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**SOLUTIONS**  
FOR OVERCOMING  
**PREMATURE  
EJACULATION**

Discover How To Stop Sabotaging Yourself  
and Last Longer in Bed Today

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## ...WE ARE SO HAPPY TO MEET YOU

We are Kevin Anthony and Céline Remy, your sex coaches. It is our mission to create a worldwide movement of true sexual empowerment.

We are so thrilled you are now in possession of this guide, as we hope it will help you feel more confident, empowered and optimistic.

We want you to get clarity on which mistakes you are making that are affecting your stamina — as well as what steps you can take today to last longer in the bedroom.

We feel so angry that men are getting such partial and misleading information when it comes to Premature Ejaculation. We are determined to fix the shame and misunderstanding that still surrounds sexuality, because they do not help anyone.

Since there's not a "one cure fits all," we need to look at the different aspects of Premature Ejaculation. In order to function at optimum capacity, we have to align all aspects of being: body, heart, mind and spirit.

Our actions and beliefs affect our experience. The good news is that you have control over those, and you are not alone anymore.

So if you want to shift your sex life from being full of anxiety to experiencing confidence and mastery then keep reading and start applying the tips right away.

Not having control over your body can be so frustrating and embarrassing but you are not alone, 70% of men will experience early ejaculation issues at some point in their life.

**IF YOU LAST LESS THAN IT TAKES FOR YOUR WOMAN TO CLIMAX, THEN YOU ARE EJACULATING TOO EARLY.**

# PREMATURE EJACULATION

## In a Nutshell

Ejaculation and orgasm are  
**2** different things

PE affects twice as many men as ED



25% of men are unhappy with their ejaculation response time



50% of men with ED also have PE

Men with PE scored lower on all aspects of intimacy

Men with PE have lower confidence, lower self-esteem, lower quality of life



PE affects almost **30%** of men

**70%**  
of males experience PE at some point in their life

PE can be divided into TWO categories:

**Lifelong** (primary), when you have experienced PE throughout your life

**Acquired** (secondary), when you started experiencing PE later in life

# 6 MISTAKES

Short, Fast  
Breathing

1

2

Quick  
Masturbation  
Habits

Focusing on  
Techniques  
During Sex

3

4

Overactive  
Pelvic Floor  
Muscles

Avoiding Sex  
or Intimacy

5

6

Porn  
Consumption



## THE 6 MISTAKES TO AVOID AT ALL COST

### Mistake #1: Short Fast Breathing

If during sex you take many quick, shallow breaths and your muscles tense up because of the excitement that you are experiencing, your body's natural response to that tension is ejaculation.

**Science:** Research has shown that breathing exercises can have immediate effects by altering the pH of the blood, or stabilizing blood pressure. But more importantly, they can be used as a method to train the body's reaction to stressful situations and dampen the production of detrimental stress hormones.

**Bottom line:** Getting turned on and having an erection is the result of the relaxed or parasympathetic nervous system. In other words, the more relaxed you are, the better your erection. On the other hand, an orgasm is the result of shifting from the relaxed to the active state, also known as the fight or flight response or sympathetic system. If there's no tension in your body, it will be much more difficult to have an orgasm. Stay cool.

### Mistake #2: Quick Masturbation Habits

Masturbation can be used to positively affect PE, or it can be affecting you negatively. A rushed experience that is setting a pattern for quick ejaculation is setting yourself up for failure.

**Science:** Several studies have found that people who masturbate properly seem to experience better physical and psychological health than those who abstain. It also gives you a chance to know what you like, so you can teach your partner.

**Bottom line:** If you are still masturbating the same rushed way you did when you were a teenager, then you are in serious need of an upgrade. While having a rushed experience to avoid getting caught might have been reasonable then, the years of hasty sessions have been training your body for a quick trigger. You've got to change your habit in order to get different results.



## Mistake #3: Focusing On Technique During Sex

When you are focusing on techniques to last longer when you are with her, you are not really enjoying sex and you end up disconnecting from your partner. This leaves her unfulfilled, and you remain frustrated.

**Science:** A Swiss study, led by Andrea Burri, a clinical psychologist at the University of Zurich, determined that 40% of women believe that ejaculation control is essential for satisfactory intercourse. The study also confirmed that the short duration of sex with a man with early ejaculation causes sexual frustration.

**Bottom line:** If you aren't giving her the kind of sex she wants/likes, you aren't getting as much sex as you could. Also when she isn't fulfilled, she will be more likely to become petty and critical, and might tend to lash out more. Of course, this makes you feel like less of a man, and your confidence and self-esteem levels drop. These only make it worse.

## Mistake #4: Overactive Pelvic Floor Muscles

If you have been practicing Kegels and pelvic floor training because you've heard they are good for you, your muscles could be chronically tensed, thus creating the Premature Ejaculation reflex.

**Science:** Hands-on pelvic floor release has been shown to successfully decrease Early Ejaculation due to tight pelvic floor muscles.

**Bottom line:** When there's a contraction, you need a relaxation phase to balance it. Most men focus solely on the contraction and end up with "tight asses," which triggers the ejaculation reflex. Learning the proper way to exercise your pelvic floor muscles is key to mastering your stamina.



## Mistake #5: Avoiding Intimacy

If you are avoiding sex or refusing to talk about the difficulty with your partner, (thinking that sweeping the problem under the rug will make it disappear) you are simply fooling yourself.

**Science:** A number of studies show that couples who have sex at least two to three times a week are happier with the relationship. The more sex you have, the more satisfied you are about your relationship, and the easier it is to make it through the hardship.

**Bottom line:** If PE is something new, then it could be an indicator that something is out of balance in your relationship. Remember the health benefits of having an active sex life far outweigh the discomfort of addressing your core issue. A lack of sexual activity will only make you more anxious about your performance.

## Mistake #6: Porn Consumption

If you always watch porn when you masturbate, you might have created a dopamine addiction. This means your brain is like an addict's brain, and your body is out of balance. Chasing the dopamine rush can lead to PE. Often the way people use porn decreases their mind-body connection and increases their excitement threshold, which in turn can lead to additional erectile difficulty over time.

**Science:** Major studies have now confirmed that porn changes the brain. It diminishes the sexual stimulation and reward centers in the brain through over stimulation. The more pornography you consume, the harder it is to become aroused by a real person or relationship.

**Bottom line:** Relying solely on porn to masturbate or turn you on isn't sustainable. If you experience less connection with your partner, or don't know how to relate with the opposite sex, then your habits are harmful. It's time to turn it off and get real about turning yourself on.



## 5 TIPS TO MASTER YOUR EJACULATION

### 1. Deep Breathing

Bad breathing patterns is the number #1 cause of premature ejaculation. The more controlled the breathing, the more focused you are, and the longer you last during sex.

You already know that one? Great! But do you actually practice it? Common sense isn't always common practice, give yourself a chance to feel the benefits from deep breathing.

1. Find a comfortable position, sitting, standing or laying down.
2. Place your hands on your lower abdomen to feel the movement of your belly.
3. Start with a big sight/exhale.
4. Inhale slowly through your nose, let the air fill your belly, pushing it gently out.
5. Exhale a little bit more than you think you can, slowly, through your mouth.

Do this breathing for 5 min

### 2. Reduce Your Stress

When you are under stress your body's natural response is to hold tension. **Tension = ejaculation.** If you replace stressful habits and add more fun, play it will increase your stamina.

We know, it's easier said than done. Stress is everywhere and everyone is experiencing stress at one point or another. However look at the things that are in your control and you can change.

Are you doing lots of overtime? Traveling a lot but not for vacations? Are you addicted to coffee?

Here are some new habits you can try: meditation, exercise and laughing for no reasons.



### 3. Take A Porn Break

Expecting your body to last, while you keep exposing your brain to fast-paced, sexy images isn't realistic.

If you always watch porn when you masturbate, you might have created a dopamine addiction. This means your brain is like an addict's brain, and your body is out of balance. Chasing the dopamine rush can lead to Premature Ejaculation.

So sorry to be the bearer of bad news, but you ought it to yourself to take a porn fast for at least 2 months. Once you have regained control over your body, you can choose how much and when to use porn again.

### 4. Use Solo Sex To Train Yourself

You must break the fast masturbation habit! Your body doesn't know the difference when you are self-pleasuring on your own or when you are with your partner. There's no magic switch that turns on that says in this scenario we can make it a 3 minutes thing, but in that scenario it must be 20 minutes.

If your goal is to last at least 20 minutes with your partner, you need to be able to do that with yourself. You can't assume that your body will suddenly know the difference from your solo sex to your partner sex.

Carve out some time to play with yourself and don't always make the ejaculation the goal, as a matter of fact, half of the time bring yourself to a high state of pleasure, linger in it and don't go over your edge.

### 5. Slow Down

Slowing down is key. Whether it is during your daily activities, when masturbating or when you are with your partner, you will benefit from adding more presence.

Extend the foreplay, sex isn't only about penetration.

Really slow things down, start paying attention to the pleasure you get from giving pleasure, feel your body sensations and connect with your partner.

### **It's not about control, it's about awareness.**

Solely focusing on the performance aspect, is a good start if you want to gain more control. But you also want to focus on the art of relating, your relating with your own body and with your partner.



## WHAT TO DO NEXT...

If you have made it this far we are thrilled.

It is possible to eliminate premature ejaculation naturally. There is a solution for you, and we are here to help you.

**Last Longer And Solve Premature Ejaculation Naturally.** This comprehensive, easy-to-follow program will teach you how to increase your stamina, have greater control and last longer. It will retrain your ejaculatory reflexes and boost your confidence. ( She'll be amazed by your increased stamina.) You'll have a newfound awareness and control of your body so that you can feel powerful every time you have sex. >> [Get started and Master Your Ejaculation now.](#)

### Take the first step TODAY.

**Knowing** what to do is great, but actually **doing** what you know is the key. If you are committed to your own power and mastery, and want nothing less than the realization of your full potential, and...

If you are willing to work for the things that matter to you, and show up for yourself in ways you have never done before...[Join Us!](#)

**MASTER YOUR EJACULATION**

**Last Longer and Have  
Greater Control**

Eliminate premature ejaculation  
and remove performance  
anxiety naturally

POWER & MASTERY

If you have any questions we are only an email away:

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