

SEXUAL STAMINA **SECRETS**

THE FAST-TRACK TO “**RAGING BULL**”
STAMINA & DOMINANT **SEXUAL POWER**



MICHAEL MANNING

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INTRODUCTION

Let's start with the basics just to get them out of the way. It's no secret - guys love sex. Everybody loves sex of course (after all, what's not to like!?), but guys are absolutely crazy for it.

The average male (any male, of any age, as long as he's got a pulse), thinks about sex a minimum of thirty times a day. We just can't help it. We've been hardwired by a couple million years of evolution to crave it. To want it. To NEED it, and we do.

Right here in the introduction then, we're going to give you the first "secret" to being a total "Man of Steel" in the bedroom.

Embrace your love of sex.

Don't be embarrassed about, or ashamed by it.

Think about it this way:

Since the first man stopped walking around on all fours and stood upright, we've been passing on our genetic traits sexually.

Every man alive today has it within him to be a world class sexual champion.



Why?

Evolution.

Our ancestors were the people who were successful at passing on their genes.

They passed on their genes by having lots of sex.

That's how you came to exist in the first place.

You, sitting at your computer, reading these words, have two million years of evolutionary history on your side.

No matter how you currently feel about yourself or your sex life, that fact makes you a world class fucking MACHINE. It's in your DNA.

Sure, the world, and your life's story in it might have robbed you of your confidence and made you forget who you really are, but your DNA hasn't forgotten. It CAN'T forget, so really, what this book is all about is helping you remember who you really are at the core.



It's all about teaching you to unlock your inner sexual beast, and every man's got one, lurking inside him. It might have been beaten down by society. It might have been locked in a cage by a crappy job, an unsatisfying home life, or a lack of confidence, but all those things are fixable.

In the pages that follow, we're going to teach you several different techniques and methodologies that you can use to turn yourself into such an exceptional, long lasting lover that you'll have women practically beating down your door to have sex with you. For the remainder of this introduction, we will tell you why. Then, of course, we will show you how.

IT'S NOT ABOUT YOU

Why do men like sex? Ask that question of ten guys, and at least nine of them will tell you because it feels awesome, and it does. Specifically, the part that feels most awesome for the guy is his own orgasm. Unfortunately, that's where the problems begin.

See, because the orgasm feels so damned good, most guys focus on it as the goal. The prize waiting at the end of the process. Everything else is just seen as "other stuff that happens" before the big moment.

They're so focused on getting off that they kinda rush through the rest just to get there as fast as they can. You can imagine what that leads to. Do that often enough, and you "teach" your body to cum really fast.

Sure, that gets you to the goal you wanted when you started HAVING sex, but is it the best approach?

No.

Why not?

Well, because you can't look at sex as an isolated, one-time thing.

If you do, you'll hurt your chances of having more sex, and thus, even more orgasms.

How, you ask?

Because women don't want to be with a "Minute Man." They want to be with someone who puts their needs...their PLEASURE first!

Be that person, and you'll get laid pretty much any time you want.

Ignore that advice, and you'll be sitting at home on most Friday nights, jerking off and wondering why you can't get any action.



It's up to you, of course, but speaking from personal experience, I know which of those two categories I'd rather be in, and that's exactly what you'll learn in the pages that follow.

THE IMPORTANCE OF BECOMING ADDICTING, SEXUALLY

If you want to have more sex than you ever dreamed that you were even capable of, the secret to doing that is to learn how to control your orgasms and your desire for them.

If you can give a woman a great sexual experience, you'll GET great sex in return. You may not realize this, but when women get together, they talk about sex too. That's right. Next time you go into a room with your girlfriend and several of her friends, just know that at least half of them (and probably more) have a pretty clear picture of your sex life, and how good you are in the sack.

You are performing for an audience, whether you realize it or not. **Do you really want all your lover's friends to know that you can't keep it up for more than a few minutes at a time?** That you tend to blow your load within a couple of minutes and then roll over and drift off to sleep?

You don't want to be that guy.

YOU want to be the guy that gets whispered about and pointed at when you walk into a room with your woman, because she's told her friends about how you keep her up all night, making her cum again and again until she's a quivering mass, lying next to you in the dark.

YOU want to be the guy that gets those knowing, appreciative nods, and you absolutely CANNOT, and will never be that guy unless you put her pleasure first. You'll get yours - don't worry about that. It's just that you'll get more of what you want by becoming a sexual dynamo.

This change in your focus will not only help you have more and better sex, it will also help you improve your current relationship, if you are in one, and help make every relationship you have in the future even better and stronger.

Let's face it - sex isn't the only aspect of a healthy relationship, but it is a hugely important one. If you follow the advice in this book, you are guaranteed to have better, stronger, more exciting relationships for the rest of your life.

The advice in this book is good for something else, besides just that, too. Think about it for just a moment: If you KNOW that you can sexually satisfy any woman you meet...if you KNOW that you are an amazing, long-lasting lover, what do you think that's going to do to your self-confidence?

You guessed it. It's going to shoot straight through the roof! Women can sense self-confidence in a man. It's almost like a drug to them. This book will help you get it.

Ready to get started? Alright then, let's dive in!

HEALTH & NUTRITION

(YOUR SEXUAL FUEL)

So now that you know why this matters, let's start at ground level and work our way up. Ground level is about the things you can put into your body that will either help or hurt your sexual prowess.

We're going to cover this in three stages. First, diet. What you **SHOULD** be eating in order to improve the quality and duration of your erections. Second, also diet, but this time, the things you should **NOT** be eating, because eating them will hurt your sexual prowess.

Finally, supplements. Yeah, I know. You are probably like a lot of people, and have heard that supplements are all fakes and scams. It's true - because supplements are not regulated like prescription drugs, there **ARE** some fakes and scams out there.

Fortunately for you, we've taken all the guesswork out of the equation. We know what actually works, because we've tested them personally. We will show you what to take and why it matters. You'll never be taken in by another supplement scam again, and you'll never have to guess, worry, or wonder.

If all that sounds good to you, then let's get right to it!

YOUR DIET AND YOUR PENIS



Let's face it, when most guys think about sex, they're not thinking about food, except maybe in cases where we're talking about drizzling chocolate syrup over your lover's nipples or covering them with whipped cream.

The truth, however, is that what we eat plays a **HUGE** role in everything from our energy level, our level of sexual desire, our ability to get (and maintain) a rock hard erection, and a whole lot more, besides.

What To Eat For A Better Sex Life

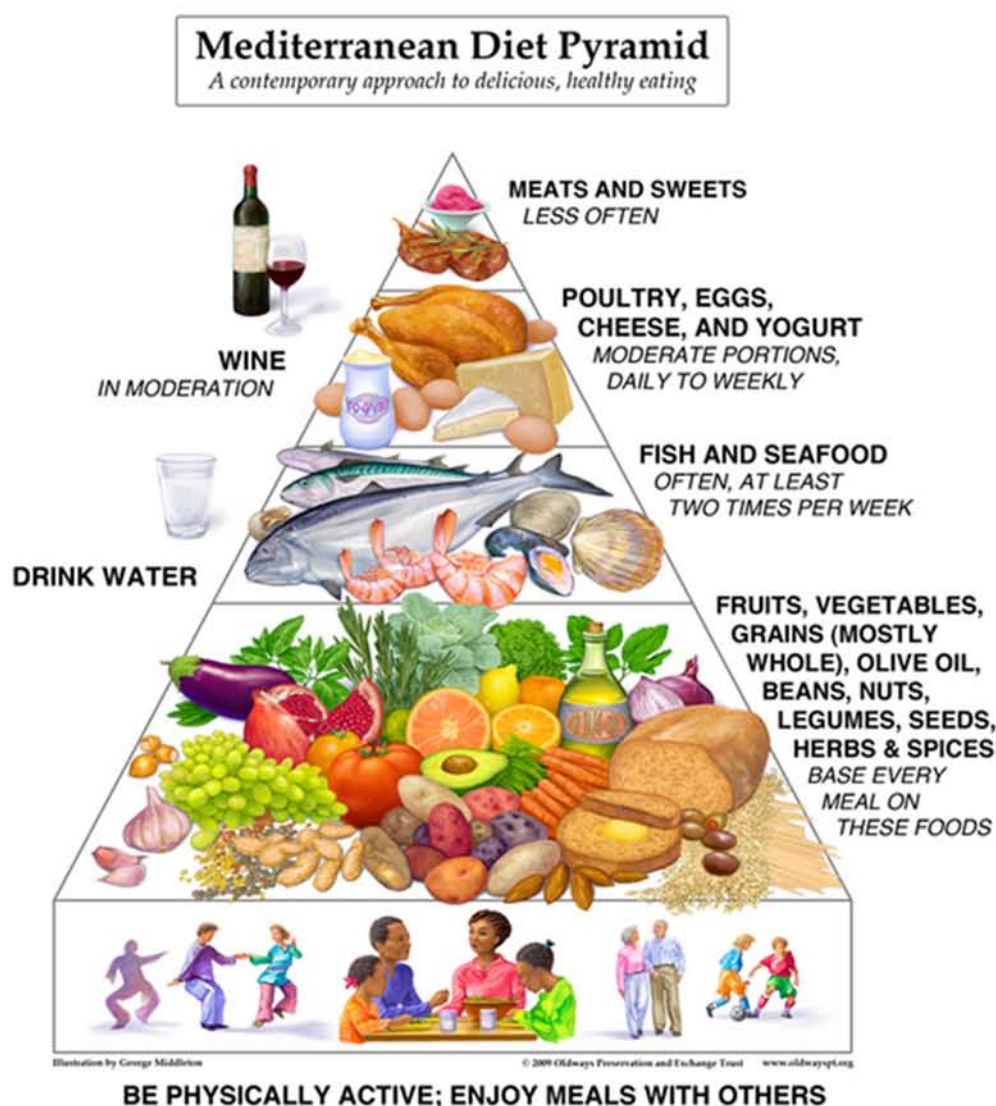
First and foremost, let's talk about the advantages of organic foods. In a nutshell, these are foods that are locally grown, using traditional, non chemically-intensive methods. If you want to really take it to the next level, you could start growing at least some of your own fresh vegetables. You can do this in raised beds, planter boxes, or a greenhouse.

You'd be amazed at how many fresh veggies you can grow in really limited space. Anyway, this book isn't about growing your own food, so we won't spend a lot of time on it, but the bottom line is, organic food is better for you.

The very best food of all is the food you grow yourself. In addition to knowing for certain that there's nothing bad for you in it, it's great exercise (which is another important part of having and maintaining better erections, and we will talk more about that later).

In terms of an actual diet, in addition to the fresh vegetables, you'll want a lot of protein, in the form of chicken, fish, and eggs. Guys, listen, I know you love red meat. Steaks and such, but it's not really all that good for you, and it's really bad for your penis. I'm not saying give it up completely, but keep it to no more than 2-3 times a month if you want to improve your sex life.

Also, one of the healthiest diets on the planet is the Mediterranean Diet. It's one of the most popular diets in Europe, and is one of the primary reasons that Europeans are so much healthier than Americans are. Refer to the chart below, which is a graphical representation of the Mediterranean Diet.



So based on the graphic above, here's a quick, bullet-pointed list of things you should be eating on a weekly basis.

RED WINE

2-3 glasses of red wine each week will help to reduce heart risk. If you want to be romantic, you can save those glasses for when you are entertaining your lover. That makes it win-win. You get to be healthier, and your lover thinks you are awesome and cultured.

Fish or Chicken

(1-2 times a day)

Cheese or eggs

(1-2 times a day)

Nuts or beans

(1-3 times a day)

Fresh fruit

(2-3 times a day)



Fresh, organic vegetables (in unlimited amounts)

among the vegetables you should put on your “eat often” list, make sure you get plenty of leafy greens like lettuce, cabbage, and spinach, green beans, asparagus, broccoli, squash, zucchini, and carrots

Olive oil

if you need to cook with oil or butter, choose Olive oil. It will strengthen your heart and slow the hardening of your arteries.

What Foods to AVOID For A Better Sex Life

Okay, so now you know what kinds of things to put in your body to help you get and keep fantastic erections that will leave your lover begging for more, but as we said at the start, that's only one third of the equation. Now, let's talk about the junk that you are currently eating that's actually KILLING your sexual prowess. Here are the things you want to avoid like the plague:

SUGER



Don't eat sweets. Minimize your intake of chocolate, candy, cakes, pies, and so forth. The best solution here is to save your intake of sweets until you are with your lover. These kinds of things are incredibly bad for you, so none at all or in moderation. Since these are empty calories, if you are going to enjoy them, enjoy them with your lover, preferably when you put them ON your lover and then lick them off.

RED MEAT



as mentioned above, if you can live without it, don't eat red meat. If you feel you just can't live without it, then eat red meat that's as lean as possible.

MSG



Yes guys, this unfortunately means steering clear of takeout Chinese food, which is usually loaded with MSG. It also means checking labels of the food you buy to make sure that you are not ingesting something that's going to work against your goal.

SALT



Again, salt in moderation is fine, just don't overdo it.

CAFFEINE



I know, I know...at this point, you are probably feeling like I'm trying to completely wreck your life by telling you to stop consuming most or all of your favorite things. Again though, nobody's saying you can't have SOME caffeine, just watch how much you are consuming. Be mindful of it. The more you consume, the more you hurt your sexual prowess.

PROCESSED FOOD



Basically, the goal here is to stay away from anything that comes out of a box. Processed foods are not only less nutritious than the fresh foods we've been talking about in the previous section, but they're also usually loaded with chemicals, most of which will hurt either your sex drive or your ability to have and maintain an erection. The more of this kind of junk you eat, the more you are working against yourself.



PRESERVATIVES

Really, you should try to avoid most preservatives, but the biggies to look out for are Sodium Nitrate, Sodium Ethoborate, and Sodium Benzoate.



ADDITIVES

MSG is, of course, the biggie, and was mentioned specifically because it's so often found in the Chinese food that so many of us love, but there are others as well. Too many to list, really, but the major ones you want to avoid are NutraSweet (simply awful for you), Aspartame, Mono-Sodium Glutamate, and any sort of hydrolyzed animal or vegetable protein. These are especially bad for you because they stimulate the neurons in your brain constantly. In fact, they won't stop stimulating until those neurons die. I can't think of any situation in which that would be a good thing.

The bottom line here is that if you want a better sex life and better, firmer, longer lasting erections, then you have got to start paying more and better attention to what you are putting into your body.

Good stuff in = a better sex life

Bad stuff in = an inferior sex life

Up to you, but if you like sex, then you need to understand that it all starts with diet. The better yours is, the easier time you'll have with the rest of this book. Enough said!

SUPPLEMENTS TO THE RESCUE...

As we mentioned earlier, there are a number of scams out there where supplements are concerned. The reason for this is that supplements aren't regulated by the FDA, and so, what you sometimes get is that manufacturers will make all sorts of claims that nobody has actually proven yet, and there may or may not actually be any substance TO those claims.

We've taken all the guesswork out of the equation for you, because we've actually tested all the stuff we're recommending here, so we KNOW it works.

First of all, let me just say that I've personally tested more than a dozen supplements, and I've only found one that truly works. I SWEAR by this stuff. Here it is:

		
1 Bottle of PHGH	2 Bottles of PHGH	3 Bottles of PHGH
\$39.95	\$79.90	\$119.85
	\$67.00 + Free Shipping	\$89.00 + Free Shipping
Add To Cart	Add To Cart	Add To Cart

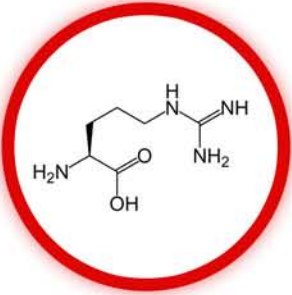
<http://phghrx.com/order.html>

John Lawrence knows what the hell he's talking about, and even if you don't take any other advice in this book, getting a supply of this stuff will take your sex life to the next level, allowing you to stay harder, longer. Great stuff. Absolutely amazing.

Besides this, the supplements we will discuss fall broadly into three categories. Supplements that naturally increase your testosterone, those that increase your ejaculate (some guys don't care about this, but if you want to cum like a porn star, then these will be of interest to you), and supplements that will increase the firmness and duration of your erections.

As you'll see below, some of these supplements actually have multiple effects. We will go over each of them below, tell you what they'll do for you, and outline any potential side effects. Note that side effects only generally impact a small percentage of people who take these supplements, but we would be remiss if we didn't mention them.

When taking ANY supplement, you should start off at a low dose, perhaps a quarter of what we recommend here, and slowly work up to the dosages we recommend. That way, you can ease back down if you start noticing any of the side effects.



L-ARGININE

There are few things better than this, with the possible exception of John Lawrence's fantastic supplement mentioned above. If you want rock solid erections and porn star style performance, then take 1,000-2,000 mg every day. Whenever possible, take another 2,000 - 2,500 mg a couple hours before you have sex. You'll thank me for this one, it's absolutely fantastic.

The one caveat here is that you don't want to create an imbalance in your system, so you'll want to also take 500 mg of L-Lysine. Note that one of the potential side effects of taking this supplement is that some people have reported getting cold sores or blisters. If this should happen to you, stop taking L-Arginine, and increase your daily intake of L-Lysine until the sores dissipate.



BEE POLLEN

This supplement has been used since ancient times, and is widely regarded as one of the best all-around supplements you can take. Rich in enzymes and amino acids, vitamins and minerals, you'll have more sexual energy, and more energy overall.

If you want more frequent and firmer erections, take bee pollen, preferably in its raw form. Note that if you are allergic to bees, you'll want to stay away from this stuff. That's one of the reasons that we're mentioning several different possibilities. That way, if one of them winds up not working for you, or if you have an adverse reaction to something, you have got other options.



TRIBULUS TERRESTRIS

Used by weight lifters, this herb is used to naturally increase the body's testosterone levels. This will give you a higher sex drive and a stronger libido, in addition to increasing your energy levels overall.



YOHIMBE

A fantastic herb that many people have reported great success with. Helps give you longer lasting erections. Note, however, that this herb is NOT recommended for people with high blood pressure! If yours is even slightly elevated, and certainly if you have a heart condition of any kind, you should not be taking this one. Use with caution.



SAW PALMETTO BERRIES

If you are taking any supplements to help increase your testosterone, you'll want to take this also in order to keep DHT from building up in your system.



DAMIANA

This herb will increase both your sex drive and your ejaculatory control. It's not something that most men feel comfortable with, but if you have a problem with premature ejaculation, then this supplement is highly recommended for you. It will help you last longer during sex so you can more completely satisfy your partner.



AVINA SATIVA

You have probably heard the phrase "sowing your wild oats?" Yeah, this herb is literally "Wild Oats," and will help increase your libido and the volume of your ejaculate. It will also keep you harder, longer. That's a win all around, and is highly recommended for anyone. The best part? No known side effects!



MACA

If you are going to use this Peruvian powerhouse, recommend that you get it in raw, powdered form (because the capsule form is hugely expensive and you'll save a ton of money). Also, you don't want to take this every day, or you'll dilute its effectiveness. 3-4 times a week, max.

The best approach is to stir a bit into a bottle of flavored water or a smoothie, and gulp it down. It will give you a big boost of energy both in and out of the bedroom, give you firmer, longer lasting erections and increase the amount of your ejaculate, making it a great all around choice.



VITAMIN E

Also called "the sex vitamin," this will help you maintain your energy level in general, and give you a boost to your libido.

An honorable mention supplement that we need to at least bring to your attention is Swedish Flower Pollen. The reason we wanted to bring it up here is that it's hugely beneficial in terms of helping men maintain their prostate health. This is a huge problem for men, especially as they get older, and is well worth considering taking.

Note that in addition to these, and the diet we recommend above, you should be taking a once daily multi-vitamin in order to round out your nutrition and supplement regimen. If you make a few changes to your diet, reducing your intake of the stuff on the "bad list," and increasing your intake of the stuff on the "good list," then flesh that out with a few of the supplements listed here, all the necessary groundwork will be in place to take your sexual game to the next level.

Even if you ignore all the other advice in this book (and you definitely should NOT do that!), this alone will make a notable difference in your sex life, increasing your sex drive and improving the quality and duration of your erections.

INCREASING YOUR TESTOSTERONE

Let's talk more about testosterone though. As most people are aware, Testosterone is the "male" hormone. It's the thing that "keeps the lead in the pencil" so to speak. The more you have got, the better your erections will be.

A couple of the supplements we recommended above will help you naturally boost your testosterone levels, but there's more you can do, and the best part is - you don't have to take anything or even buy anything. You can naturally boost your testosterone at home, and I will show you exactly how.

First, let me say that this isn't pie-in-the-sky thinking, or some new age bullshit thing. This is based on a research study conducted by a joint team from UC Berkeley and Harvard.

In their study, they were actually looking at primate behaviors, and they noticed something amazing. When a primate found himself in the position of becoming the "**Alpha Male**" of the group, his posture and behavior would change. In the case of the primates, they'd puff out their chests more and become more assertive and aggressive.

Initially, the researchers thought that the posing was because these particular individuals had more testosterone, which was how they became the new Alpha, but here's the thing:

When the researchers tested T-levels before and after the promotion to Alpha, they found that the posing preceded the higher testosterone.



In other words, the researchers originally figured that the male with the highest level of testosterone would be the next one logically selected as the Alpha of the group. What they found instead was that when a new Alpha was selected, that member began posing, posturing, and acting the part, and when he did so, his T-levels increased.

Simply acting more dominant and aggressive led to an increase in testosterone by as much as 20%.

THAT is flat out amazing, and it gets better.

The team wanted to find out if the same thing applied to humans, so they gathered up some men for a test.

They measured their testosterone levels via a saliva test to get a baseline, then they broke the group into half.

One half of the group, they had perform two minute “**power poses.**”

The other half performed two minutes of “**low power poses.**”

Then T-levels were taken again.

The people who performed the “**power poses**” saw increases in their testosterone levels of as much as 20%. The people who performed the “**low power poses**” saw their testosterone levels drop by as much as 15%.

Seriously. After just a couple minutes of posing!

I share this story with you so that you will see how a few, simple things you can do while standing in front of your mirror each morning can actually have a huge impact on your T-levels.

Here are three specific “**power poses**” you can do in front of the mirror, starting right now:

THE INTIMIDATION POSE

Picture yourself as a mafia boss. Someone has just entered the room and had the audacity to make a threat. **How do you respond?** You put your hands on your desk (or in this case, the bathroom counter), lean forward and let your eyes bore into those of the person who just threatened you. Give him your best, most menacing scowl until he’s shaking in his boots (at which point you’d probably order one of your henchmen to get rid of him).

THE GUNSLINGER

We used to see Christopher Reeves do this when he played Superman. Stand in a wide, legs-apart stance, with your hands balled into fists, resting on your hips. Chest thrust out, proud and strong. This posture is all about openness. You have nothing to hide. You are so awesome, you don’t NEED to hide anything. Just your presence alone will likely make the bad guys turn tail and run out of town.

THE CAPTAIN OF INDUSTRY

Okay, so this one, you can't do in front of the bathroom mirror, but it's just too good to leave off the list. At your desk, imagine that you have just closed ANOTHER multi-million dollar deal. All in a day's work. Kick back like the Master of the Universe that you are, feet on your desk, hands behind your head. You rock and you know it.

Try all three. The key is to assume the pose and hold it for a couple minutes each day. If you are feeling especially ambitious, do all three each day for two minutes each. That's a whopping six minutes out of your morning, for up to a 20% increase in testosterone. If that's not a good return on your time investment, I don't know what is.

Now, I hear what you are saying...this **"fake it till you make it approach"** can't possibly **work, right?** Except that the research disagrees with you. You don't have to take my word for it, or even the word of the researchers. Try it for yourself for a few days and you'll feel the difference.



LIFESTYLE TIPS

(BECOMING A SEXUAL BADASS)

The first chapter of this book laid an all-important foundation. This chapter is going to build on that, and put you several steps closer to unlocking the sexual superman you have got lurking inside you. We don't use that term, "**sexual superman**," lightly.

We literally want to help turn you into a sexual superhero or rock star, but in order for us to succeed in that mission, you have got to live your life like the superhero we will show you how to be. That started with diet, of course, but now we're going to expand on it.

The essence of this chapter is about helping you strike a balance in your life. The sad truth is that most people are so used to their lives being badly out of balance that they're no longer even aware of it.

Following the advice in this chapter will actually be a bit jarring to your system, because we're going to help you restore that sense of balance in your life, not because we're exceptionally nice people (although we are!), but rather, because the only way you can reach your full sexual potential is to FIND that balance. **Ready? Let's get started.**

THE DON'T LIST

Okay, so this is the part that everybody hates. Given that, let's just get it out of the way here, first thing. There are probably a number of things about your current lifestyle that are working against you and your ability to reach your sexual potential.

As with the section on diet where we talked about things you should avoid, this isn't a mandate. We're not saying you absolutely have to give this stuff up - merely pointing out that if you don't, you are going to be working against yourself (best case) and outright hurting and diminishing your sexual potency (worst case).

So here are the list of things you want to either eliminate or seriously cut down in your life. The acronym we use for this is S.A.D., and while you might be "**sad**" to see some of these items go, eliminating or greatly reducing them will vastly improve your ability to perform sexually, and that should counteract any sadness you might feel at curtailing some of your beloved vices and habits.



SMOKING



Cigarettes do a lot more than just damage your lungs and heart (as if that wasn't bad enough!). Research has shown that they actually degrade the firmness of your erections, and make it more difficult for men to maintain an erection, when they do get them.

Forget the damage to your heart and lungs for a moment—the damage it does to your sex life alone should be reason enough to kick the habit!

I used to drink and smoke. Of the two habits, I found that drinking was far and away the easier of the two habits to kick. Smoking was a beast to give up, even **KNOWING** that it impacted my ability to perform sexually. It's tough, but worth it. Just keep your mind firmly focused on what you are gaining and it makes the process a whole lot easier.

Remember that it takes about 21 days for new behaviors to become habit, so if you can survive three weeks without lighting up, you are as good as home free. Just keep focused on that.

ALCOHOL



You'll remember from the diet section that we actually recommend the occasional glass of wine. The reason this is on the don't list isn't because the expectation is that you'll cut it out completely. Rather, we're talking about taking care not to overdo it, for the same reason you don't want to overdo drugs. It's just going to hurt your sexual potency. **Why do that to yourself?**

Besides, excessive drinking can dull your senses. Sure, it makes you more uninhibited, but it's kind of a two-edged sword. **What good does it do to be more uninhibited if you find your senses dulled to the point that you can't fully enjoy whatever it is you are doing?**

DRUGS



If you currently smoke pot, or do harder drugs, you should reconsider. Yeah, I know, I know, the high feels great, but seriously, it hurts your ability to get and stay hard. Given that that's a rather important component of male sexuality, you might want to reconsider it.

Not to mention, some harder drugs (heroin, meth, cocaine) carry significant health risks that extend far beyond limiting your ability to perform sexually or dulling your sensation.

It's just not a smart thing to do. I'm not going to get on a soap box about it - if it's something you feel you have to do, then I'm certainly not going to convince you. Just bear in mind that you'll have an uphill battle in your quest to become a sexual superhero.

In addition to "SAD," above, we do need to place one more item on the list, in the form of an **"honorable mention."** You'll see why in just a second:

MASTURBATE



This one should be pretty obvious, but if you want to be at your best for your lover, then in your downtime, don't binge watch porn and jerk off! Save it for your woman. I realize that this is the opposite of the "advice" given in the movie "There's Something About Mary," but seriously. Just as you can't work all day, party all night and be at your best for work the next day, you also can't masturbate half a dozen times and expect to be at your best for your lover later that night.

Now, don't get me wrong - in the next chapter, we will be talking about some ways to boost your sexual endurance, and even naturally increase the length and girth of your penis, both of which involve masturbation, but you should consider that to be masturbation with a purpose, and not simply to get your rocks off.

Anyway, the point is, if you want to be at your best when you are with your partner, then you need to save your sexual energies for those occasions.

NEW HABITS TO ADOPT

Right, so now that we've talked about the things you should cut out or minimize, let's talk about new habits you want to develop, all of which will help ensure that you are consistently at the top of your game.

A NON-SEXUAL SOCIAL LIFE

Every time you go out, the goal shouldn't be to pick up women to have sex with. Let's face it: if that's all you do, you're going to find it increasingly difficult to be (and remain) interesting to the women you are hoping to attract. The only way you can keep their interest is to develop interests and hobbies of your own.

What we're really getting at is the need for some downtime. You can't be at your best if you are trying to perform twenty-four/seven, so build in some time to rest, relax and recover. While you're prepping for your next big sexual adventure, **why not spend some time with friends and family?**



SLEEP

This is the single biggest and best thing you can do for your sexual potency. Few things will kill your sex drive, and your ability to get and maintain an erection faster than being too tired to even care about sex.

Look, I get it. Modern life can be tough. The demands of work seem endless. The whole concept of the 40-hour work week is dead. Almost nobody works “**just**” forty hours any more. Usually you work a lot more than that.

Then of course, you want to spend at least some time hanging out with your friends and family. You have probably got at least some level of a social life that doesn't revolve around sex, right (see the point above if you don't!), and that eats up time in your busy schedule too.

The temptation, of course, is to forego sleep in order to make time for everything you have going on, and sure, you can do that for a while. It does work in the short run, but there's always a price to be paid, and long term, it's a no-win situation for you.

The best solution? Don't start down that road in the first place. All it's going to lead to is ever greater imbalances in your life that see you making a heroic effort to stay awake for days at a time, only to crash and burn in the end and wind up spending a couple solid days sleeping in a desperate attempt to recharge.

That's lose-lose. Don't play that game. Just force yourself to abide by a sensible schedule, even if it means you have got to make hard choices now and again.

EXERCISE

In addition to maintaining a healthy diet, you also need to exercise regularly. No, you don't need to go overboard with it. You don't have to pump iron till you could be a contestant in the next Mr. Universe contest (though if that's your thing, by all means, knock yourself out). What we're really talking about here is simply maintaining a reasonable level of physical fitness. If you have got a little bit of a beer belly (or an "ice cream belly," or whatever your personal vice happens to be), go work it off.



It's true that women aren't as visually oriented as men, but the purpose of these exercises isn't to make yourself look sexier (though that will happen as a natural consequence of the exercise), but simply to increase your energy level. More energy overall equals more energy for sex. More energy for sex means better overall performance. It's just that simple.

That's it, really. If you eliminate or greatly scale back the bad stuff, and make a few new habits that incorporate the good, and you combine that with the nutritional information we gave you in the first chapter, you will have a firm foundation in place to become a sexual superhero. This then, is the end of the beginning.

**For the rest of this book, you are going to be balls deep
(pun intended!) in the how. Read on!**



PHYSICAL EXERCISES

[YOUR TICKET TO BETTER ERECTIONS AND MORE STAMINA]

In the last chapter, we mentioned exercise briefly as something you should be doing in order to increase your energy levels. In this section, we're going to be talking about a very different form of exercises.

These are exercises that will help you get, and maintain, firmer erections; improve your sexual stamina; and actually help you naturally lengthen your penis, or give you more girth "down below!"

EXERCISES FOR A FIRMER ERECTION

We'll start with the exercise that gives you a firmer erection, because it's also the essential building block for the stamina exercises that follow.

Maybe you've heard about women practicing their "**Kegel exercises?**" Well, there are actually comparable exercises for men.

You have what's called a Pubococcygeus muscle (PC muscle, for short). If you are like most men, you probably didn't even know that muscle existed. Even if you did, you probably didn't give it much thought. After all, **why would you, right?**



But here's the thing: The strength of that muscle is **DIRECTLY** related to how hard you get when you get an erection. The stronger the muscle, the firmer your erection.

As with every other muscle in your body, any muscle that does not get used regularly will atrophy. It will wither and weaken. There's only one way to fix that. You have got to exercise that muscle just like you exercise all the rest of them.

Fortunately, this is incredibly easy to do. First, you have to find it and be aware of it. That's simply a matter of getting up from reading this book and going in to take a leak.

When you do, consciously try to stop your flow in mid-stream by clenching your muscles.

Feel that?

THE MORSE CODE METHOD

Most people are familiar with Morse Code. Dashes and dots. Long and short. We can use that to form the basis of an exercise routine. Consider a dot (short squeeze) to be about two seconds, while a dash (long squeeze) to be about five seconds.

Based on that, you should shoot for a routine of

- 100 short squeezes, in sets of 20 squeezes per rep
- 40 long squeezes, in sets of 10 squeezes per rep

When you have finished these, do one final “extended squeeze” that lasts a full minute, then call it done.



You will begin to notice a difference right away, but after about a week's time of performing these exercises, your sexual partner will start to notice too. Your erections will be firmer than they ever have been, and the stronger that muscle gets, the harder those erections will be, and the longer they'll last.

Now, having shown you EXACTLY how to get harder and stay harder, let's build on that. Everything that follows will be based on the assumption that you have been steadily working on strengthening your PC muscle. If you haven't, stop reading and work on that for a while. None of the other exercises will do you much good without it.

WHAT CAUSES MEN TO EJACULATE TOO QUICKLY?

Having a rock-solid erection is going to be of limited value to you if you can't maintain your erection for a length of time. But how long of a time are we talking about really? To answer this question, we will take a look at research statistics.

On average, men can hold out for 5-6 minutes before they have an orgasm, but that doesn't really tell the whole story. Sex is subjective, and depends heavily on your partner.

Ultimately it doesn't matter what the global average is, because you are not having sex with everybody on the planet - you're having sex with your partner. Given that, your goal should simply be to outlast your partner, because that's what really matters.



However long that takes, that's how long you want to last. Anything prior to that should be considered premature, and anything after that should be fine.

I say "should be" fine because let's face it, if you take too long, that can actually work against you. The last thing you want to do is to find yourself in the position of happily thrusting away for twenty or thirty minutes, only to find out that she's rolling her eyes and mentally making shopping lists waiting for you to finish.

Before we get too far down the path of talking about ways to increase your stamina, it bears looking into exactly why some men struggle with premature ejaculation. There are a stunning number of potential reasons behind the phenomenon, and we will outline the more common of these just below:

A WEAK PC MUSCLE

Just as a strong PC muscle will help give you better and firmer erections, so too will strengthening that muscle help you last longer. All the more reason to exercise it often! The best thing about PC exercises is that there's nothing to buy. It's something you have complete control over. There's absolutely NO reason why this should be a problem for anyone. It's entirely within your power to fix, so what are you waiting for?

MEDICATIONS

Some medications will make it more difficult for you to get (and maintain) an erection. Even if you can get it up, you may find it difficult to last more than a minute or two. If you are on medications and are suddenly experiencing this issue, look to the medications first and consult your doctor.

Note that you should never just stop taking any medication you have been prescribed. If some of your medication has side effects that you don't like, there are almost always alternatives your doctor can put you on.

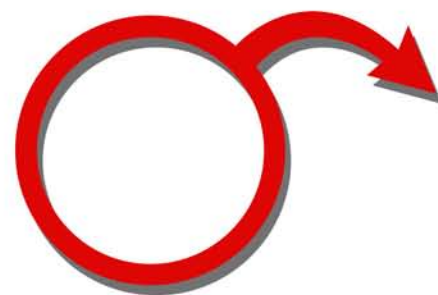
LOW ENERGY

So far, everything we've listed here have been things we've touched on in earlier sections, and this is no exception. It goes back to lifestyle choices and all things in balance. If you are too tired, in addition to having difficulty getting and maintaining an erection, you simply will not be able to last very long, or perform very well.

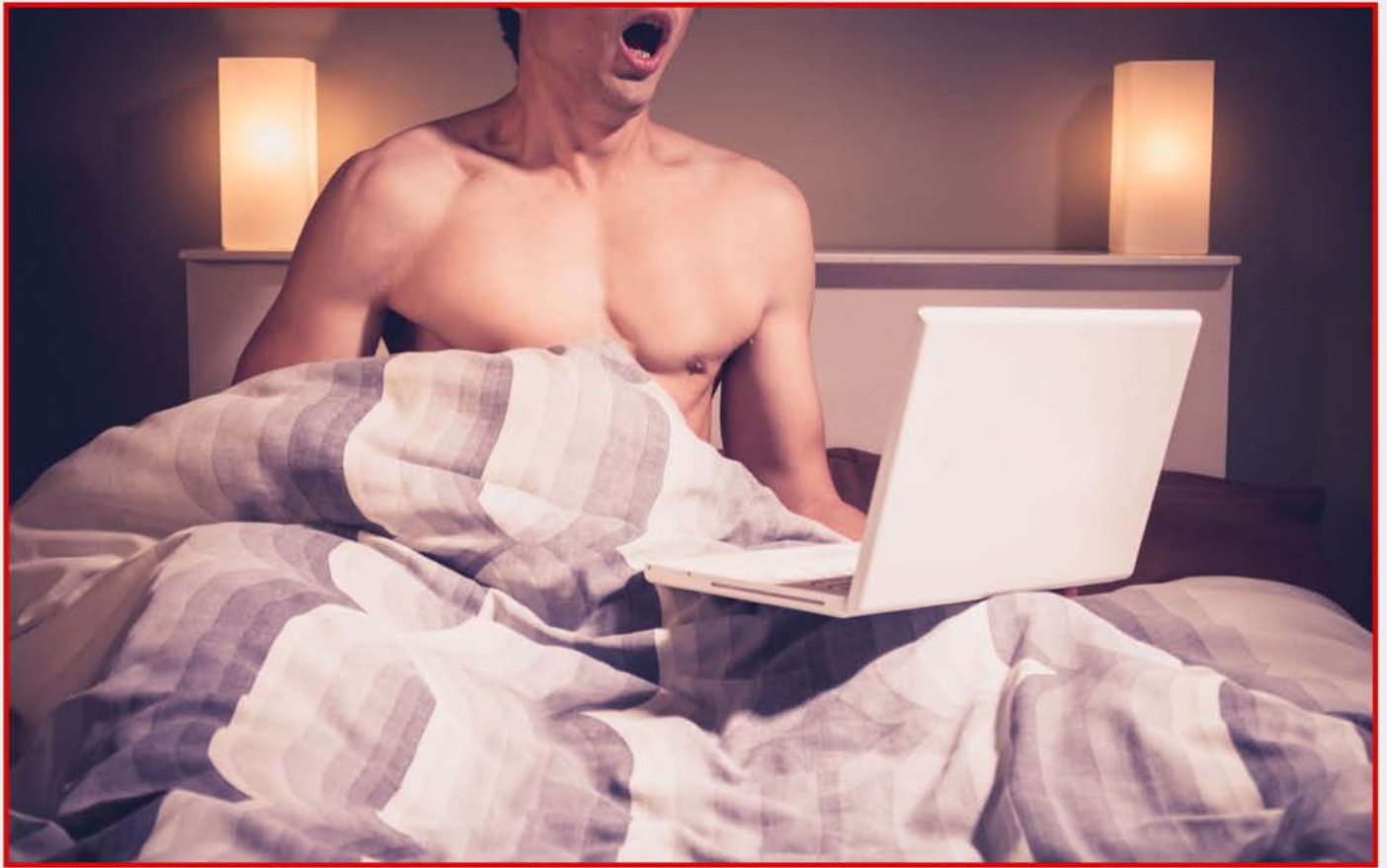
The good news here is that of all the items on this list, this is the easiest one to fix. **Take some downtime and rest!**

FORCE OF HABIT

Guys masturbate. It's no big secret, we do. Sometimes, frequently. And when we do, we've generally got one goal in mind. Orgasm. The faster we get there, the better. The problem with that though, is that we're training our bodies to cum quickly, and that works very much against us when we're in bed with our lovers. Not a good thing.



The best approach? Either chill with the masturbation, or when you do, take your time. That can be somewhat hard to do. Most guys started masturbating when they were quite young, and most of the time, living under mom and dad's roof, the goal was to do the deed quickly to minimize the chances of being caught.



It's a habit that most men carry with them into adulthood. And again, it's easily remedied, but it's something you need to be mindful of. One thing you can do is that when you masturbate, make sure you are doing one or more of the exercises we will outline later in this section. That way, it's the best of both worlds.

THE "SAME OLD, SAME OLD"

Sometimes, rapid ejaculation comes down to the fact that you are just not all that into sex with your current partner. Whether that comes down to sex with your current partner falling into a too-predictable pattern, or a lack of attraction, it all amounts to the same thing: you're just not into it, so you really just want to get it over with so you can roll over and go to sleep.

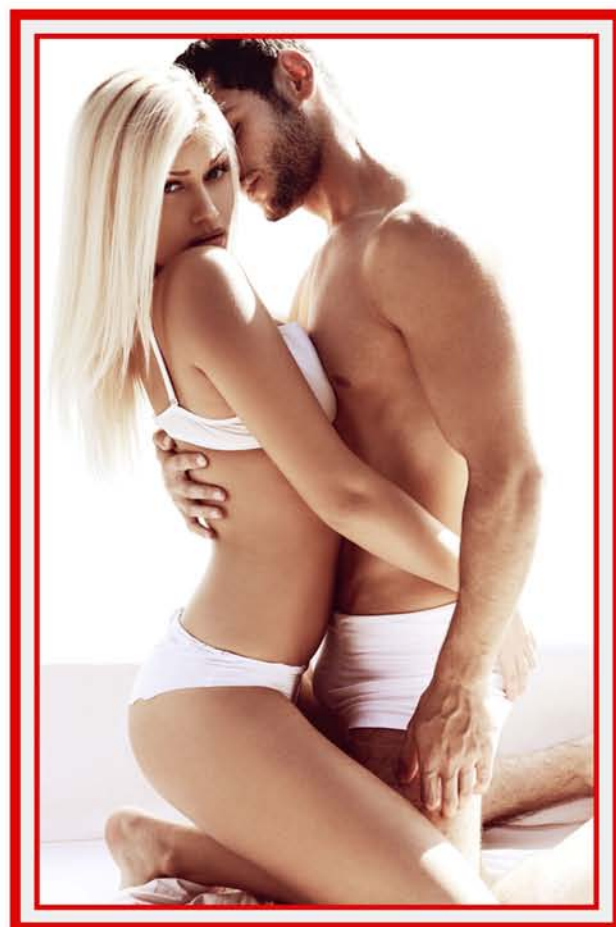
Here, the solution is either easy, or difficult, depending. If it's just a matter of breaking the routine, that's something you have got a fair amount of control over, and it should be pretty easy to remedy.

If, on the other hand, it comes down to a genuine lack of attraction for your current partner, **then you have got some serious soul searching to do. Is this a relationship you really want to be (or remain) in?** Only you know the answer to that question, and that lies beyond the scope of this book, but it's something you'll need to give some thought to.

AN EXCITING NEW PARTNER

You know how it is, and you have probably experienced this yourself. That mad rush, the first time you are with a new partner. It's easy to get carried away in all the excitement, and it can make your first time (or even, your first few times) with a sexy new partner a bit less than you'd hoped for. **Everything's new and exciting, and you just...lose yourself!**

It happens, but the good news is that this form of premature ejaculation tends to go away on its own. This isn't a problem per se, just a sign that your new partner really does it for you. Of all the items on this list, this is the one to be least concerned about. Of course, if you want to impress your new lover, you'll need to try to rein in your enthusiasm.



THAT THING SHE DOES

We've all been there. Sometimes, our partners just really, uncontrollably excite us. They've got this sexy-as-hell move, or this technique, or this incredibly sexy outfit...it could be anything, but sometimes, our partner just does something that **REALLY** works for us...maybe a little too well, and when she does that (insert whatever it is here), we just lose it.

Again, that's entirely fixable, and you can use the methods we will teach you below to get past that.

The bottom line is, all of these have root causes you can get to the bottom of, and all of them are fixable. You have just got to pay attention to your mind and body and really understand what's happening.

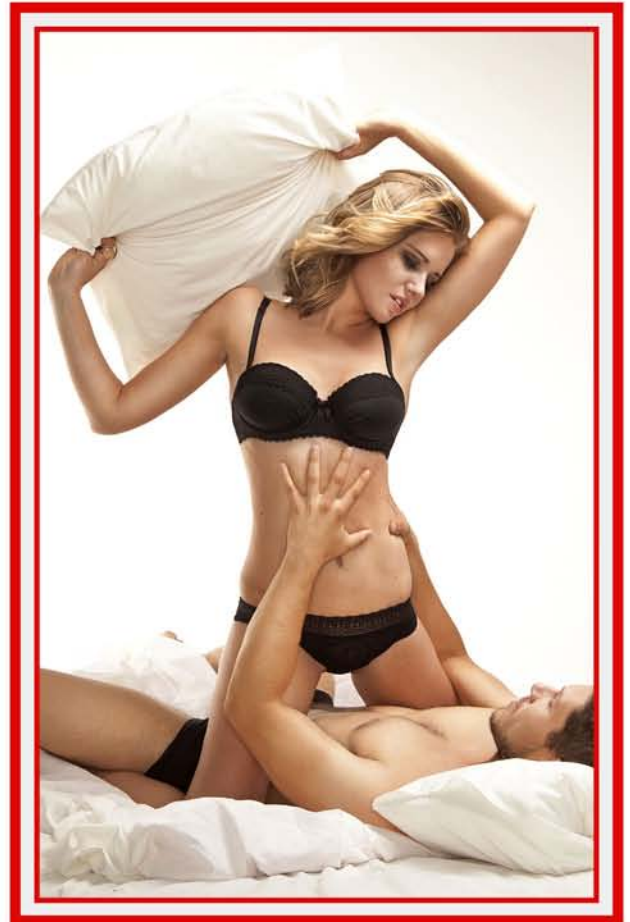
STAMINA EXERCISES

There are a number of things you can do to increase and improve your stamina. Some of them are quite easy, and others require practice and willpower. We will go over these from the simplest to the most difficult.

JUST BREATHE

This one is probably the easiest stamina improving exercise you can do, and it's actually a prerequisite for most of the ones that follow. It doesn't get any easier than this. When you feel your excitement growing, but before you get to that "point of no return," just stop focusing on what you are feeling and start focusing on your breathing.

Take a deep breath from the abdomen, hold it for a few seconds, and exhale slowly. Repeat until you feel your excitement downshift by a few degrees, then continue. Note of course, that if you wait till you are too close to the edge, this isn't going to work, so you have got to force yourself to focus on your breathing before you get to that point!



STOP MOVING!

Another pretty easy one to accomplish. What makes you explode is the pressure and friction. If it starts getting to be too much to handle, just stop for thirty to sixty seconds. Now, I know what you are thinking...it's going to look and feel weird, and maybe ruin the moment if you just suddenly come to a full stop, but there are a couple of graceful ways of handling this.

First and foremost, you can just tell your partner that you are close but you don't want to cum yet. Women typically love this. First, they know that they're REALLY exciting you, and second, they're probably every bit as interested in prolonging the pleasure as you are!

In the overwhelming majority of cases, they're more than willing to "help you out." You see this in porn movies all the time, right? The couple in question is really going at it, then suddenly, they stop, and the woman goes down on her partner for a moment. The sudden shift in gears and sensation is enough to give the man time to ratchet his level of excitement down a notch or two, so that the fun can continue.

Third, take charge of the situation by changing positions. That stops the action and gives you time to breathe and get your passion and excitement under control, and the switch up in positions helps add some spice and variety to the sex, which can help to remedy at least one type of the premature ejaculation reasons we outlined above.

No matter which approach you take to solving this “problem” (more of a happy dilemma, really), it’s pretty easy to fix, and will help you last longer.

SQUEEZE IT!

This one’s a little more difficult, but only just a little. Here, your goal is to pull out and either grip the head of your penis by wrapping your index finger and your thumb (like you are making an “Okay” sign), or grip the base of your penis in your hand. In both cases, the goal is to grip, squeeze and hold until your pleasure recedes by a couple notches.

Squeeze firmly, but not so hard that it hurts. You know your body, so you’ll know what the appropriate level of pressure is.

FLEX THOSE ABS

Think about how sex “works,” for a moment. When you get excited, blood rushes to your penis. That’s what makes you hard. If you find yourself getting a little too worked up and too close to the edge, you simply need to change the blood flow in your body. Since you have only got a limited supply of it, if you can force it somewhere else for a moment, then you’ll (by definition) reduce your sexual desire and pleasure.

One easy way to do this is to flex your abdominal muscles like you are trying to show off your six pack. Note that this works whether you have actually got a six pack or not. The point is, when you clench those muscles hard for a few seconds, it diverts blood flow TO your abdomen. That’s all it takes, really. Just thirty seconds or so of diverted blood flow and you should find your level of excitement easing back to the point that you can continue on.

THE PC PUMP

This harkens back to the earlier section, where we showed you how to exercise and strengthen your PC muscles. The benefits of doing so are many. Your erections will be firmer and longer lasting, but also, when you get close to the “**point of no return**,” you can flex that muscle as hard as possible and it will have the same impact as the “**squeeze**” method above, without requiring that you pull out. Note that you have got to have a VERY strong PC muscle for this to work.

PRACTICE

Yes, this means masturbation. **Pick your favorite image from the “Wank Bank,” and go!** But here’s the thing - when you do this, you are going to take your time. You are going to pay attention to your body and start un-learning the old habit of rushing straight through to orgasm. When you feel yourself getting close, you are going to slow down, or stop altogether, and breathe, or visualize, or practice flexing your PC muscle. Basically, any of the other things here.

The goal is to teach your body to get used to the idea of not rushing straight for orgasm. To learn to enjoy the journey as much as the final destination. **After all, practice makes perfect, right?**

You can use any or all of these in combination to help ensure that you last as long as you need to in order to maximize her pleasure, which maximizes your by definition. These are powerful tools that will take your sexual prowess to the next level and beyond.

The one thing to remember here is that if your partner is begging for you not to stop because she’s close to the edge herself, then that’s NOT the time to be making use of any of these techniques. **Go with the moment and give the lady what she wants!** Trust me, you’ll know when it’s appropriate to use these methods and when it’s not.

So that’s that! You now know how to train yourself to have better, firmer, longer lasting erections, and how to make it last. Now, let’s talk about the last bit - **ways you can grow your penis (or at least give that appearance)!**



Before we get into this section, let's get one thing straight:



There's no pill or cream or anything of that sort that will magically add inches to your favorite body part. It's just not going to happen.

Don't waste your time and money on those kinds of things, because they're scams, solely designed to separate you from your money.



Of course, these kinds of things are pure gold from a marketing standpoint, because invariably, they'll sell you a month's supply of the pill, cream, or whatever, then tell you that you need to keep taking their magic substance for six months or more.

That creates a nice, stable income stream for them, and they know that the odds are very much on their side, because what? Are you ACTUALLY going to contact the Better Business Bureau to complain that your dick cream didn't work as advertised after buying it for six months? **Not likely, right?**

So you'll say nothing, and start looking for the next "miracle" treatment. Don't even go there. Just take my word for it that those kinds of "treatments" only grow one thing. The size of the scammers' bank accounts. Waste of time.

Let's also talk about size. Most guys are overly hung up on the size of their schlong. It's something we've learned from an early age, and mostly, it's self-destructive. The reality is that according to medical experts (you can verify this on WebMD or other medical sites) the average length of an ERECT male penis is 5 to 6 inches. That's it. That's the average.

If that's you, then you are "**delightfully normal.**" If you are 7 inches or better, you are above average to big.

Here's another thing. Most women (about 90% of them) don't WANT a guy with a huge cock. Most women like to LOOK at huge cocks, sure, and yes, there are about 10% of women who genuinely love them, and if you don't have an enormous rod, then you are probably going to get rejected by that small subset of women.

That still means, however, that nine women out of ten will be perfectly happy with you at your current size. All that to say, unless you are just really, insanely small to begin with, you are probably fine just skipping this entire section. Honestly, men are FAR more hung up on this issue than women are.

Third thing, most women are more interested in girth than length. Too long, and the excess goes to waste, because it hurts, which means that if you are too big, it won't all fit inside anyway. Girth, on the other hand is highly prized (to a point) because it stretches the opening of the vagina, increasing friction, which adds to her pleasure. That's a good thing.

Having said all of that, if making your cock bigger is your goal, there ARE a couple of different things you can do to either see some ACTUAL penis enlargement (both length and girth), or at least lend the appearance of growth. Here are the methods that actually work:



TRIM THOSE PUBES!

This is the only “fake it till you make it” method we will mention here, but the reality is that if you trim your pubes, you'll give the appearance of adding about an inch to the length of your penis. That's pretty decent for five minutes worth of work! Obviously, this won't add so much as a millimeter to the actual size of your package, but appearances count for a lot, and that's what this does for you.



THE WARM UP

For everything else that follows, you are going to need to take a preparatory step. That step is to soak your penis in warm water. Trust me, if you do not do this, then none of the other methods described in this section will work. I know it might sound ridiculous, but it's true, so get used to spending time in the tub or hot tub. That's not necessarily a bad thing anyway, and this step is absolutely essential.

This soaking should be done in warm, but not hot, water. You don't want to scald yourself, but you definitely want to make sure the water is nice and warm, and you want to do it for ten or fifteen minutes before you begin any of the other exercises described below.

The reason for this is that the warmth of the water will move more blood down to your penis, making it receptive to the changes you'll be introducing. If you want to be even more effective, then perform the techniques that follow in the tub/hot tub. You are already there, so why not? Now, let's get to the techniques themselves.

PENIS PUMPS

A lot of people have tried penis pumps with mixed or limited success. I'm here to tell you that they DO work, if you use them correctly. To start with, warm up for ten to fifteen minutes as described above. Once you have got a rich supply of blood down there, break out the pump, and by the way, invest in a good quality one.

You don't have to get some **"top of the line"** super-device that will set you back a couple hundred bucks, but don't skimp and get a bargain basement one, either. A reasonably good pump will cost you in the neighborhood of \$75, so use that as a general guideline. Bear in mind that you want to get a pump that's significantly bigger than your penis, so look for something that's at least a quarter inch, and preferably a half inch or more bigger around than your penis when fully erect, but not so big that it swallows your scrotum too.

Once you have **"warmed up,"** insert your penis into the pump at a 45 degree angle. If you have purchased one that requires you to put your finger over a hole in order to make the vacuum, then do that (but I'd recommend against getting this sort - too cumbersome to operate), then begin pumping.



Start gradually, and slowly build up pressure. You want to feel a stretch and a tightness, but no pain. Your entire pumping session should last 40 to 45 minutes in total, and you'll want to do this daily.

The trick here is to create a good vacuum, but not to pump excessively. You don't want to damage your penis or it will be too painful to use the pump on a daily basis, which is what you are going to want to do.

The way this works is that as you pump, the pressure created by the vacuum expands your corpora cavernosa and corpus spongiosum (the erectile tissue in the penis) out toward the edges of the pump.

Over time, when you do this repeatedly and consistently, you are **"training"** your penis to default to this expanded configuration so that it naturally makes room for the additional blood that's been surging into it during your pumping sessions. This is the mechanism by which your penis grows.

Now, some people will tell you that the increase in length and girth you get from using a pump (or any of these other techniques) is only temporary, and that's true in the short run. This is EXACTLY like lifting weights.

You lift weights on day one and get pumped up, but the effect is only temporary. Then you lift weights on day two, and you get another temporary boost. Do it again on day three, and so on. Gradually, over time though, you train your muscles to default to the new, larger configuration. That's really all you are doing here. Same basic mechanism. Same end result.

I will say that the other methods we will outline below work, but not as fast or as effectively as the pump method. By all means, try them out too, but if you want the quickest, most impressive results, this is your go-to method. Don't say I didn't tell you in advance!

THE JELQ METHOD

Jelqing is an ancient technique hailing from the Middle East. You can find a lot of information and videos about it online. It works, but you'll notice that the results you see here will happen considerably more gradually than they do with pumping. They're every bit as impressive, just slower, so if you absolutely can't afford to spend money on a pump, then this is the next best option.

Basically, what you are doing is "milking" your penis. To do that, you'll put your hand in this position



With your flaccid penis in the hole made by your finger in the picture above. Then, start stroking, gently but firmly stretching with each stroke. You'll want to repeat this action for about thirty minutes each session, with a session every single day.

Firm, but not excessive, pressure is the key here. Do this for at least thirty minutes a day, so you'll almost certainly want to alternate the use of your hands, otherwise, the one hand you use will get REALLY tired.

This approach works on the same basic principles as the pump method, but of course, minus the vacuum, it's going to take longer to start seeing results. Still, if you are looking for an effective method for increasing the length and girth of your penis, without having to shell out any money, this will serve you well.

People have reported beginning to see success using this technique in as little as two months, but every person is different and it can take up to several months before you really start to see a notable difference. **Consistency and persistence are the keys to success here!**

THE STRETCH METHOD

This is similar in function to the Jelq method, with the primary difference being the grip. In this case, you use a firm overhand grip. Otherwise, they are identical, both in duration and time to effectiveness. Same idea here though, and same duration - about thirty minutes a day, and a commitment to doing it EVERY day.

As with the Jelq technique, your hand will get tired, so plan on alternating to get to the 30-minute finish line.

Note that in all of these cases, if you experience any pain, you should stop using these methods for a day or two, until the pain subsides, then get right back to it.

Two things are true. First, you WILL NOT see as much success with any of these methods if you don't first do the "warm up" as described above. Better still, do these exercises while you are in the tub or hot tub soaking. Second, you WILL NOT see any success with any of these methods if you don't keep at it on a consistent basis.

The ol' weight lifting analogy is once again useful here. How much muscle mass do you think you'd add if you lifted weights maybe once or twice a week for five or ten minutes at a go? Do you think that would have ANY notable impact?

Probably not, and it's the same thing here. You have got to commit yourself to it, or just don't bother. I'm sorry, but that's the truth. These methods will work for you if you apply them with diligence and persistence.

So the next question of course is **"how much bigger can I expect to get?"**

It's a fair question, and there are no simple answers. The reality is that everybody is different. Even so, on the average, you can expect to see a one to two inch increase in length, and as much as a 20-40% increase in girth.



MENTAL EXERCISES TO IMPROVE PERFORMANCE

This is, in my opinion, the single most important section of the book. The reality is that unless you are in a distinct minority of men, you have probably got an average to above average sized penis. Sure, you may find some value in using the techniques described earlier to increase your length and/or girth, but it's just not an issue for most women.

It's also true that you need to be aware of the root causes for (and solutions to) premature ejaculation, and while that's important for some, it's not something that will be of universal use. Some people don't have that problem.

Here's the thing though:

No matter who you are, and no matter how confident you are, sexually, **EVERYONE** can benefit from being even more sexually confident, and that's 100% mental, because confidence is 100% mental.



There's really only one thing to talk about here, and that's visualization. That single word, however, covers a lot of ground, so we will spend quite a lot of time talking about it in its various forms, and what it can ultimately do for you.

Before we get started though, let me ask you a question.

If you knew...I mean, really, deep down in the marrow of your bones **KNEW** that you could utterly and completely sexually satisfy any woman you walked up to, and give her as many orgasms as she could physically stand on any given night of passion and pleasure, what do you think that would do for your sexual prowess?

That level of supreme confidence would make you a sexual superhero, **wouldn't it?** Of course it would.

Now, obviously, confidence without ability is a recipe for disaster, but as we said in the introduction of this book, everyone alive today is a world class sexual superstar. You come from a long line of sexual champions, whose lineage dates back a couple million years. The only reason YOU are here, reading these words today, was because your parents were sexual superstars. As were their parents before them, and theirs before them, all the way back to the dawn of time.

The reason? Because in ancient times, only the most powerful and virile males got to mate. They passed those genes, and that trait down to you. All that to say, DO NOT doubt your abilities in the sack. You wouldn't be here if you didn't have it.

The ONLY thing that's stopping you from unlocking it are your beliefs about yourself.

You are not really to blame if you are not sexually confident. Our modern society is fantastic about deprogramming and reprogramming men to be something they're not. Most men have been taught from an early age to suppress their sexual urges. To be “nice guys,” and to lock their more primal selves away.

Sex IS primal. It's raw and passionate and powerful. You can't BE a sexual superhero if you allow yourself to be hobbled. The first, best thing you can do for yourself is to shake off the deprogramming and reprogramming you have been subjected to your whole life.

The very first thing you need to do to start countering that is to understand and acknowledge that you are the product of your ancestors, all of whom were sexual powerhouses. You have got to feel it. To know it. To absolutely believe it. That belief alone will be the seed that makes everything else possible.

Really, what this comes down to is empowering yourself. That empowerment will lead to a surge in confidence, and that confidence will lead to better performance in ALL areas of your life, not just in the bedroom. But how do you do that? How do you use that belief to start increasing your confidence?

First and foremost, start using those “**power poses**” we talked about in earlier chapters. It's scientifically proven that those poses will naturally increase your testosterone levels by as much as twenty percent.

The increase in testosterone will, all by itself, give you the initial boost in confidence you need to start branching out, and as you branch out, you'll start doing things that bolster your confidence further.

Ultimately, your goal is to become a better lover, but depending on where you are starting from, you might not want to just jump straight into that.

You've probably spent the greater bulk of your life being emasculated by society, so you won't be able to undo that overnight. My recommendation is to start small, and build gradually. Here's how.

MISSION 1- POWER POSES

For a solid week, every day, spend six minutes practicing those power poses (two minutes on each of the three poses. I will reproduce them here so you don't have to go flipping back to the earlier section:

THE INTIMIDATION POSE

Picture yourself as a mafia boss. Someone has just entered the room and had the audacity to make a threat. **How do you respond?** You put your hands on your desk (or in this case, the bathroom counter), lean forward and let your eyes bore into those of the person who just threatened you. Give him your best, most menacing scowl until he's shaking in his boots (at which point you'd probably order one of your henchmen to get rid of him).



THE GUNSLINGER

You have seen Christopher Reeves do this a thousand times as Superman. Stand in a wide, legs-apart stance, with your hands balled into fists, resting on your hips. Chest thrust out, proud and strong.

This posture is all about openness. You have nothing to hide. You are so awesome, you don't NEED to hide anything. Just your presence alone will likely make the bad guys turn tail and run out of town.

THE CAPTAIN OF INDUSTRY

Okay, so this one, you can't do in front of the bathroom mirror, but it's just too good to leave off the list. At your desk, imagine that you have just closed ANOTHER multi-million dollar deal. All in a day's work. Kick back like the Master of the Universe that you are, feet on your desk, hands behind your head. You rock and you know it.

Try all three. The key is to assume the pose and hold it for a couple minutes each day. If you are feeling especially ambitious, do all three each day for two minutes each. That's a whopping six minutes out of your morning, for up to a 20% increase in testosterone. If that's not a good return on your time investment, I don't know what is.

Now, I hear what you are saying...this **“fake it till you make it approach”** can’t possibly work, right? Except that the research disagrees with you. You don’t have to take my word for it, or even the word of the researchers. Try it for yourself for a few days and you’ll feel the difference.

Yeah, I know what you are thinking. The first day or two, you’ll probably feel a little silly doing these, but the science doesn’t lie. It works, so do it for a week. Note that here, we’re also assuming you are making the other diet and lifestyle changes we’ve described in earlier chapters, so even though you may not FEEL much of a difference yet, you are actually well on your way.

It’s like the lily pad puzzle.

Let’s say you have a pond with one lily pad on it. Every day, you double the number of lily pads, and by the 30th day of the month, the pond will be full to capacity. **On what day is the pond half full?**

The 29th day.

So every day prior to that, even though you are making huge progress, it doesn’t actually appear so till right toward the very end. It’s the same thing here. The point is, don’t get frustrated and don’t lose heart. All of these things are important steps, and if you work through this book diligently, you’ll find yourself **“there” (looking, feeling, and performing like a sexual superhero) before you know it!**

MISSION 2 - MAKE HER LAUGH

Now, after you have done that for a week, the next step is to visualize a conversation with a woman you find attractive. See yourself walking up to her. See yourself talking to her and making her laugh or smile. That’s it. That’s all you are going to do in this next step. Just talk to a woman you have never met before and make her smile. That’s your mission.

Before you approach her though, play it out in your head. Plan it in your mind. Focus on the mission. All you are trying to do is to get a smile. You can go about it any way that’s most comfortable for you. Some men like to use self-depreciating humor. Others like to use unexpected questions. Still others like to point out details or make observations about others.

Whatever you are most comfortable with, use that and build on it. Me personally (as you’ll see below) I like to use self-depreciating humor and props. Just my thing, I couldn’t tell you why, but it works for me, so I stick with it.

Stay focused and stay on mission. Remember the goal. One brief conversation that results in a genuine laugh or smile. That's it. **NOTE: DO NOT comment on the woman in question's appearance. Women hear that all the time. If you compliment her on her physical appearance, you may get a polite (fake) smile, but not a genuine one, and that defeats the point and purpose of the exercise.**



Now, I know that some of you are utterly terrified of approaching a random woman and saying ANYTHING, much less trying to get her to laugh or smile. This section of the book was written especially for you.

I'm going to show you the EXACT conversation starters I've used with great success myself. Copy them word for word if you want to, or tweak them and make them your own. Doesn't matter. It also doesn't matter if you feel a bit silly or self-conscious when you are using these. That passes in time. The more you do this, the easier you'll find it.

I will give you four examples, and break each one down as we go to see how and why they work.

EXAMPLE 1 - AT A GROCERY STORE

In the town I live in, there's a little grocery store called Grants. Great place. One day when I came off of my mountain to get supplies, I noticed a gorgeous woman doing her weekly shopping. She was beautiful and about half my age, but I didn't let either of those things stop me.

I went to the coffee aisle, grabbed a bag of French Vanilla and a bag of Hazlenut, wandered around until I found myself on the same aisle as her, then walked right up.

"Hmm...I dunno...what do you think? If we were having breakfast together, which of these would you like better, **Hazlenut or the French Vanilla?**"

She looks up from her shopping list with an uncertain smile, contemplates for a moment, and says, "**the....Hazlenut?**"

I roll my eyes and turn partially away from her. "**Oh, see...it's just never going to work between us - I'm gonna have to break up with you right here and now...Hazlenut!? Really?! Over French Vanilla?!**"

She laughs, and I turn back toward her.

"**Okay...so maybe a full-on breakup is a little harsh - I'm willing to give it a go..JUST FOR YOU....and...who are you again?**"

"I'm Lisa, who are you?" More laughing.

"I'm Chris - your best date ever! Now....if we're having coffee for breakfast, that implies breakfast, c'mon, I will help you finish your shopping and we can talk about what's on the breakfast menu as we go...deal?"

Laughing and shaking her head, we walk down the aisles together.

Breaking Down The Conversation:

As you can see, I'm a big fan of props. I will even use other people as props (you'll see that in action in another example). Props are good. Props make you approachable. I started with a question. A fairly innocent question about coffee, except I made it a little less innocent, didn't I?

I planted a seed in Lisa's mind, putting her in a little "**scenario,**" in which we were having breakfast together, presumably after we'd spent the night together), and asked for her opinion on something simple and innocuous (flavors of coffee).

It didn't matter what answer she had given me, my response would have been the same, I'd still have feigned disappointment and told her that I'd have to break up with her. See what I did there? I built on that little suggestion in the first couple of sentences.

First, I planted the seed in her mind that we had spent the night together and were now having breakfast - THEN when she gave me an answer I "didn't like," I dismissed it (in a light hearted way), and threatened to "break up with her," which furthers the idea that we'd been spending time together/dating.



Her response? She laughed, because it was funny. It was a little bit ridiculous, sure, but funny, and I got a genuine laugh out of the deal.

Body language is important too. When I feigned disappointment in her answer, I started to turn away. Pick up artists refer to this technique as a **"push-pull."** You pull her toward you by making a little scenario (the seed planted about our having breakfast together, and the unspoken addition that we had spent the night together - that pulls her in).

Then, when I feigned disappointment in her answer and threatened to **"break up with her,"** even going so far as to turn partly away from her, that was a **"push,"** creating space and distance.

Women tend to do this more instinctively than men when they play **"hard to get."** This is the same kind of thing, but you are flipping the script. YOU are now the one to be chased. YOU are the prize worth catching. Again, all of this goes back to mindset, visualization, and the confidence that flows from it.

Anyway, let's continue. So right after that, I built on the seed planted further and started asking her about breakfast items (to go with the aforementioned coffee), and we walked side by side together to finish grocery shopping.

At that point, it's mission accomplished as far as these instructions go. You talked to a new woman and you got a laugh. You can stop there, or, if the mood strikes, you can keep the conversation going (a light, easy, fun patter of conversation while we're shopping, periodically building on the seeds planted earlier about how we're dating, culminating in an offer to actually take her out sometime—which worked, by the way, and led to some really fantastic sex).

EXAMPLE 2 - AT THE LOCAL LIBRARY

Personally, I love going to the library. Just to be surrounded by all the books. Even if I didn't like to read, I'd learn to like it and still go frequently. Lots of hot women hang out at the library. **Don't believe me?** Check it out for yourself.

So one day, I'm browsing, and I see a lovely, bookish woman two aisles over. I walk up, take note of one of the books she has in her hand ("The Complete Idiot's Guide to Ebay"). I walk up to her and start like this:

"Nononononono! That's not the last copy of "The Complete Idiot's Guide ToEbay," is it?"

She looks slightly alarmed and confused, then says, "I...I don't know...I think so, yes."

Looking crestfallen, I say, "Damn! I'm having an eBay EMERGENCY and am a TOTAL dumbass about that stuff....if I give you big, **sad puppy dog eyes**, can I check it out first? **You definitely don't look like a complete idiot, but I promise you that I am!** And...what's your name, by the way? I'm Chris."

"I'm Michelle, and...sure. Here you go."

"What?! Oh no...that was way too easy. I was thinking I'd have to do WAY more than puppy dog eyes. Maybe invite you to dinner or something to get the book first. I was thinking Mexican...**do you like Mexican?** Anyway, since you surrendered it so quickly, I'm afraid that's a deal breaker - Ima have to break up with you now....sorry Michelle..."

She laughs and shakes her head. **"That's okay, you said you were a complete dumbass, remember?** I don't date complete dumbasses."

"Ahhhh! But do you date PARTIAL dumbasses? Cos I figure that by the time I finish reading that book, I will have at least partially cured my condition."



Another laugh. “Okay, I’d consider dating a partial dumbass...MAYBE.”

“Awesome! So...Mexican...Greek (the food, not the sex!), or something else?”

“Mexican.”

We walk down the aisle together and continue chatting.

Breaking Down The Conversation:

I’m sure you are already starting to see some similarities here. Note the use of props again - this time, something she’s holding, rather than something I brought to the party, as in the example above with the coffee. An out of the blue, unexpected question, playing off of WHATEVER answer she gives me, mention of a breakup and planting seeds in her mind (reinforced later when I mentioned sex while referencing different types of food/restaurants)...you get the idea.

It caught her off guard, but in this case, she had a good sense of humor and actually started playing back, so I simply incorporated her playful responses into my own. One built on the other and we actually had a great conversation (and a great date later that night!).

There’s nothing magical about any of this. Simply the firm conviction that you CAN do it, and the courage to actually open your mouth and start a conversation with a stranger.

Here’s one more, and as promised, this time using other people as “props.”

EXAMPLE 3 - AT DINNER, ALONE

This is just proof positive that you can do this sort of thing anywhere, and with anyone. In this case, I was eating at a restaurant called Macado's, which is a little sandwich shop in the town where I live. The waitress was cute, so I figured I'd flirt a bit and see what came of it. It started like this:

"Hmmm" (glancing at her name tag) **"So...Shelby, what's your favorite menu item? I can't seem to make up my mind today."**

"I like the Reuben. One of the best in town."

"The Reuben? I'm sorry - we have to get a divorce, babe. Can't stay married to anyone who would eat a Ruben!"



"No - that's Melissa's section."

"He's a little older, but I think they're dating...we make a MUCH cuter couple though, don't you think?"

More laughter. "Yes...I think we do!"

"Tell you what...I will take that Reuben after all, and when do you get off? Work, I mean? (asked with a playful wink).

“In about an hour.”

“Okay...tell you what, Shelby - I will take that Reuben, if you come join me for a dessert and a drink when you get done for the evening.”

Blushing furiously, she agrees (and she does!) - we had a number of fantastic dates after that.

Breaking Down The Conversation:

Lots of similarities here - the same kind of playful banter, mention of a breakup (in this case, a “divorce”) and reinforcing that seed with a mention later about what a cute couple we are and the “getting off” comment slightly after that. See how *I* am the one setting the pace and tone of the conversation? I draw her in with seeds and suggestions that we’re already together (because that’s what I visualized prior to starting the conversation), then I push her away playfully before drawing her back in again. I’m driving it to the place I want it to go in every case. I’m leading my woman to where I want her to be.

By now you can see that although the venue and particulars may change, and the conversation is adaptive, depending on the responses I get, my basic approach is pretty consistent. That’s because when you find an approach or a method that WORKS, there’s little reason to change things up. Keep it simple and stick with what works.

This is key. Most guys try to overcomplicate things. Don’t do that. Keep it simple and stick with what you know works.

Here’s one more...

EXAMPLE 4 - AT A SPORTS BAR

In this case, I watched a number of young studs go up and blatantly hit on a younger woman using some of the worst, cheesiest, most obvious and pathetic “pickup lines” I’d ever heard.

After watching for a while, I walked up to the bar to get another beer. While I was waiting for the barman to return with mine, I nodded over at her.

“Need another one?”

“No, I’m fine, thanks.”

“Good - I’m glad you said that...I don’t buy women drinks on the first date.”

She rolls her eyes and shakes her head. I get a smile, but not a laugh.

“So, I couldn’t help but notice all the cheesy pickup lines you got subjected to...which one was your “favorite” of the night?”

“I don’t know...mostly I just ignore them.”

“Know what you mean - some of them are really bad...I’m betting though, that I can top them all....if I really put my mind to it, I mean. Come up with something so cheesy and awful that it will hold the record for all time.”



“You think?”

“Sure.”

“Okay...let’s hear it.”

Taking a slug of my new beer, I intentionally slur my voice. “H...hey bayyyybe...I’m a p....pi....feces...what’s your sign?”

She bursts out laughing and shakes her head.

“Ohhhh! Almost got you to spray your drink through your nose! I’m guessing that took first prize for the night?”

“Yes...that was awful!”

“I knew it! But I feel bad for making you almost choke on your drink. I feel that I must buy you another to make up for it.”

“I thought you said you didn’t buy drinks on the first date?”

“Oh...so we’re DATING now, are we? That’s awfully presumptuous of you, don’t you think?”

Her name was Leslie, and we dated for about four months after that.

Breaking Down The Conversation:

A few differences this time, but most of the approach is the same. I didn’t have any physical props, but I used the dumbasses in the bar as proxy props (and specifically, their awful pickup lines). She was a cool customer, and tried to deflect me at first, but I got her to laugh by making fun of both myself AND the awful pickup lines she’d heard earlier that night.

I broke through her cool exterior by making her laugh, then I set myself up to be “trapped” later on when I first told her I wasn’t going to buy her a drink, and then later when I offered to buy her one as a kind of “apology.”

She called me out on it, but in doing so, started participating in my “we’re dating” image, which was exactly what I was hoping she’d do!

Here again, you see that “push/pull” approach here. I was the one who started off playing like we were dating (making the comment about not buying her a drink on our first date), then pushing her away “Ohhh, so we’re dating now, are we?”) when she started playing along.

And there you have it. **Four different examples, four different situations and scenarios. You can do this kind of thing anywhere!**

It doesn’t matter who you are. It doesn’t matter if you shy, or if you think you are awkward around women, or if you are not sure what to say - like I said, hell, copy these word for word if you have to. The important thing is just to say SOMETHING.

Want to know what happens if you never sack up and at least start a conversation?

Nothing!

Nothing at all.

Don’t do that to yourself. You’re better than that. I know you are.

Some important notes here. Right from the start, I said that this was all about boosting your confidence. You have got to be careful though, that confidence doesn't bleed into arrogance. You don't want to be seen as a dick. You want to be seen as a fun, confident guy. Someone who's easy to talk to.

The bottom line is, if you can get a woman to laugh, you can get her to do just about anything. Who doesn't like to laugh, right? And women want to be around the source of good feelings and emotions. That's you. Plus, laughter puts people (men and women) at ease.

Also note that this is a book about becoming a sexual superhero, NOT a book about picking up women...that's why this "mission" stopped at simply making her laugh. We could go on at length about various "pickup" techniques, but again - that's outside the scope of this book.

The point of this exercise was to help boost your confidence, nothing more. Because if you can approach any woman you meet and be supremely confident in your ability to make her laugh, then you can approach any woman you meet and be supremely confident in your ability to make her cum. As often as you want to.

It's all about mindset, and I promise you that if you do this once a day for a solid week, by the end of the week, you'll be brimming with confidence.

Of course, if you follow the advice above, you can see how easy it would be to move beyond simply flirting with her and making her laugh. Just keep doing more of the same type thing. Draw her in, then playfully push her away, planting seeds about where you ultimately want to wind up by making sexual references in the conversation, or more statements that draw her in to pretending that you are already dating.

Some people will tell you all about the supposed "**law of attraction.**" They tell you that visualizing something will bring it to you. That's a load of crap. Doesn't work. Never has. Visualization, however, really does work. Not because of the "**law of attraction,**" but because when you see something in your mind vividly, it prompts YOU to take action to make what you see in your mind happen.



Crediting the “**law of attraction**” makes it sound like there’s some external force acting on your life to reward you for your positive visualizations. It just isn’t true. The reason it works is because your desires lead to vivid visualizations which prompt ACTION on your part, but that’s all internal. That’s all you.

There’s no external “**law of attraction**” Santa Claus handing out presents because you visualized something. YOU do all the work, and that’s exactly as it should be.

That, of course, brings us full circle. The beginning and end of all of this is visualization. The awesome power of visualization. If you can see yourself vividly...see yourself succeeding, then you make it much more likely that you WILL succeed.

Your next mission, by the way, awaits you in the next chapter. Probably the most interesting section of the whole book, because this is where we get to the biggest, deepest secrets that will help you last longer, and be a better lover than you ever imagined possible.



This chapter is all about sexual performance. You already know some good tricks where lasting longer is concerned. You already know how to increase the size of your “package,” and how to solve problems of premature ejaculation, so you are well on your way to becoming a sexual powerhouse.

Recall though, that in one of the earlier sections, we talked about ratcheting your excitement down by changing positions. This buys you a bit of time to control your breathing and get yourself back under control so you can keep delivering the goods. The one thing we DIDN'T do in that section was go into any sort of detail about what positions to switch to, or HOW to go about delivering those goods. That is the heart and soul of this chapter.

It's not enough to “merely” know how to last long enough to maximize her pleasure and yours. You have actually got to know the practical things you can do to make that happen. You can educate yourself to a degree by watching porn, but this is actually a fairly poor way to learn how to be a better lover, because porn stars are performing for the camera, not for each other, and that makes a difference. It's actually a key difference.



Don't waste your time on porn. Just digest every word here and we will show you exactly how to last as long as you need to in order to please your woman in ways she's never been pleased before, and how to get her TOTALLY addicted to you.

Understand this - most women (not all, but a significant majority) WANT to be dominated. Do not take this the wrong way. I'm absolutely not saying that most women are bondage freaks, or want to be smacked around, or mistreated, used sexually and then thrown away. Nothing like that.

What I mean by that statement, is that most women want a MAN in the bedroom. Not a cuckold, but someone who will take the lead. **Remember back in the last chapter when you were reading those conversations?** This is like that, but taken to the next level.

Sex is a journey you take with your partner. In order to have that journey...in order to take it together, you need to have a destination in mind. Now, as with any journey, there are lots of different ways to get from point A to point B, and most women really want you to take the lead in that department. They want you to guide them through the journey to the destination, where a big, thunderous, orgasmic surprise (or several) awaits them. Not arrogantly...not in a pushy or dickish manner, but CONFIDENTLY.

True, you'll occasionally encounter dominant women, and if that's your thing, then obviously you'll need to alter your approach somewhat, but I've literally NEVER encountered a woman who didn't love and appreciate a strong male presence in the bedroom.

That's all I'm saying here. BE that man. Take her by the hand and lead her to where you both want to go. That too, is all about confidence, and confidence is a learned skill. It takes practice, but it CAN be mastered.

The number one rule of sex:



She comes first (and she cums first! See what I did there?) If you don't remember anything else from this book, remember that. All by itself, that won't turn you into a sexual rock star, but it will put you miles ahead of most.

Now then, let's get down to business, shall we?



POSITIONS

This is what most guys will be most interested in, because after all, you have got to know, and be well versed in a number of positions if you are going to take the earlier advice about switching up to prolong your mutual pleasure. At a minimum, you should be comfortable with the following:

- Missionary
- Cowgirl
- Doggy

These are the “big three.” If you are not comfortable with all three, then you should begin practicing immediately with your lover in order to GET comfortable with them. But even here, there are some variants worth talking about. We will go over these in detail just below.

MISSIONARY

Everybody knows this one, and women seem to enjoy it because it's easy for them. There's not a lot of “work” involved for the woman (though there can be), and women's breasts tend to look quite lovely in this position. If your lover has a bit of extra weight, she may prefer this position if for no other reason than it tends to hide that fact and makes her somewhat less self-conscious if she has body image issues.

Obviously YOU think she's gorgeous, but she may struggle with her own body image. Don't be pushy of course, but if she seems stuck in the rut of missionary, gently coax her to try some of the other more basic positions in order to expand horizons for both of you.



FLIP THE SCRIPT

Instead of having your lover lie on her back, have her lie on her stomach. Start by rubbing her shoulders and giving her a sexy massage. If the mood strikes, and you think she might enjoy it, bend over and gently bite/nibble the back of her neck as you thrust inside her.

Many of the women I've personally been with tell me they LOVE this variation on a really simple theme (and the most basic sexual position) because they feel pinned and powerless, which adds to the excitement for many (but not all) women.

Lots of advantages here. In the first place, if you are starting by giving your lover a sexy massage, it's easy and natural to move from massage to sex.

Second, if your lover is into role playing the powerlessness of the woman in this position (that **"pinned to the bed"** feeling) might play very well into whatever role play you are doing, and finally, the angle of your thrusting is different, which provides a totally different set of sensations. Good stuff all around, and a great way to change things up.

MAXIMUM LEVERAGE

Another variant that most men are familiar with. This is especially useful if you are in a relationship with a woman who likes a rougher edge to sex, or if you are a bit on the small side and are looking for a way to compensate.

Start out in the missionary position, and put one or both of her legs over your shoulders. It changes the angle of your entry and stimulates different parts of her vaginal wall. It also allows you to get significantly deeper than you would be able to otherwise.

This won't apply to all women, but many of the women I have talked to have come right out and SAID that **"sometimes, women just want a good pounding."** Make of that what you will, but either I'm just naturally drawn to women who like their sex a little on the rougher side, or it's a fairly widespread phenomenon.

As ever, make sure she likes and wants what you are about to do before proceeding. Also, bear in mind that you'll want to switch things around here too. Sometimes putting her left leg over your shoulder, sometimes switching to her right, and sometimes both. Pay close attention. If she seems to like one better than the other, remember that!

Another minor variation on this theme is to have your lover rest both her legs on one shoulder or the other, but rather than bending them over your shoulder, have her keep them straight up in the air. You wrap your arms around her legs at the upper thigh for leverage and thrust.

What you are doing here is changing the angle of entry and the character of the thrusting to create an entirely new set of sensations for her. As with other “**woman’s legs together**” positions, this works especially well if your penis is on the smaller side, but even if it isn’t, it still feels great for your lover, because with legs together, it maximizes friction.

THE “V”

This works best if you are significantly physically larger than your partner. Start out with her on her back. Lift both of her legs as though you mean to put them over your shoulders, but do not. Instead, spread her legs wide, holding her by the ankles, then slip inside her. Instead of thrusting, simply move her where you want her to go, using her ankles to “steer.” **The deep, grinding sensation is incredible for both of you!**

CAT (COITAL ALIGNMENT TECHNIQUE)

This is another, exceedingly powerful variant of “vanilla” missionary. The goal here is direct clitoral stimulation while you are inside her. See, the big problem with missionary is that the clitoris is in the “wrong place” in that position. When you thrust inside her from that position, the clitoris is just hanging out all by its lonesome, completely left out of the party.

CAT fixes that. The position is basically the same as missionary, but rather than being chest to chest, you are actually a bit higher. Your chest is up around her shoulders, and her legs are slightly bent. This way, when you thrust and glide, your pubic bone is grinding gently against her clit.

The first couple times you do this, it might feel awkward, simply because it’s not what you are used to, but trust me, **it is POWERFUL!!** The reason it’s such a great position is because it’s the best of both worlds. You are stimulating your lover with every thrust, and you are stimulating her clitoris at the same time. That can (and usually does) lead to orgasms of incredible power and intensity.

COWGIRL

This is the nickname for the “woman on top” position. There are two basic variants here, and a note. Cowgirl itself is the woman on top, facing you.

This is a fabulous position for a number of reasons. First, because everything you are inclined to reach out and touch is right there in front of you. It’s nothing to sit up slightly to tease her nipples with your tongue, or reach out with your hands. Your thumb can easily find her clit while she’s riding you, or, you can simply grab her hips and help move her, guiding and controlling her thrusts.

Again, this is an especially good position for men who are a bit on the smaller side, because it allows an incredible depth of penetration, but it does so in a way that allows the woman a great deal of control OVER the depth of penetration (which also makes it excellent for especially well-endowed men, allowing their lovers to take as much or as little as they wish).

Note here: Many (if not most) women are inclined to simply rock back and forth when they're on top of you like this. There's nothing wrong with that - it's perfectly fine, and it feels great, but the next time you get your lover up there, ask her to grind her hips in a slow, sexy circular motion for you. It feels fantastic for both of you and adds a whole new dimension to the sensation. Or, if you are shy about asking her to do that, simply grab her hips while she's riding you and guide her into that motion. She'll very quickly get the idea, and once she experiences how good it feels, she'll take over from there, no prompting needed.

Reverse cowgirl is the same exact position, with the woman facing away from you. This provides a very different angle of penetration which many women report enjoying greatly, and it gives you a lovely view of one of her beautiful...assets.



Finally, the note - there are essentially two ways a woman can ride you. Either with her knees on the bed (or floor, or wherever), or by performing an "Isis Squat," which is where she remains on her feet, and simply squats over you.

This allows the woman enormous control over the depth, angle and speed of penetration, and also enables incredibly powerful downward thrusts. Not all women have the balance or leg muscles with enough strength to pull this off, but if you find one who can, treasure her! The feeling is incredible.

DOGGY STYLE

Again, this is one that almost all men are familiar with. The woman is on her knees, and you are behind her. .Once again, this allows for enormous depth of penetration, but gives the man almost total control over the depth and angle. Clearly a dominant position, submissive women tend to absolutely love this one. Note that some women find it painful, so be mindful and respectful of that.



Variations on the Theme

Woman's Legs Apart

In this variant, the woman's legs are spread wide apart, with your legs together between them. This is the most submissive variant of the position for the woman, and the position of her legs opens her completely to you, allowing for the absolutely maximum in depth of penetration.

This works best when there is only a minor difference in height between you and your partner. If you are significantly taller than your lover, you'll find the angle of entry to be somewhat awkward. Still doable, but it may not be as comfortable for you.

Her Legs Together

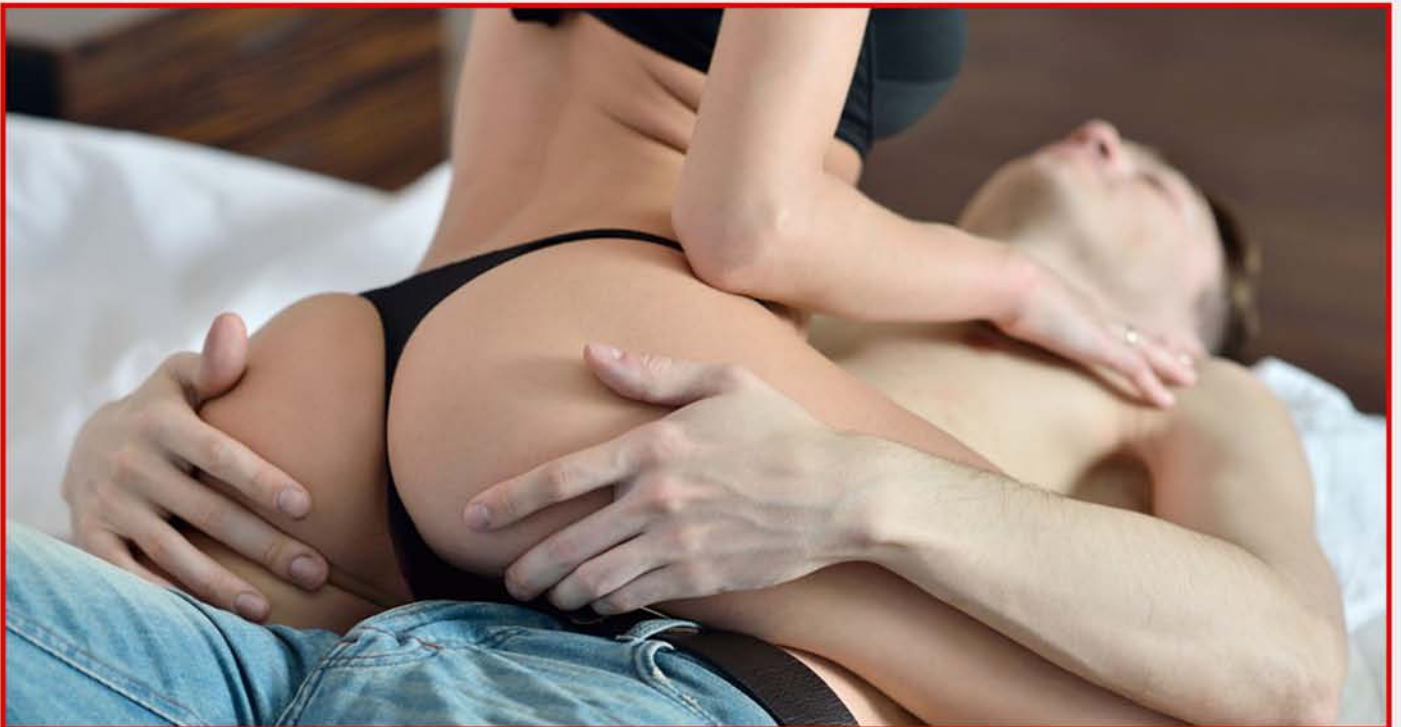
In this variant, the woman's legs are together, while yours are spread apart behind her. This variant tends to increase the intensity of sensation for the woman, because the position of her legs will increase the friction as you thrust.

A bit of depth is sacrificed, but not so much that it will in any way decrease your pleasure. It's also a good variant for men with smaller penises, or men who are significantly taller than their lovers, as the position of your legs helps offset your greater height.

I'm betting you didn't realize there was so much to say about the more common **sexual positions!** From those three "basic" positions, we've managed to parlay that into nearly a dozen variations. That alone isn't enough to turn you into a sexual superman, but it gives you plenty of different ways to spice things up without veering far from the "**Big Three.**"

Now though, it's time to move beyond just those. To do that, I highly recommend you get a copy of the Kama Sutra. It's one of the oldest, most comprehensive "**sex manuals**" in existence, and is the gold standard to this day.

Some of the positions you'll find in there require a high degree of flexibility to pull off, so don't be disappointed if you find that you and your partner can't do all of them (at least not without significant practice), but practice makes perfect, right? You can turn it into a kind of game - **selecting a page together and giving it a try, then circling back to your favorites to try them again!**



Definitely start with the Kama Sutra, but don't stop there. There are a number of "**sex manuals**" floating around, both in print and in digital form that can provide you a near-endless supply of ideas. Pick one up any time you feel the need or desire to expand the size and scope of your repertoire.

There are so many sexual positions out there for you to explore that we're not even going to attempt to cover them all here. For our purposes, it will be enough to simply cover the basics and point you in the right direction for more. OUR goal is to turn you into a sexual superman. YOUR goal...your mission, should you choose to accept it, is to expand your bag of tricks once you get to that point.

In keeping with that theme then, let's get back to the basics. As we've outlined above, starting with the **"Big Three,"** we've parlayed that into a number of variations on the theme that should give you a good start where sexual variety is concerned, but there's a lot more to be said on that topic, so next, let's talk about other simple ways you can mix things up.

We're bringing these things to light in order to give you more options when it comes to buying yourself time to get your excitement under control to help you last longer. The good thing here is that in addition to helping to improve your stamina, you are also getting tons of great ideas that will help you keep your lover both interested and guessing. Remember, the end goal here is to make your lover absolutely addicted to you.

CHANGING THE VENUE

Sadly, too often, couples fall into a rut, not just of position, but of time of day and location. In other words, sex becomes a bit of a routine. Always just before bed, always IN bed, always in the same position, with only very occasional variations.

Studies have shown that fully fifty percent of women struggle to have an orgasm while having sex with their partners (most know how to bring themselves to orgasm via masturbation, so that's why we had to make the distinction). Given that, is it any wonder why so many women are sexually dissatisfied?

Is it any wonder why so many marriages end in divorce? No, we're not saying that sex is the most important part of a relationship (including marriage, but ANY relationship, really), but the bottom line is that it is a really, hugely important component of any healthy relationship.



In general, as the health of your sex life goes, so too goes the health of your relationship. If you have got an active, varied sex life, then odds are good that you'll have a healthy, stable relationship too. If you don't, then odds are that you are in a rocky or troubled relationship. There are exceptions to all rules, sure. But that's a pretty accurate gage. All that to say, it matters. It really, really matters.

In addition to mastering the different variants of the "Big Three" sexual positions then, you should strive to become a bit of a sexual adventurer. A lot of this is going to be subject to your partner's comfort level, but with good communication and a light-hearted attitude and approach, I'm betting it will be pretty easy to get your lover to agree to a bit of experimentation. What kind of experimentation?

Well, who says sex has to be at night? Or always in the bedroom?

I know that for many of you, this isn't going to be news. You have already gone down this road. If that's the case, feel free to skip over this section, but remember, there will be a significant percentage of readers who have never felt comfortable enough for confident enough to branch out like this.

If that's you, then consider this to be your formal permission. I hereby grant you permission to have sex with your love in any room of your house, or anyplace else you can think of that you stand a reasonably good chance of not getting caught. Just understand that this permission doesn't grant you immunity from local indecency ordinances, so if you get caught, you are on your own there - **don't come whining to me!**

That said, sit down and think about your home. Places you and your lover frequent. Make a list of all the places that excite you when you think about having sex with your lover there. Make a kind of "**mental bucket list**" and start crossing them off the very next time you have sex with your lover. The worst thing that might happen is that she'll wonder what suddenly came over you, **but she'll also probably LOVE your sudden burst of spontaneity!**

Just remember - different strokes for different folks, as they say, so what turns you on might not do anything for someone else, including your lover. Maybe you have always fantasized about laying your lover on the dining room table. Or the kitchen counter. Maybe on the stairs. In a chair. On the sofa. Front porch Back porch. The park downtown after hours. Hell, it could be anywhere. Maybe when you broach the subject with your lover, you'll find out that she's long had a secret desire for "public play," and was too embarrassed to tell you.

Even if she isn't, once she knows that you are interested in branching out and away from the bedroom, she'll probably have a few ideas of her own that you hadn't thought of. That's great! Run with it and have fun. You are both adults.

ORAL SEX

Now, are two more things we need to talk about in this section. Two more things you can do that will help you increase your stamina in the same way the other ideas above will. The first of these is, of course, oral sex.

This is (or can be) a touchy subject for guys. Almost every man LOVES being on the receiving end of oral sex, but here's the thing:



Most women love it too! That's where the trouble and sexual friction can start, because a surprising percentage of men balk at the idea of putting their mouth "down there." If you are expecting to be on the receiving end though, you should be prepared to be on the giving end too!



Let's be clear about this. If you balk at going down on a woman, GET OVER IT. If you want to be a sexual superman, then you absolutely need to embrace the idea of licking your lover's pussy. There's just no other way to say it. Every man can thrust, pump and grind, but real men are "cunning linguists." Be one. Learn to love it. When a woman finds a man who enjoys performing oral sex, they know they've found a real prize. A real treasure. That's the man you want to be.

Unfortunately, most men who agree to go down on a woman aren't very good at it. Most men treat licking a woman about the same way they paint a fence. One type of tongue motion, a monotonous up and down. It's boring, and it might not be the kind of stimulation your lover needs to get her off in that way.

Don't worry - I'm going to teach you two "tricks" that will take you from Tom Sawyer to Pussy Picasso. You'll be doing things with your lips and tongue that will leave your lover shuddering in ecstasy and wondering how you learned to do what you are doing. Trust me - these ideas WORK.

SECRET #1 - LEARNING HER BODY

Every woman is different. Some women have a clit that's so sensitive that they can't stand much in the way of direct stimulation until they're incredibly turned on. Some women prefer a clockwise circular rubbing motion. Some prefer side to side. Others prefer and up/down motion. Others still counter-clockwise.

The problem, of course, is you don't have a good way of **KNOWING** what your lover prefers. What feels best. Don't guess. There's a much better solution, and I'm going to tell you what it is, right now.

Next time you are in bed together, ask her. Ask her to show you how she touches herself when she thinks of you. If she sees how incredibly turned on you are by making the request, she's almost certain to show you.



When she does, watch her closely and pay attention to the way her fingers are moving over her clit. Direct or indirect. Firm pressure or soft. **What direction or directions?** Pay attention and you'll know exactly how to touch her in under thirty seconds.

Once you see how she touches herself, lower your head between her legs, kissing her inner thigh and slowly working your way to where her hand is. She'll get the idea and move her hand out of the way to let you play. When she does, your tongue takes over, mimicking the moves she just showed you.

SECRET #2 - START MIXING THINGS UP

Once you give her that first set of mind altering orgasms, the next time you have your head between her thighs, she's going to think she knows what to expect, but you are going to surprise her again. Just as we outlined with the variations on the basic sexual positions, the key to being a true Master of oral pleasure is to have an assortment of "tricks" to delight her with. A few of those tricks will be described just below.

The first thing you are going to do is, instead of licking her clit, you are going to actually thrust your tongue inside her. No, it's not as long, or as firm as your cock, but it is hugely flexible, and you are going to put that attribute to good use. Keep your tongue inside her as deep as you can get it, and wriggle it in a variety of directions, then thrust it in and out, exactly as you would if you were having sex.



Just watch what it does to her! If that doesn't turn you into a cunnilingus addict, I don't know what will.

Once you have done that for a while, go back to doing what you know she likes. Give her another fantastic orgasm, and while she's cumming, you are going to change things up on her again. In mid-orgasm, while she's trembling from head to toe, you are going to thrust first one, and then two fingers inside her.

The two fingers are important, and here's why. First, you are going to go exploring and find her "G-Spot." To do that, you'll insert your fingers, palm up, then curl them up inside

her, pressing on the front of her vaginal wall. Start exploring.

You'll find that MOST of the vaginal wall is silky smooth, but there will be a spot (sometimes not dead-center, but off to one side or the other), that has a different, kind of "spongy" texture to it. That's a magic spot. Start curling and uncurling your fingers so that you keep hitting that spot while your tongue is busy doing what it's doing.

The effect will be immediate and amazing. You'll give her another whole series of orgasms the likes of which she may have never felt before. As before, don't stop until she begs you to. Just let her ride those waves of pleasure until she can't physically stand it anymore, then slide up next to her and kiss her till the trembling starts to subside.

But you're still not done...because after you've given her a chance to recuperate, you're going to do it again. Only this time, you have another surprise in store for her. This time, right from the start, you are going to be combining the tongue motions you know she likes with the two fingers inside her, but now, instead of going straight for the G-Spot, you are going to let them "dance."

To do that, you are just going to thrust them deep, and then start moving them independently of each other - two different directions. This is going to be stimulating so many spots all at once that she's probably not going to last very long, and you are going to let her ride through another set of powerful orgasms.

This time, when you feel her starting to cum, you are going to (very gently) envelop her clit between your lips and suck while you are licking. This is essentially going to supercharge her orgasm and may even leave her incapable of coherent speech for a while. You can pat yourself on the back for being a total sexual badass and oral sex Master while you are watching her wiggle and squirm in delight.

At this point, she may be done for the night...if so, you can, while she's still in mid-orgasm, rise up her body and thrust inside her.

If you have never actually thrust inside a woman WHILE she's having an orgasm, then you are in for a real treat (and so is she!), because the feeling is absolutely amazing. There's not even a good way to describe it with words - just try it once and you'll see what I mean. If you do this, you'll go a long way toward making her feel totally sexually addicted to you. She won't even know what hit her!

There's yet one more trick you can try out on her, and I saved the very best for last. If you mix and match the above techniques on your lover, you'll be able to deliver an endless number of mind-bending orgasms, but if you want to really surprise her later, save this last "trick" until she thinks she knows your entire playbook.

At some point when you are going down on her, I want you to STOP licking her in the pattern she is now quite accustomed to. Instead, I want you to pick a word. It could be any word. Personally, I like to start out with my lover's name.

I want you to “write” her name in flowing, cursive script across her clit with your tongue.

Yes, you read that correctly. I know, I know - it sounds goofy, but trust me, the flowing pattern is going to do amazing things to her body. Don’t forget to dot all your I’s and cross all your t’s...details matter and you want to have excellent penmanship, don’t you? She’ll want you too as well! Again - this is going to drive her absolutely mad.

Once you have traced her name a few times consecutively, pick a new word. Or, tell her what you are doing and have HER pick a word. OR, have her try to guess the word and give her a “reward” if she guesses correctly. Guys, this is going to absolutely blow her mind. You are going to be writing me letters and thanking me for this part of the chapter.

So that’s it. If you mix and match these various oral sex “tricks,” you are going to be able to deliver the most incredible orgasms she’s ever experienced. On demand. Any time she wants.

Remember earlier when we asked that question? How confident would you be if you could walk into a room, go up to ANY woman and know with absolute certainty that you could give her as many mind-bending orgasms as she could stand?

I told you then that it would, of course, send your confidence soaring through the roof. This was exactly what I was talking about when I wrote those words. This exact section of the book. And now you know how to do just that.

I’ve never met a single woman who could resist these tricks. Not one. I’ve even been with women who told me that they just couldn’t have an orgasm and, using these “tricks” shown them that not only was that incorrect, but that they were actually multi-orgasmic all along and just didn’t know it.

These tricks are so powerful, so devastatingly effective that they could probably turn a eunuch into a sexual rock star. Given that you are probably not a eunuch, just imagine what they’re going to do for YOUR sex life.



ANAL SEX

There's one more topic to cover in this section, and that, of course, is anal sex.

It's not something that all women enjoy, and again, as with the other topics we've covered in this chapter, we're not bringing this topic up with the intention of making this a how-to manual, but merely so we can give you more options for when you need to pause and take a break in order to dial back your excitement.

Of course, a happy side effect of that is the fact that in doing so, you'll also learn a bit more about a sexual activity that some people consider "taboo."

It isn't, but as we said, not every woman likes it. If yours doesn't, certainly don't pressure her into it, but if she does, then this section will show you how to do it properly, with minimal pain (and maximum pleasure!) for your partner. Here's what you need to know:



WHY SOME WOMEN WON'T

Before we get in "too deep" (pun intended!) to this topic, let's spend a moment talking about the reasons that some women don't LIKE anal sex.

The first and most obvious objection is the pain. Even if they've never actually had anal sex before, some women aren't willing to give it a try because they've heard that it will hurt. It's true, it CAN be painful if not done correctly and with care, but that's not you, because we're going to teach you how to avoid all that.

The second big reason comes down to self-consciousness. To put it bluntly, some women will balk at the idea because they think that you are going to wind up with shit all over your cock, and let's face it, there's no real way to turn that into a sexy image.

If that's the image that is running through your mind, you'd probably not be into anal sex, either. This risk can, of course, be minimized, and I will explain how. If your partner is on the fence about anal sex, and brings up either of these objections, you can help put her mind at ease with the information contained in this section, if this is something you'd like to try with her.

SOOTHING YOUR PARTNER'S FEARS ABOUT THE (POTENTIAL) MESS

As we mentioned, this is one of the two major objections women have to the idea of anal sex. If you are with a sexually adventurous woman and she's game to try it out, just let her know that the risk of such things can be minimized simply by utilizing a fleet home enema kit about two hours before anal sex. Quick, easy fix.

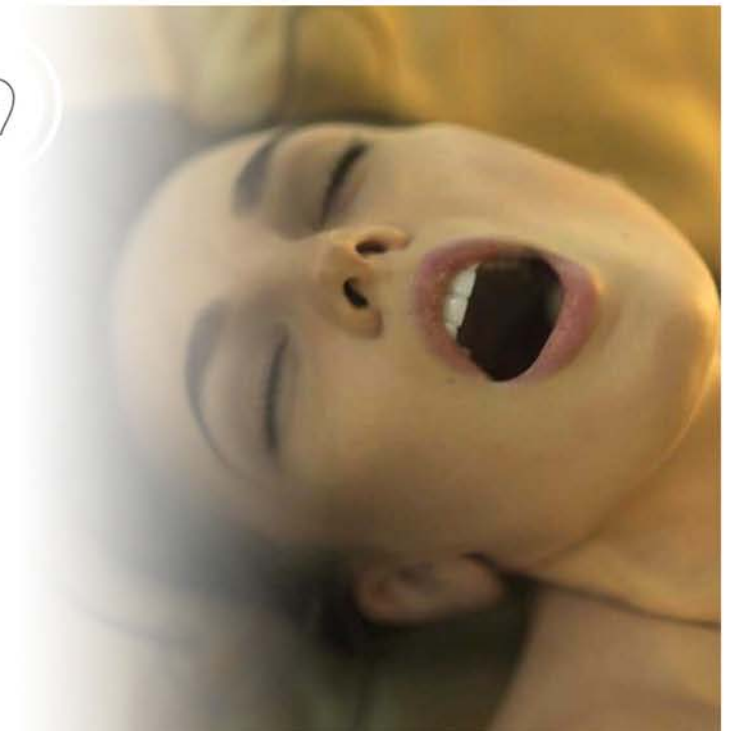
How-To

And now for the most important part. As we said at the start, anal sex can be painful if not done properly and with care. This is what you want to do in order to minimize that.

How-To

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?



LUBE, LUBE, LUBE

You can't have too much lube. More is always better. Use it in copious amounts, and if there's any question as to whether or not you have enough, use a little more. More lube will help ease penetration, and ease of penetration is a good thing.

TURN HER ON COMPLETELY

Most women can't handle anal sex right away. Ease her into it. Give her a few orgasms with your mouth. Spend some time in your favorite sexual positions, and use anal sex as **"the big finish."** That way, you are absolutely certain that she's totally in the moment and turned on completely.

DON'T RUSH

You don't want to just thrust the full length of your cock into her. Even women who are accustomed to anal sex don't like, and probably can't cope with that. It's too much, too fast. Start with a well lubed finger, and even then, don't try to just thrust it into her. Tease her a bit, then gradually insert your finger to the first knuckle.

That gives her body time to react and adjust. Once she has, insert it more deeply and start gently thrusting, pulling it nearly out, then thrusting back in, a little deeper each time. After a few minutes of that, you are ready to tease her with the head of your cock.

Again...very slowly. Just the head at first, and once she adjusts to the sensation, start making tiny thrusts, slowly inserting more of yourself. Before you know it, you are there, and without pain.

GET HER TO RELAX

If she's tense, or if she tenses as you slide into her, it's going to hurt. Tense muscles do that. That's why you want to go slow, in order to help her relax and keep her that way. Remember, it's not a race.

That's it. That's all there is to it, and the "secret" to great anal sex with your partner. Some men prefer to use a condom when having anal sex. Not strictly necessary, but if you feel the urge, no need to feel awkward about it. Also, and this **SHOULD** go without saying, but for the sake of completion, **let me add this:**

There are all sorts of bacteria living in the bowels. Those bacteria are fine there, and ideally suited for that environment. They're not very well suited for say, the mouth, or the vagina. So if you have anal sex, be sure to clean up before moving on to some other kind of sex!

Maybe you've seen "ATM" (ass to mouth) sex being performed in porn movies. Don't go there. It can make you or your lover sick (or both of you). Also, you can cause serious infections in your lover if you have vaginal sex right after anal sex. Besides, there are worse things than taking a nice, hot, sexy shower with your lover, right? Keep it safe. For both of you.

A FINAL WORD ON DOMINANCE

Remember, we're NOT talking about the BDSM lifestyle here. That's a totally different form of "dominance" and beyond the scope of this book. Dominance, in the context we're using it here, goes hand in hand with confidence, and no discussion about boosting your sexual confidence would be complete without saying a few words about dominance.

While confidence and dominance go hand in hand, they ARE two separate things, and interestingly, one begets the other. The more confident you feel, the more you are just naturally inclined to BE dominant in the bedroom. The more dominant you are in the bedroom, the more naturally inclined you are to be confident.

In other words, you can boost your confidence by going through the motions of being more dominant with your partner, and by doing so, your confidence level will increase and eventually "catch up" to the level of dominance you are displaying.



So what defines a "dominant man" in the context of sex? Below are some of the hallmarks. Look over the list. Keep these items in mind and begin putting as many as you are comfortable with in practice, the very next time you have sex with your partner. Here's the (partial) list:

● COMMANDING PRESENCE, TONE AND BODY LANGUAGE

Think back to those power poses we talked about earlier. This builds on that. A confident man maintains a confident posture. His body language is direct and forthright. His tone is even and leaves no doubt or question as to intent. That's what you need to aspire to be.

● LOW, SOMEWHAT GRAVELLY VOICE

It's true! If you don't have a naturally deep voice, practice speaking in one. You'll be AMAZED at how much it boosts your confidence, and let's face it - nobody can take a man seriously if he's trying to be dominant in bed and talks like Mickey Mouse.

● AN INTENSE GAZE OR STARE

This is something else you can practice in front of the mirror. It, coupled with body language will do much to increase your physical presence, which again, will help with both dominance and confidence.

● RESTRAINING YOUR LOVER

Again, I want to draw the distinction here between true BDSM and light restraints. A dominant male won't be bashful about physically retraining his lover, pinning her arms above her head during sex, or perhaps binding her hands with something (my personal preference is silk neckties - I keep a small collection of fantastically fugly ties for that very purpose.

● Five of them, in fact! One for each wrist, one for each ankle, and one to use as a blindfold - recommended). This can be especially effective if you are physically much larger than your partner. My current girlfriend is 5'2". I'm 6'6". It's nothing for me to grab her shoulders in the heat of passion and just pin her to the bed, and she LOVES it.

● FORCEFUL KISSING

You have seen this in movies and let me tell you, every woman I've ever been with goes crazy for this. Frame her face in your hands and tilt her face toward you. Or, put your fingertip under her chin and MOVE her head up so she's looking at you, then kiss her. These are small, subtle things, but they are unmistakable signs of dominance.

● SEXUAL TEASING

The same thing applies to relentlessly teasing her before sex. Using the head of your cock, touch and torment her, but don't penetrate her till she's begging you to. It builds the passion for both of you and by making her beg you for it, it increases her perception of you as a dominant man.

● SPANKING

A truly surprising number of women love being spanked. Here, of course, we're talking about light, playful spanking, not hard, bruising spanking. Even so, being spanked is an inherently submissive thing, and I've only ever been with one woman who didn't get completely turned on by being bent over and having her ass smacked.

● HAIR PULLING

This falls into the same basic category as the spanking. It's especially effective if you are taking your lover from behind - it's just a natural position from which to grab a handful and tug. Even better, for most women, at least, it seems to REALLY enhance their enjoyment of that particular sexual position. Try it and see for yourself.

● GUIDING OR MOVING YOUR LOVER

Instead of just "asking" your woman to change positions, move her body yourself. Guide her to her knees, or into whatever position you'd like her to be in. That unspoken communication expresses an undeniable dominance.

Even if you lack sexual confidence, the mere ACT of doing any (or all) of the above will very quickly boost your confidence carrying it to new heights. Try them out the next time you are having sex with your partner. You'll be AMAZED at the effect, and it will be almost instantaneous, and here's one more.

Consider this to be a bonus to the bullet points listed above. Talk dirty to her. The dirtier the better. Explicitly describe what you're going to do to her...what you ARE doing to her. Some (a very small minority) of women don't like this, but most do. Find out first of course, but if she's open to it, excite her with your words. It really adds something to the sex.



CONCLUSION

We've now reached the end of our journey together. While I have no way of knowing the specifics of your situation or the EXACT reason that prompted you to make this purchase, I do know that you were looking for a way to improve your sex life.

At this point, if you have followed the advice in every chapter of this course, you are armed and dangerous. You now know what to eat, what not to eat, and what lifestyle changes to make in order to increase your sexual potency. To help increase your potency further, we've outlined some great supplements you can try as well.

If you are concerned about the size of your penis, we've also shown you three different techniques you can use to increase your length and/or girth, and a couple of other "tricks" besides.

In addition to that, we've shown you what the averages are, and explained why your penis is probably just fine the way it is. It's totally up to you if you want to spend the time and effort to make it bigger.

Furthermore, we've talked about the importance of confidence and the power of visualization in GIVING you that confidence, and we've outlined two simple "missions" you can undertake to vastly increase that confidence in you.

We've also gone into detail about the common causes of premature ejaculation and how to fix them, and not only given you a variety of exercises you can use to boost your sexual staying power, but given you nearly a dozen sexual positions and variants you can use to spice up your sex life.



Best of all though, we've shed some light on one of the most mysterious aspects of sex for men, namely, the fine art of going down on a woman. Using the tricks we outlined for you earlier, you can take your lover's interest in you to new heights, causing her to become outright addicted to you and the magical powers of your fingers and tongue.

In short, you have everything you need, right here, between the two covers of this book, to take you from wherever you were at the start, to sexual rock star or superhero.

What Happens Next?

Having read and digested every word of this book, now the REAL fun begins. Practical application is always way better than theory, especially where sex is concerned, so go out, starting right now, and put the things you have learned to good use, especially the bits on oral sex, which is where so many men struggle.

Once you start using these tips and techniques to take your sex life to the next level, I hope you'll write in and share your story with us. Tell us where you were before, and the ways in which our guide has helped you become a better lover.

Look, we love women and we love sex. This book was written as much for them as it was for you, because by helping you become a better lover, we're also helping women the world over achieve more sexual satisfaction.

That's where the magic is for us. Through you, we're making sure that the world is filled with happier, more satisfied women, and we're thrilled that you have agreed to be a part of that. We're thrilled that you have decided to take this journey with us. **We wish you the very best of luck, and all the hot, wild times with your lover that you can handle!**

For your convenience, and so as to keep you from having to flip back through the book, we're including the list of supplements here, because they're an important component of boosting your performance overall.

Before we finish, let me run down our list of recommended "sexual supplements" once more:

Supplements We Recommend

- **PHGH** - <http://phghrx.com/order.html> This is John Lawrence's power formula. I can't recommend this one highly enough.
- **L-Arginine** - If you want rock solid erections and porn star style performance, then take this. You are going to want to take 1,000-2,000 mg every day. Whenever possible, take another 2,000 - 2,500 mg a couple hours before you have sex.

Note: To avoid creating an imbalance in your system, we suggest you also take 500 mg of L-Lysine. Note that one of the potential side effects of taking this supplement is that some people have reported getting cold sores or blisters. If this should happen to you, stop taking L-Arginine, and increase your daily intake of **L-Lysine** until the sores dissipate.

- **Bee Pollen** - Used since ancient times, and widely regarded as one of the best all-around supplements you can take. Rich in enzymes and amino acids, vitamins and minerals, you'll have more sexual energy, and more energy overall. If you want more frequent and firmer erections, take bee pollen, preferably in its raw form. Note that if you are allergic to bees, you'll want to stay away from this stuff. That's one of the reasons that we're mentioning several different possibilities. That way, if one of them winds up not working for you, or if you have an adverse reaction to something, you have got other options.
- **Tribulus Terrestris** - Used by weight lifters, this herb is used to naturally increase the body's testosterone levels. This will give you a higher sex drive and a stronger libido, in addition to increasing your energy levels overall.
- **Yohimbe** - A fantastic herb that many people have reported great success with. Helps give you longer lasting erections. **Note, however, that this herb is NOT recommended for people with high blood pressure!** If yours is even slightly elevated, and certainly if you have a heart condition of any kind, you should not be taking this one. Use with caution.
- **Saw Palmetto Berries** - If you are taking any supplements to help increase your testosterone, you'll want to take this also in order to keep DHT from building up in your system.
- **Damiana** - This herb will increase both your sex drive and your ejaculatory control. If you have a problem with premature ejaculation, then this supplement is highly recommended for you. It will help you last longer during sex so you can more completely satisfy your partner.
- **Avina Sativa** - You have probably heard the phrase "sowing your wild oats?" Yeah, this herb is literally "Wild Oats," and will help increase your libido and the volume of your ejaculate. It will also keep you harder, longer. No known side effects!

- **Maca** - If you are going to use this Peruvian powerhouse, we recommend that you get it in raw, powdered form (because the capsule form is quite expensive, and you'll save a lot of money).

Also, you don't want to take this every day, or you'll dilute its effectiveness. 3-4 times a week, max. The best approach is to stir a bit into a bottle of flavored water or a smoothie, and gulp it down. It will give you a big boost of energy both in and out of the bedroom, give you firmer, longer lasting erections and increase the amount of your ejaculate.

- **Vitamin E** - Also called "the sex vitamin," this will help you maintain your energy level in general, and give you a boost to your libido.
- **Swedish Flower Pollen** - The reason we wanted to bring it up here is that it's hugely beneficial in terms of helping men maintain their prostate health. This is a huge problem for men, especially as they get older, and is well worth considering taking.

And that'll do it...

Here's to your happiness, hardness, and all the great sex you could ever wish for!

MICHAEL MANNING

RECOMMENDED RESOURCES

TACTICAL ATTRACTION

Tactical Attraction is the ultimate crash-course for learning every element of attracting and seducing women, and becoming the best and most attractive MAN you can possibly be. Inside this best-selling program, you'll discover how to develop **unstoppable Alpha Male confidence**, how to transform your "look" and become 400% more attractive, and how to use verbal and body language tactics to make any women feel **UNCONTROLLABLY ATTRACTED** to you.

[Click here](#) and learn how to use these stealth seduction secrets to score with all the hot women you want, or to get the loyal, loving, and **smoking hot girlfriend** you've always wanted. The choice will be yours!



THE BAD BOY BLUEPRINT

We all know that women are hard-wired to chase after "Bad Boys." (And despite what you see in the movies, "Nice Guys" are the LAST ones to get laid!)

Now, for the first time, you can learn a proven, step-by-step system that rewires you for **total unstoppable success with women** by giving you the "Bad Boy edge" that women crave. Get ready for women to chase you and even fight over you, once you [click here](#) and discover these **badass Bad Boy seduction secrets**.



INSTANT SEXUAL ACTIVATION

What if you could "crawl inside" the mind of any woman, hijack her thoughts, and install feelings of uncontrollable HORNINESS in her brain...and then **direct all of those feelings towards you**? So that she feels an overwhelming desire to follow your suggestions, and **do whatever it takes** to please you?

This is the "seduction superpower" you will discover inside the **Instant Sexual Activation system**, which has been called "the holy grail of seduction."

[Click here](#) and use these **mind control secrets** tonight...but please use them ethically and responsibly, as they can be DANGEROUSLY powerful!



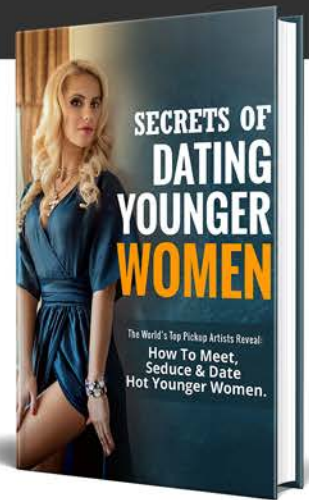
RECOMMENDED RESOURCES

SECRETS OF DATING YOUNGER WOMEN

If you're a guy in your mid-30s or up, you might think that sexy, fun, hard-bodied younger women are "out of your reach." Well, now you can learn the exact secrets and techniques that **the world's best pickup artists and seduction masters** use, to make your age your most powerful advantage!

The **Secrets Of Dating Younger Women** program combines the knowledge and techniques of more than a dozen of the most famous and respected dating experts on the planet, to give you a step-by- step roadmap that will make you a MAGNET for the young, hot women you deserve to be with.

[Click here](#) for more.



AUTOMATIC OBSESSION WORDS

Imagine if you knew the EXACT words to say, in any situation, to instantly command a woman's attention and trigger feelings of **raging sexual desire** inside of her. And then...imagine using short, simple phrases to make her want to come home with you and give you **all the sex you can handle?**

[Click here](#) to discover these closely-guarded "**Obsessions Words**" and start using them tonight. Rejection will become a thing of the past, because you'll have **the perfect words to say** hard-wired into your mind.



SECRETS OF STRIP CLUB SEDUCTION

What guy hasn't fantasized about scoring with a sexy, curvy stripper or exotic dancer who has ALL the right moves in bed? The problem is, for most guys, the idea of banging a stripper is nothing more than a fantasy...and strip clubs exist only to drain your wallet and send you home with a case of blue balls.

But now, a team of seduction experts from Las Vegas...the strip club capital of the world...have peeled back the curtain to show you EXACTLY how they dominate strip clubs and hook up with the hottest strippers for FREE.

[Click here](#) for a hot, private presentation and discover the **Secrets Of Strip Club Seduction**.

