Last

FOREVER

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INTRODUCTION

Sex is good.

Good sex is great.

And great sex is mind-blowing.

Everyone knows these simple statements to be true. It's exciting, sensuous, and fun, and we all search for the best ways to bring us closer to great sex. And there's one great problem holding a lot of men back from that elusive and amazing experience.

What is that problem?

Two simple words—premature ejaculation (PE).

Over 30% of men all over the world suffer from it. Why is this an issue?

The answer is simple—sex that is over too soon is not great sex. It's not even good sex. It's like getting into your first Olympic 100m sprint, and falling flat on your face after going one meter. No one wants to fail so badly and be embarrassed like that.

There are also some very worrying studies showing that having PE leads to a vicious cycle. Because men who have it regularly worry about it, leading to erectile dysfunction, and less sex, and even worse cases of PE. More often than not, these men end up just not having sex, which is something that can be easily avoided.

So, if you suffer from PE, then this report is for you.

Even if you don't, wouldn't you like to know how to make sex last longer?

Wouldn't you like to know the simple secrets to lasting forever?

But wait, you cry! Isn't Viagra the answer? Well, it is for lots of men around the world. The 'little blue pill' has gotten a great reputation over the years, but it's not actually all it's cracked up to be.

Firstly, the price is pretty ridiculous. It makes over a billion dollars a year, and that's because a single dose can cost you about $10 every time. And it just masks the problem; it doesn't solve it.

And perhaps the biggest downside of Viagra are the host of side effects that can occur. They range from slight, such as flushing, to serious, such as dizziness and a feeling of burning in the chest.
Here are just a few of them:

- Aches and pains
- Bloody nose
- Bloody urine
- Convulsions
- Cold sweat
- Confusion
- Diarrhea
- Difficulty breathing
- Flushing of skin
- Headaches
- Heart problems and chest pains
- Rectal bleeding
- Ringing in the ears (tinnitus)
- Skin lesions and paleness

- Sneezing
- Sores in the mouth and on the lips
- Stomach discomfort
- Trouble sleeping
- Nausea
- Anxiety
- Deafness and other hearing problems
- Sexual problems, including failure to reach orgasm
- 4-hour erections
- Vision problems, including sudden vision loss and seeing different shades of colors than before

As you can see, Viagra just isn't worth the risk. It's expensive, and extended use can lead to a whole host of unpleasant side effects. Having sex with a bloody nose, sneezing and breathing difficulties just isn't, well, sexy.

So what is the answer?

That is what we're going to teach you. The secrets to lasting forever, without doing anything weird. Or using numbing creams. Or alcohol. Or even medication.
These secrets are 100% all-natural, and don't even require that much effort or massive time commitment. All you'll need is 7 days.

That's right—just 7 days.

We're about to share with you the quick and easy methods to lasting forever. But before we do, we need you to do something for us.

Relax. Stop worrying. It's not helping you at all.

Worry takes up time. It takes up energy and raises anxiety levels. No man has ever been able to bed a woman as an anxiety-ridden wreck. You need to take a moment. Breathe in deep. Concentrate. Tell yourself that you are confident and secure in yourself and your abilities, because you are.

It is vital that you are calm and relaxed before you try out anything in this report, or even go near a bedroom with your partner.

Breathe deep, feel confident. You can do it.

Are you ready? Good. Then let us begin.
Before you hop into bed with a woman, you're going to have to prepare yourself. You wouldn't want to start a 24km marathon without any training, would you?

Of course not. You'll need to train for a while first, make sure you're in the right shape to be able to tackle the challenge. The same principle applies here.

Don't worry, we're not asking you to hit the weights and run a 10-minute mile. Being physically fit wouldn't do any harm (both to your body and your chances with the ladies), but we're talking about practicing other things.

Before you can know a woman, you need to know yourself. You're going to have to know what it takes to rein in your excitement. You will need to know yourself so that you can start and stop whenever you want to.

There are two things you need to do before you even start to undress with your lady. They will take a couple of days to master, but once you have, you will be one step closer to lasting forever.

Once you have learned these two simple things, you will have a lot more control over yourself in the bedroom.

Neither of these two things are difficult. In fact, they are actually going to be fun to do, and definitely pleasurable.

**PC Exercises**

Your Pubococcygeus muscle, otherwise known as your PC muscle, is the key to a strong and lasting erection. It is a hammock-like muscle that runs from your pubic bone to the coccyx (tail bone), forming the floor of the pelvic cavity, and thereby supporting the pelvic organs.

There are three fascinating benefits to exercising this muscle:

1. It increases erectile strength and duration
2. It helps act as the foundation for mastering multiple orgasms
3. And, most importantly, it helps stop PE

The PC muscle controls urine flow, so finding it is a simple case of discovering which muscle you use to slow down and speed up when you pee. You can become aware of it by repeatedly expanding and contracting it the next time you use the toilet.
As soon as you have done this and are aware of it, you can exercise it like every other muscle in the body. You'll have to do a certain amount of sets and reps, just like any other muscle. This is bodybuilding for your sexual organs.

All you need to do is this:

- Contract and hold the muscle
- Rest
- Repeat 20 times

Work the muscle up to the point where you can hold every contraction for more than 10 seconds at a time.

**Start/Stop**

Now that you've learned PC exercises, it's time to move on to the next strategy that you need to learn in order to last forever. This is known as the Start/Stop technique, where you work on taking yourself as close to the point of climax as possible, and then stopping. The more you do this, the longer you will go each time.

This technique will allow you to control your excitement, and with practice, you'll figure out how to last longer and longer in bed by starting and stopping.

To practice this, all you need to do is this:

- Masturbate with a dry hand. Although the pace isn't important, it is vital that you do not bring yourself to ejaculation
- When you feel that you're close to ejaculating, stop
- Once you don't feel the urge to come anymore, begin jerking off again
- Repeat the cycle four times and come on the fifth
CHAPTER 2: GETTING IN THE MOOD

The best sex is more like a marathon than a sprint. Who wants a sexual experience that gets you to the finish line in under 10 seconds? It's good for the Olympics, but not for the bedroom. Here is where we share with you a few tips to extend your time in the bedroom. You're going to learn how to pace yourself, and make the pleasures of sex last a lot longer.

This chapter is all about the build-up.

Before Sex

Continuing with the marathon analogy, you always needs to warm up before such a long run. It is the same with sex. The warm up is very important. You can't just go for gold immediately, you have to start gradually, and pace yourself.

Why?

Well, let's take a look a surprising fact. It takes a woman between 10 and 20 minutes to achieve an orgasm, whereas it takes a man anywhere from 7 to 14. This makes foreplay very important indeed, because you don't want to finish before she does.

So what do you have to do?

The answer is simple. Concentrate on her. If you've been with the same woman for a while, you might be in a rut. Doing the same thing every time. It's time to switch that up and be creative.

Take your time here. Foreplay is supposed to be fun and sensual. Not rushed. Don't dive right in, go slow and easy. It's all about making your partner feel good.

Here are a few tips for you:

- Start with a make out session. Enjoy it, have fun, and take your time with this
- Warm up some massage oil and give her a back-rub
- Explore her body, find her pleasure points. Examples of these would be her neck, her wrists and her inner thighs. A gentle touch is best when exploring these areas
- Try gently kissing her all over. Start with her neck and make your way down slowly. Remember, be gentle and go slow. Don't rush this part, sensuality is key
- Use your mouth and your hands. While your mouth is busy in one place, get your hands involved somewhere else
By now, you've spent about half an hour or more getting both of you ready for the main event. You'll probably find that both of you are aching for sex at this point, and that's a good thing. Well-executed foreplay will lead to utterly amazing sex, so in addition to lasting longer, you'll also blow her mind—and yours.

**You're Not Working Construction**

This is important to remember. You're not operating heavy machinery, neither are you a rabbit. Don't just climb on and start pumping like you've just got on a cardio machine.

You need to go slow. Remember our key word here. Sensual. Keep that word at the forefront of your mind.

The reason here is twofold. For starters, going slow will delay your climax. And that's what you want isn't it?

Secondly, remember how we mentioned that it takes women longer to climax than men? By going slow, you're giving her time to reach her point of maximum pleasure. This is important, because when your partner is happy, both of you are happy.

If you feel like you're going to come too early, pull out or just stop. Use your hands, your mouth or both to keep stimulating her. Concentrate on pleasuring her until you're ready to start again.

**Try Multiple Positions**

The Kama Sutra is a popular book for a reason.

There are a few positions that are designed to make you achieve climax as soon as possible. Doggy and Missionary are examples of this. Save ones like these for the end of the session.

Try letting her be on top. Reverse Cowgirl is a good one, for you and for her. Maybe try doing it sideways. Have her sit on a table while you stand up. Use your hands and mouth while you're inside her. Use your mouth on her neck, while your hands explore her body, but be gentle.

There are tons of different positions out there, and you have all the time in the world to try them out. Maybe you can even pick up a copy of that fabled Kama Sutra for your eBook reader.
Here we have a couple of bonus techniques specially for you. These are great for adding a bit more spice to your bedroom time.

1-4 Technique
This is a good one to use when you’re extremely turned on, and it feels like you’re nearing climax way too fast. It works by controlling your pleasure and helping you delay ejaculation for that much longer. You'll also be stimulating your partner that much more.

It's simple to perform. All you need to do is go as deep as you can when you enter her, then follow that up by not going in as deep for the next four thrusts. Continue to use this tempo for a while, one deep and four shallow, for the best results.

Squeeze Technique
This is for when you feel like you're just about to come. Stop and squeeze the end of your penis, where the shaft meets your body. Do this for 30 seconds until you no longer feel the urge to come, then continue.

Don't just stop the sex entirely and grab your penis. Do it subtly. Kiss her while you do this, use your other hand on her.

Do whatever you can to stimulate her while you bring yourself away from ejaculation, as stopping will disrupt the rhythm and bring her away from climax.
And there you have it.

You are now armed with all the techniques and tips to help you last forever. Just take the steps we just laid out for you and put them into practice in the bedroom.

By just following what we have outlined, and practicing what you've learned, you can easily last for half an hour or more in the bedroom. With each practice session, you'll find yourself improving more and more.

In no time at all, your partner will be the one dragging you off to the bedroom.

Brad & Angie