

END PREMATURE EJACULATION!



With the Do's and Don't that can keep you standing tall

by Edward Taylor Copyright © 2013

Disclaimer

Understand that I am not a doctor. This book is for informational purposes only and is not intended to treat, cure, or diagnose any disease, health problem, or other medical condition. If you have a medical problem or believe you do. Consult a doctor or qualified medical physician before attempting any exercises or using any of the information covered in this book. This book is not a substitute for medical advice. Failure to consult a doctor and/or incorrect use of the information here may result in injury. Do not attempt any exercises or techniques if you do not fully understand them. Only a doctor can determine if you're healthy enough for sexual activity and able to use this information.

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THE ISSUES YOU MUST FACE

Before you start its important to understand that you are going to need to address issues both mental and physical, this wont be simple as every body is different and you will need to take what we give you here and through practice and a little trial and error figure out what works best for you. In doing this you can also narrow down what the actual source of the problem is and focus on it. Remember it may take you a few weeks to get noticeable results and in more severe cases this may take longer still.

OTHER FUN FACTS - Premature Ejaculation isn't something you "Have" or "Don't Have", Its a matter of opinion on if you last long enough or not. Now its estimated that about 20-40% of men experience Premature Ejaculation at some point, but this is nothing to be ashamed of, odds are good their is nothing medically wrong with you to cause it.

Should You See A Doctor?

Well if this is a new problem that just popped up, you may want to visit a doctor, its rare but Premature Ejaculation can be symptoms of a underlying illness or health issue, and I know I personally would kick myself in the head if I found out I just had to take some anti biotic for a few days to clear the problem up.

How to define Premature Ejaculation

Most try to define Premature Ejaculation with numbers, "How long did I last?" or "How many strokes can I perform?" ETC, But a solid definition of Premature Ejaculation is much more strait forward when you get down to it. So ask yourself this instead

"Do I Consistently Satisfy My Partner?"

If the answer is yes your good, if the answer is no, then your in the right place to fix that

KEPPING YOUR PARTNER HAPPY

This is different from woman to woman, you need to find her sweet spots, or sensitive parts of her body, the nipples, the skin on the neck, insight of the thighs, her back, ears, every woman is different, and so you should approach ever woman from the out side in first and foremost.

Some women can only climax from external stimulation, but direct penetration, no matter how much or how long will never do the job, and still others will climax within minutes or direct penetration.

On average it takes 5 to 15 minutes for a woman to orgasm or feel satisfied with penetrive sex, so to start with aim for these numbers, but you should also add to your list of skills with for play and teasing as this helps "prime her pump" so she can climax easier.

So, lets go over Everything you can do to help your self last longer.

SEROTONIN - Low levels of Serotonin have been scientifically proven to make men ejaculate faster.

THE DRUG FREE SEROTONIN FIX, You must stay happy, think positive, and reduce stress with physical activity and exercise.

THINGS IN THE WAY, Fear, Anxiety and Negativity are simply going to make things worse, stop thinking of this as a problem, and don't fret about how long you are going to last. You have in your possession now everything you should need to never have to worry about Premature Ejaculation again.

MASTUBATION - Most males of other species ejaculate in seconds, Human males who normally last 2 - 6 minutes are the oddity in the animal kingdom as the act of sex is to reproduce, In recent times however humans have gained the ability for men and women to enjoy casual risk free sex. Times have changed and so must we, and the fix is simply changing how you masturbate or have sex with your partner

THE FIRST MASTURBATION FIX - When masturbating use lube (*as a pussy is warm and moist*) and dedicate a half hour, and later an hour to simple playing with yourself and keeping your self aroused and on the verge of orgasm for as long as possible. The Goal is AVOIDING ejaculation, this will usually within a week begin giving you very noticeable time game during intercourse.

THE SECOND MASTERBATION FIX - When Masturbating with lube you should focus on the glands or head of the penis

Option 1 - Stroking the glands alone with a fist grip (like when you masturbate) is one option

Option 2 - take the flat palm of your hand and rub the glands of the penis against it, you will quickly find you have several very sensitive spots on the head of the penis, these are areas you must target to get solid time gains in sex and this is more prevalent in uncircumcised men.

Option 3 - If you have a shower masturbate while taking a shower, and when you become fully erect let the shower water fall directly onto the head of the penis, this will feel overwhelming to some but as your penis becomes accustomed to being the focus of physically stimulating contact your sexual endurance will improve

BREATHING - As funny as it sounds people hold their breath during sex or breath short rapid breaths, this will increase adrenaline, raise the hart rate and ramps up parts of your body that normally become more active as a sympathetic reaction to you having sex. All that leads to cumming faster which we do not want

THE BREATHING FIX - You want to breath in slow long breaths to keep your hart rate down which in turn will help you last longer, when you feel your hart pounding in your chest, that's a good indicator you may want to hug and kiss your girl for a sec and cool down.

THE PC MUSCLE - to find the pc muscle, simple pee and then stop the flow, that is the PC muscle. Simply forcing this muscle group to relax will help stave off an orgasm.

If during sex you can keep this muscle relaxed it should increase the time you last, it may give you small contractions but as long as you don't let it get out of control you should be good.

On the flip side giving this muscle strong contractions can help you orgasm during sex, so with practice you can use this to cum on command

SEX - However for Premature Ejaculation the main problem comes when having sex, well the fix for this is also surprisingly simple

FIX? HAVE SEX...A LOT - in fact nothing will help you get gains faster then slow, deliberate sex aimed at getting your body used to being in an aroused state inside your partner. So put on a condom, grab your partner, and see about engaging in a hour of constant sexual penetration.

IMPORTANT! - To do this, go slow, and just stop and stay still inside her if you feel you may cum.

Often the best way I have found to pull this off (with out them knowing what's going on) is to bury your entire penis inside her and begin kissing and "petting" (AKA For play) your partner.

This is both unexpected and arousing for her and will help to "prime her pumps".

Usually she will not object to you both being inside her, holding her close or keeping them tight to you in a passionate embrace(every girl loves a "intimate" hug), and then getting into some good kissing or petting for a minute or two. Usually when they are ready for you to resume and ask for more, you are be good to go again for a bit as well.

TOYS - Toys can help both for you and her, For you, get a flesh light and use it to masturbate, again trying to last a half hour to an hour by simply stopping when you are about to cum and then slowly resuming once you have calmed down.

For her, Eggs are male friendly, most men don't feel intimidated by a Egg as its simply a small round vibrator, but you can usually talk your girl into wearing it and walking around with it inside her and on. Be it in public or around the house, this will drive her nuts and help her to climax faster as her body is getting direct physical stimulation (and without any effort on your part!) This can also be used to warm her up with foreplay prior to sex

If your more adventurous dildos can also be used to good effect when performing a 69 or 68, This gives you both a good way to apply oral stimulation and have a good object for quick thrust to get her off, The other advantage is if you cum in her mouth she can still play with and suck on you as you lick, nibble, kiss and toy her till she cum's or your ready to go again.

CONDOMES - Some condoms work better than others when it comes to delaying ejaculation, often 'extra strength' condoms are thicker and will help you last longer.

LUBRICANTS - Lubricants can be helpful well, as this will let you slide in and out easier and is less stimulating, simply apply and excessive amount and if she asked just say you didn't mean to use that much.

EJACULATION - You heard that right, cum 1 to 3 times about a 10 minutes to a half hour before sex.

You can also have her finish you off fast to start with by having her give you oral, this is more natural and you can tell her that was the best you ever had. From here you return the favor until your good to go again. This is helpful as most men last longer with their second round, and the third and fourth rounds longer and longer still.

SWITCH SEX POSITIONS - You can switch sex positions when you start to feel to excited, this will usually give you a brief reprieve as you adjust your bodies and move around.

You can extend this rest time by teasing her with fore play, kissing, ETC

Now don't ask like a dork "can we switch?" be smooth and passionate about it, and tell her what's going to happen in a way she likes be it romantic or dirty.

You can keep her aroused and guessing like this (women love a mystery) just don't try and change positions every minute, and never switch into a position she's in control of the speed and tempo or she will finish you

MALE DOMINANT SEX POSITIONS - Some positions will help you last longer and others will finish you off faster simply by removing control of intercourse from you, or by having you use groin muscles.

So we suggest the following positions

Arch

Ballerina

Basset Hound

Ben Dover

Body Guard

Bridge

Bull Dog

Butterfly

Cowboy

Deck Chair

Deep Impact

Deep Stick

Delight

Doggy Style

Down Stroke

Fire Hydrant

Folded Deck Chair

Fuck Face

Jockey

Launch Pad

Leg Glider

Mirror Of Pleasure

Pile Driver

Pirates Bounty

Prison Guard

Rear Entry

Screw

Sitting Bull

Turtle

Victory

Viennese Oyster

SPEED AND TIMING - If you feel yourself getting to close, slow down or stop, Try and take it slow in the beginning as well so you don't get to excited and cum right away.

BUY TIME - Stimulating her clit with your fingers while having sex is a great way to buy time, not only will it distract you during sex helping you last longer, it stimulates her helping her to climax sooner so you don't have to last as long. Finally its a great way to stop moving all together and just play with her in a way she wont realize what your doing and still turn her on even more.

BLADDER CONTROL - Never have sex when you feel like you can pee, out side of being annoying this puts extra pressure on the prostate , and the perineal muscles which will encourage you to ejaculate.

COUNTING - A simple trick is to count your thrusts, this distracts you and helps prolong intercourse but should not be used as a primary method to delay orgasm as you can go limp if you think to much about the numbers and not your partner (I've also been caught with a stupid look on my face)

COCK RINGS - A vibrating cock ring is a Very Useful Tool, they let you do things that frankly the penis cannot, She will cum faster so you don't have to last as long, it will also keep blood trapped in the penis so you will stay harder, and harder longer, even after you cum.

SLEEP SEX - Most women love this idea, simple enter your partner, pull her close and engage in long slow cuddle sex after you are done having normal sex, Go to sleep with her on top of you in your arms missionary style or flip it so your on top of her. Any position that lets you easily stay inside her comfortably will do. This will physically and mentally help you last longer as your penis will get used to being inside her, and you will get used to the idea of sex as not so much an "event" that comes along when your lucky and making you anxious, to the proper view of sex being something fun you do with a person you like.