help you relax the pelvic floor by reducing the tension and the stress you might have accumulated in that area.

Take it easy.

Beware that I'm not a yoga instructor or a doctor and some of these positions might not be good for you, especially if you have problems in your knees, back or if you have any other condition. You don't want to injure yourself.

Like always, it's highly recommended you consult a doctor before attempting any exercises.

I'm going to write the original name of the posture, so that you can research more about them and maybe even watch some videos online to help you execute them properly.

You'll find plenty of videos of these postures on the web.

These postures are not mandatory and I'm presenting them just for completeness of information and in case you're already into yoga.

The previous two types of pelvic floor training are more than enough. If you already have a very flexible body and can easily add one or two of these postures to your routine a couple of times a week, that would be even better.

PF Y (Pelvic Floor Yoga Stretching):

Bound Angle Pose (or *Baddha Konasana*)



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Hold for 1 minute.

This posture is a “hip opener” and improves circulation in your pelvic area, stretching it and helping you release the tension.

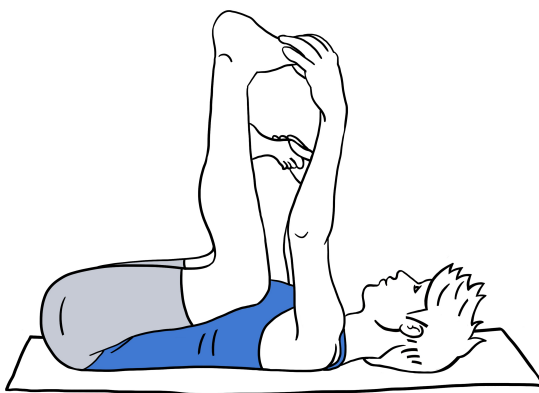
Tips:

- Sit down on a mat if it helps
- Exhale when bending your knees
- Pull your heels close to your pelvis
- Breathe
- Touch the soles of your feet together

- The external edges of the feet need to be steadily placed on the floor
- Keep your torso erect and lengthened
- After 1 minute, inhale and release your legs

Happy Baby Pose (or Ananda Balasana)

This posture stretches the inner groin (which is directly linked to the pelvic floor) and releases tension from your hips.



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Hold for 30 seconds.

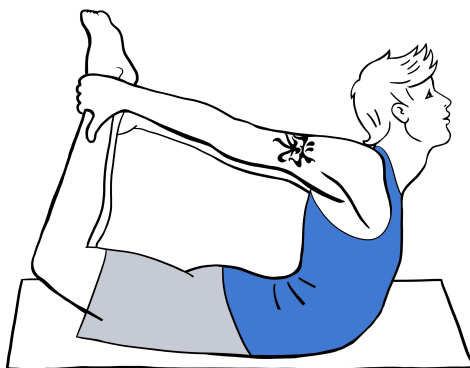
Here are some tips:

- Bend your knees while exhaling
- Open your knees a little bit wider than your torso

- Grab the outside of your feet with your hands
- If you can't grab your feet, wrap a scarf around your ankles and grab that
- Make sure your hips keep touching the mat
- Breathe
- Ankles and knees are in line with one another, with your shins perpendicular to the floor
- Hold the pose for 30 seconds and then release your legs with an exhale.

Bow Pose (or *Dhanurasana*)

This posture stretches the groins from the front part. It does look very uncomfortable but surprisingly some people find it easy.



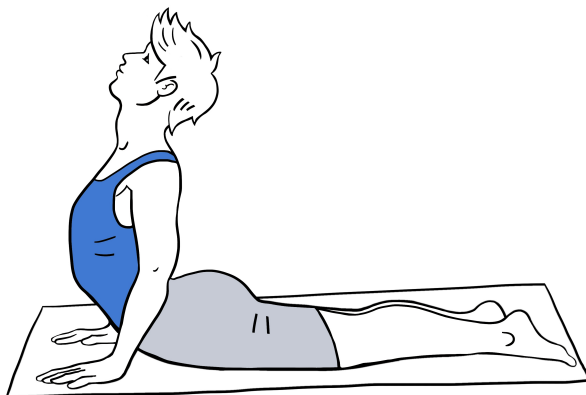
Hold for 20 seconds.

Tips:

- Try it on a mat or a folded blanket
- Bend your knees while exhaling
- Your knees and hips should have the same width
- Keep the muscles in your back soft
- Join your shoulder blades to open your chest
- Keep breathing
- Hold the pose for 20 seconds, then exhale and release

Cobra Pose (or Bhujangasana)

As said, everything is interconnected in the pelvic floor. This pose tones your buttocks (giving you more control over them – you want to keep your buttocks relaxed during sex) and decreases stiffness in your back (having a flexible back helps you spread pleasure throughout your body reducing the pressure on your pelvic area and making control easier).



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Hold for 15 seconds.

Tips:

- Spread your hands under your shoulders
- Place a folded mat between your chest and abdomen if you find it more comfortable
- Move very slowly and carefully
- Keep breathing
- Look forward
- Make sure your neck (especially the back part) is relaxed
- Hold for 15 seconds, then exhale and relax

Last word about pelvic floor muscle exercises

Remember, having a balanced pelvic floor really helps to control your arousal and keep it at your Comfortable Level.

All of the pelvic floor training is mainly designed to create a toned, balanced, healthy and flexible group of muscles. One that you can keep relaxed at will during sex.

Training time and sex time are different.

You do not want to be stretching or contracting during sex. Doing so could easily lead you to accelerate the ejaculation process (especially if you don't know what you're doing) and you could get injured as well.

Your goal is to keep these muscles as relaxed as possible when actually masturbating or having sex, allowing you to enjoy ongoing stimulation while keeping your arousal in control.

One last thing.

On the internet or in other books you'll often find people telling you that you can do pelvic floor exercises anytime, anywhere, while you're busy doing something else.

You'll find people saying: "Kegel exercises are great because you can do them while you drive, while you're in a line at the post office or when you're watching a movie".

It's ridiculous how often you can read this kind of (mis)information on the internet.

Listen to me. You must do the exercises with a totally present mind. Your mind must be completely concentrated on feeling the muscles, you need to be aware of their movements and focused on your exercise.

It's called single-tasking.

People who tell you to do it anywhere, anytime while you're doing something else are taking for granted that a few generic contractions of half of the pelvic floor is what you need. As said before, if you have premature ejaculation you most likely have a very tight pelvic floor which already contracts too much (contracting a bit is healthy and normal) without you being aware of it. You don't need other unaware contractions but a balanced, flexible pelvic floor which you are aware of.

The more aware you become of its subtle movements the easier it'll be for you to relax it a will during sex or masturbation.

Action No.14 - Keep Your Pelvic Floor Relaxed

You want to do this exercise sitting down until you manage to keep your pelvic floor muscles relaxed in this position.

When you can successfully do that, and feel the benefits of this muscle relaxation, do the same exercise in sexual positions you like, just like in the pure resistance chapter.

Start Action No.14 like you did Action No.3. Do the usual things like closing your eyes, inhaling and exhaling from your nose and moving your attention to feel every sensation.

Now when you're ready, start masturbation and move your attention to the pelvic floor muscles you've been training. You don't need to do anything with your muscles during masturbation (no flexing, no stretching), just relax them.

Of course it won't be easy at the beginning and your muscles will contract. That's normal (very important: note that as said before, having a few contractions here and there is normal, healthy and pleasurable too, what you don't want is a muscle that keeps contracting non stop or that holds the contractions – with practice you'll get to know your pelvic floor and learn to clearly distinguish a nervous spasm of your pelvic muscles from a normal contraction).

These muscles have been doing whatever they've wanted for decades and now you're trying to make them behave the way you want, of course they rebel against you.

If they feel as rigid as a piece of wood, try imagining them relaxed, hanging down like a hammock.

It's very important you keep your thighs relaxed too (especially in the place where your leg meets your body near your testicles – which is connected to the IS muscle), and ideally even your lower abdomen and buttocks should be relaxed.

Keeping all of these parts of your body relaxed is a challenge, but with practice and time you'll be able to do it. You might even start noticing some improvements straight away.

This is complicated to explain, but when you masturbate/have sex with your pelvic floor muscles relaxed you feel a different kind of pleasure as if it spreads out in your body.

When this happens you'll know you're doing it right.

You'll also feel the great satisfaction that comes from being able to keep your arousal at a Comfortable Level even with ongoing stimulation.

Your Spine

Beside the pelvic floor, there is another crucial part of your body you should strive to keep relaxed during sex: your spine.

When your spine is flexible and relaxed the pleasure will move along your back throughout your body reducing the tension in your pelvic area and therefore the likelihood of contractions.

Action No.15

Start like usual, sit down in a comfortable position with your spine straight, gently inhale from your nose and feel the air touching your nostrils. Let your attention move with your sensations, ignore any distractions, just focus on the sensations in

your body, and if your mind starts wondering put it back where you want it to be.

Then start masturbating and name your sensations as soon as you feel them, checking if they're following your Map of Arousal.

Now relax your buttocks and slowly move your hips up and down like you're thrusting and rotating them gently. Slowly and smoothly move your spine (including your neck) in a wavy way.

You'll notice that the arousal will spread out in your body, helping you stay at your Comfortable Arousal Level.

Of course you might not be able to feel anything at the beginning, especially if your body is rigid and stiff.

You might want to start working out, it would help you achieve the flexibility you're looking for.

Body building is not good because it's static and usually doesn't make you exceptionally flexible, but Feldenkrais training, fighting sports like kick boxing or karate or even swimming and yoga are all good options to increase your flexibility, you can even try Latin-American dancing if you feel in the mood, that usually involve loads of hip movement.

Just find a workout that's focused on flexibility more than strength. Strength is in no way as important as flexibility and relaxation when it comes to sex.

Take Control of Your Breath

One of the keys to controlling arousal is breathing.

Breathing deeply and slowly will help you slow down your heart rate and keep your arousal in control.

Also, when you breathe properly (using your diaphragm) your pelvic floor is gently pulled down (stretched) when inhaling and pulled in (contracted) when exhaling. This practice helps you keep your pelvic muscles flexible and toned.

Unfortunately though, most men breathe with short rapid breaths – this makes their heart beat faster and increases tension in their bodies accelerating the ejaculation process.

First, learn how to breathe

You should learn how to breathe slowly and deeply, but really, you should first learn how to breathe altogether (properly using your diaphragm).

All babies breathe in a correct and relaxed way, but as we grow older we tend to lose this habit and start taking shallower, irregular or tense breaths. There's an incredibly large number of techniques out there created to restore your natural breathing patterns but many are complicated and not very effective.

The majority of these techniques will tell you that since you need to use your diaphragm, pushing your belly out when inhaling and

pushing it in when exhaling is the way to go. Unfortunately, this is wrong and counterproductive.

Believe me, I've tried tons of techniques myself, including pushing in and out, imagining a push (using Kinesthetics principles), visualizing a balloon filling up in my stomach and many others. I've tried so many techniques and found that all of them create some form of muscular tension, besides being difficult to integrate into everyday life.

So after a long period of experimentation and patient research I found the best technique to return to a natural breathing pattern: fetal breathing.

This is a technique usually taught to stage actors to help them deepen their voices and relax before a show. It's useful for our purposes too, plus you might get a better voice which is helpful if you ever decide to become a singer.

F Breathing (Fetal Breathing):

It's very simple and all you need to do is lie down in the fetal position, just as though you were a baby in your mum's tummy, and breathe.

That's it.

When you are in the fetal position you can't breathe wrong. Try it. Lay on your side like a baby snuggled in a tummy and breathe. Breathe normally and you'll see that your belly will go out when

inhaling and in when exhaling, but you're not forcing it, it all happens naturally. Your tummy moves in and out but your chest and shoulders stay down, just the way you want them to. When you do that you're using your diaphragm correctly and are having a totally natural breathing experience. This way of breathing is refreshing and relaxing.

Practice this technique as much as you can. Really you can do it every day before you go to sleep. Just lay on your side, breathe and be aware of your stomach going up and down. If you keep doing it every day you'll naturally integrate this new healthy pattern into your everyday life (including your sex of course).

A natural breathing pattern relaxes your body and helps you keep your arousal in control, which is what you want.

Breathing techniques

Now let's have a look at some breathing techniques you can specifically use during sex/masturbation.

Before we start, let's be clear.

Being able to breathe naturally (as described in the previous section) is all you need.

I don't really believe in using particular breathing techniques during sex (I think breathing in a natural and relaxed way is enough), but they can be a good temporary solution while you

train to build resistance to arousal, a relaxed pelvic floor and a flexible body.

Let's have a look at two techniques.

Technique one: Tantric Breathing

Truth be told there are a lot of breathing techniques out there that are supposed to help you keep your arousal in control.

Most of them include counting your breaths in and breaths out and are usually so impractical that "if" they work is just because they keep your mind busy on counting, which in turn distracts you from the sex itself and makes the whole experience less pleasurable for both of you.

In Tantra they have a simple breathing technique that is worth a try. It uses the spine flexibility I've been talking about in the previous chapter and is very simple yet effective at keeping your arousal at a comfortable level.

Tantric traditions like to use complicated names, that's just the way they roll, so to make it easier for you I'll simplify its name and call it: "tantric breathing".

This tantric breathing is not for everyone – yet many men (especially the "less young") find it very useful.

The technique synchronizes thrusting with breathing and with a flexible movement of your spine. It also requires you to go very slowly.

The best way to understand this movement is by sitting down on a chair with your spine straight and doing a “thrusting movement”. You want to exhale when you thrust-in and inhale when you thrust-out.

The thrusting should be a prolongation of the breathing. It’s like if you don’t actually thrust but the breathing makes your body thrust.

Try it. Sit down and inhale. If you’re inhaling properly (the fetal breathing should help you understand if you are) your belly will expand a bit and your buttocks will slightly move backwards, thus starting your thrust-out. When you exhale your belly goes in and your hips move forward, starting your thrust-in.

So basically with this tantric breathing, your thrusting movement comes as an extension of your breathing.

Technique two: Thermometer

I discovered this technique during my own experimentations. Since then I’ve received lots of great feedback from many fellow men who have tried it following my instructions.

Jump onto your couch or a very comfortable seat, sit in the most comfortable position you can, whether lifting your legs or

stretching out your back – do whatever you have to do to find the most comfortable position – and then see how your body will naturally breathe in a very relaxed way.

That very relaxed, stretched out breath is the one you're looking for. If you breathe in this way during sex you'll see that your body will relax and your heart rate will slow down helping you stay at your Comfortable Arousal Level.

How?

It works like a “thermometer” of your excitement, keeping you in control. If you give stretched out breathing priority over your thrusting or stimulation, you'll see that you'll need to slow down or even stop a few times if you want to keep breathing that way.

Let's try it out.

Action No.16

Start like usual. Take a comfortable position, make sure you have some kind of support for your back, inhale and exhale from your nose. Feel the sensations in your body and ignore any distractions.

Start practicing some stretched out breathing. Breathe as if you were lying stretched out on your couch.

At the beginning you'll probably notice that your stomach is tense and doesn't allow you to breathe in this way, that's a good

sign, it means you just discovered that your current stance is too rigid – adapt your position until you manage to breathe in that relaxed way.

With a little adaptation you'll soon find the balance and become able to breathe in a stretched-out, relaxed way.

When you do, start masturbation, remembering that your “stretched out” breathing has priority over your strokes.

So, if your stomach gets rigid and you can't breathe in a stretched-out way anymore, stop stimulation, get back on the right “breathing track” and then start masturbation again.

Breathing will keep you on the right track.

Note that as I told you before these two breathing techniques are only temporary measures.

With time and mindful, perseverant practice, your tolerance to pleasure will be increased and your threshold raised, you'll know your Map of Arousal and therefore have more control, have a balanced pelvic floor and more flexibility, and you'll be able to thrust as hard as you can for as long as you like without ejaculating (unless you want to).

Inhaling and exhaling: nose, mouth or both?

Throughout the whole book I've been telling you to breathe from your nose. Breathing from your nose, or “boxer breathing” is

what I've found the most relaxing and the one that helps concentration the most.

I breathe from my nose 24 hours a day, after a while it becomes a habit.

Some of the benefits that come from "boxer breathing" include:

1) Speed

When you move fast you need to breathe fast. When inhaling and exhaling from your nose you can breathe faster. That means that you'll manage to thrust faster and still keep breathing.

2) Energy

When you breathe only from your nose your breath is deeper, you absorb more oxygen and therefore need fewer breaths over a given period of time. Talk about saving energy and getting less tired.

You're free to test inhaling from your nose and exhaling from your mouth if you prefer, or even inhaling from your mouth.

It's always a great thing to experiment, so try all the different combinations of nose and mouth breathing if you like and see how it goes.

In the end it doesn't matter what technique you use, the most important thing is that you remember to breathe.

Take Control of Your Stimulation

The third area to work on in order to keep your excitement at a Comfortable Level is actually very simple to master and yet very powerful.

As you most probably know, the head of the penis (the glans) is the most sensitive part.

You discovered in the previous section that when you stimulate the glans with a fast rhythm you'll quickly get to ejaculation. If you stimulate the base of your penis and go at a slow pace you'll definitely last longer.

Just to be clear, the kind of sex you see in porn movies is usually the kind of sex characterized by rapid thrusting with a lot of stimulation of the glans. This is why you should forget about that kind of sex for now. You'll get there, think big but start small and do one thing at a time.

Wise thrusting techniques

I'm going to show you two thrusting techniques you can use during sex to help you keep your arousal at a Comfortable Level. And when I say these techniques "help" you keep your arousal at a comfortable level, that's exactly what I mean: they help, they don't do miracles but they help you when used in conjunction with the training you've been following in this book.

Focus on building tolerance and raising your threshold, keep the reins of your mind, take control by knowing your Map of Arousal, balance and relax your pelvic floor, keep your body relaxed and your arousal at a Comfortable Level, breathe, and use these simple thrusting techniques I'm about to tell you to help you out a bit more.

Inside thrusting

This technique is really simple but works like a charm. All you have to do is thrust without your glans leaving the inside.

So let's say you penetrate her and you're all the way inside or almost there. From that point, thrust out just a little bit, like half an inch, and then thrust in again. When you do this she'll still feel pounded, your glans will be safely inside getting minimal stimulation and the base of your penis will be the one stimulated the most.

This technique is really powerful and allows you to be in control, while at the same time thrusting her non-stop even at a fast pace.

Rotating thrusting

Like in the inside thrusting, you're in. Now instead of getting out and stimulating the glans, keep your penis inside and rotate it 360 degrees clockwise or anti-clockwise (you need to experiment with the direction of the rotation to see what she likes best).

When you rotate, the base of your penis will get stimulated but your glans will be “safe” and relaxed inside.

If done properly her clitoris will be massaged in this rotational motion and she’ll enjoy a lot. She’ll usually come as well.

When you feel in control you can go back to your “old style thrusting” for a bit or try the inside thrusting.

Start slowly, become confident with these techniques first and then work on stretching your thrusting skills.

The next chapter is about sex. No masturbation, but sex and foreplay.

8.FOREPLAY & SEX

**“Accept the challenges
so that you may feel the exhilaration of victory.”
General GEORGE S. PATTON**

If you haven't already done it, it's time to apply what you learnt in "solo training" to sex and foreplay.

The first thing you need to understand is that you don't need to be naked for the arousal process to start.

Makes sense?

Do you agree with me that most of the time you have an erection your pants are still on?

The arousal process doesn't start when you're about to penetrate her, it might even start as soon as you see her that night. Maybe it starts when she calls you and you hear her voice.

That's the moment when your erection starts and the moment when you need to start relaxing your pelvic floor (allowing blood outflow from your penis), relaxing your breath and keeping your mind present with your sensations.

When you take action to manage your arousal from "the beginning", everything will be a hundred times easier, you'll still feel the pleasure of being aroused and having an erection (which is obviously a great thing) but you'll feel in control. You'll feel empowered.

Most men start doing something to manage their arousal when it's already too late. They get an erection, keep contracting their BS muscle during foreplay, stop breathing, lose themselves (their mind) in their excitement and when they wear a condom they're

already close to the point of ejaculatory inevitability so that when penetration starts, the mere feeling of a warm vagina is enough to make the BS muscle contract another couple of times, get them over the point of ejaculatory inevitability and come.

So, since it's normal to have a couple of pleasurable contractions when you start penetration or she touches your penis (especially if you're not a total master of your pelvic muscles), you understand that it's wiser to take them into account and do everything you can to face that "first contact" moment with your arousal at a Comfortable Level.

This is why it's crucial you start managing your arousal from the moment you start having an erection and keep it at your Comfortable Level throughout foreplay, so that when that "first contact" moment arrives you can easily manage those contractions and stay in control.

Of course when managing your arousal from the beginning becomes a habit you won't need to think about it anymore. Just like when handling your arousal altogether will become a habit, you won't need to think about it at all, not even during sex.

Again, think big and start small.

Note that when you relax, the erection usually grows faster and that's a good sign (remember the erection itself is caused by the relaxation of the smooth muscles inside your penis which allows increased blood flow and the spaces in the erectile tissue to pool

up with blood – so when you relax your pelvic floor you actually help this natural process). You want to have erections, having an erection is great and healthy, and you should be happy if you have one a few hours before you see her. But what you want is to stay relaxed with an erection. You want to feel your arousal but you want to stay relaxed and cool. That's control.

Practice taking control from the very beginning.

Take control of your arousal when it's small and easy to manage and you'll surely improve your performance.

Practice with a partner

Some people say you shouldn't try exercises with your partner and should only do them by yourself. I don't agree, and I found that most of the time partners are willing to help you out.

Sure, it would be nice of you to reward your girlfriend for helping by giving her an orgasm (with oral sex or however you like), but that's entirely up to you.

Of course if you do, don't make it clear you're stimulating her to orgasm because she's helping you, that's not cool. Always show her you do it because touching her and watching her enjoy gives you pleasure. Remember, it gives you pleasure (which is true anyways).

For Action No.17 you're going to set a timer to your Reference Time (the same you used in the Pure Resistance chapter).

Action No.17 - Foreplay

You can tell her that this is an exercise or even not say anything and let her think you're a sweetie.

This exercise is divided into three consecutive phases and you can't skip any. Only move to the next phase when you're ready.

If you can't go beyond phase one at first, that's ok, but as soon as you can move on to phase two and then three.

You have to go through these phases one after the other, so even when phase one and two will be a cinch for you, you'll still have to go through them, even if quickly.

With mindful practice this exercise will soon become extremely easy.

Before you start, set a timer to your Reference Time.

Phase One:

Lay down naked together, side by side, one in front of the other. Make yourself comfortable and keep eye contact for a while.

Even though there's only visual and auditory stimulation (for now you're not allowed to touch each other) do the same things you've been doing in your solo exercises; keep your mind on your sensations, recognize your levels of arousal, relax your pelvic floor muscles, breathe, etc.

Look at her naked and feel the pleasure in your body.

Make sure you don't go over your Comfortable Arousal Level. If you've done the pure resistance training you should be fine in managing visual stimulation, but in case you get over your Comfortable Level, stop stimulation (stop looking at her).

Look outside your window or wherever but don't look at her (of course you can talk to her while you do this), in the meantime check the arousal in your body and feel it going down.

When in control start looking at her body again.

The moment you feel confident about managing the arousal that comes from visual stimulation, move on to phase two.

Phase Two:

You can touch each other.

Just light strokes, nothing else. No fingering, no nipple sucking, just a little bit of touching.

Keep yourself in control and if she goes wilder, tell her to slow down and take it easy.

While you touch her, always keep your pelvic floor muscles relaxed and your spine flexible (if you've done the Pure Resistance Training you should be able to handle this pleasure), breathe and be aware of your arousal.

If you feel like you're going over your Comfortable Level, stop touching and go back to pure visual stimulation.

Allow your arousal to go down a bit and touch her again only when you feel you're in control of your arousal.

Again, take your time and move on to phase three only when managing your arousal in phase two has become easy.

Phase Three:

You can now jump on top of her and foreplay in freedom (everything's allowed) but here again, keep an eye on your level of arousal, keep your penis and pelvic floor relaxed and your mind in control and on your sensations.

Stop foreplay as soon as you feel you're going over your Comfort Level and then start again when you're ready, like you've been doing in the previous two phases.

When the alarm goes off the exercise is finished.

Now you can do whatever you want and even come if you like (if you do come, don't waste that moment and make sure you feel the contractions of your pelvic muscles when the sperm gets expelled out of your body – it's critical for your improvement that you get familiar with your body's mechanics).

After you've managed to go through all the stages of Action No.17 with ease, you can move on to Action No.18.

Action No.18 - Penetration

In the second chapter you set a goal for yourself, remember?

If you've done all of the exercises described in this book you should now have a steady tolerance to pleasure, the ability to relax your pelvic floor, a mind that can easily concentrate on your sensations, a natural relaxed breathing pattern, a flexible body and the ability to recognize your arousal level (thanks to your Map of Arousal) and keep it in control.

When you take the last step and penetrate her, nothing much changes.

Before you start penetration make one hundred percent sure you are at your Comfortable Arousal Level. Do not penetrate until you can feel that control.

Start in missionary.

Wear a condom.

In order to minimize the friction on your glans put some lube on and do not hesitate too much at the "entrance" of her vagina, but (of course always making sure she's comfortable with it) try to move in as swiftly as possible.

When you penetrate try to keep your pelvic floor muscles, buttocks, lower abdomen and thighs relaxed.

You know you can expect a couple of contractions when your penis touches her vagina the first time, but if you're at your Comfortable Arousal Level you should be able to manage those contractions.

Try some inside thrusting as described in the previous chapter and always make sure your buttocks, thighs, pelvic floor and everything else is relaxed.

Instead of leveraging too much on your legs when you thrust (which can easily lead you to contracting your buttocks), help yourself out with your arms and pull yourself up inside her.

Take it easy, go slowly and keep an eye on your level of arousal. If you have to stop to let your arousal subside a bit, stop.

Remember that this is an exercise and you're allowed to make mistakes as long as you learn your lesson and do it right the next time, so relax.

Go slowly, relax, stop when necessary, keep your mind in control and on your sensations.

When your timer is about to go off, accelerate and use some Quick Ejaculation techniques (like going faster on your glans) and come.

Your goal is to come in the exact moment when your alarm goes off. It's challenging at the beginning, but the more you try and

the more you get to know your body's behaviour, the easier it'll become.

9. TRACKING SUCCESS

**"The road to success is dotted with many
tempting parking spaces"
WILL ROGERS**

Now I'm going to give you the last crucial action you need to take in order to improve your performance and achieve your goal.

This is a trick used by successful people in any field.

Action No.19 - Success Diary

Keep a success diary.

A success diary is called a success diary because you can only write down your successes. Small and microscopic successes, as well as the bigger ones.

Every time you improve, write it down. If you practice Action No.3 and manage to keep your spine straight, write it down, if you manage to feel your sensations with a fully conscious mind for the first, second or third time, write it down, if you manage to put your pants back on after an edging exercise and resist the urge to ejaculate, write it down, if you feel more confident, write it down, if one day things go wrong and you fall asleep during your exercise, don't write it down, if you manage to do the three phases of the foreplay exercise with full control, write it down...

Keep track of your improvements.

Only write improvements and things you're happy with.

Note that a success diary can simply be a word file you safely keep on your computer, it doesn't need to be a material paper diary.

In Action No.18 you penetrate your girlfriend, trying to make your intercourse last the exact same time as your goal.

Keep track of your improvements there as well.

Get into the habit of sneakily putting a clock somewhere close to you when you're having sex and glance at it quickly without her noticing (make sure you do it in a moment when she can't see where your eyes are looking or when her eyes are closed) or you can even just tell her you're looking at the clock provided that you do it in a playful cheeky way, of course. Choose the option that best suits you.

Write down your time in your diary as long as they're improvements on your previous performance or as long as you're happy with them.

Sometimes you'll last less and sometimes more. Do not settle and keep practicing until you manage to come at the exact moment you want to.

I'd be honoured to hear your success story. You can send me an email right [here](#).

Best,

Deon Black

About the Author

Deon Black is the owner and blogger at LetsTalkSex.net.

Everything he writes comes straight from the heart of a man who was desperate and that proudly turned his sex life around with self-education and perseverance. After going through all sorts of trial and error, research and experimentation, he took absolute control of his sexual performance, even beyond what an average man can do.

He's now a leader and an authority and the number one blogger on "premature ejaculation" in the world.

As p.e. survivor, Deon is devoting his life to helping men achieve the sexual performance they dream of in a natural way.

He lives in Europe at the moment, mainly for the good food, and is probably moving to Australia later this year..

You can read more about him or contact him on his blog: LetsTalkSex.net