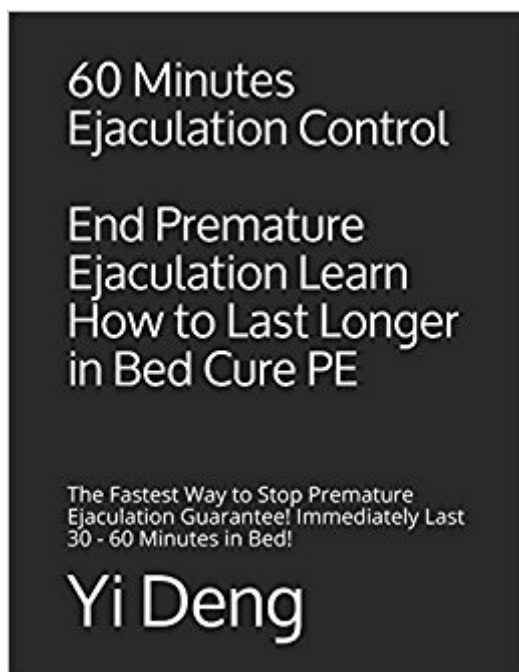


The book was found

60 Minutes Ejaculation Control End Premature Ejaculation Learn How To Last Longer In Bed Cure PE: The Fastest Way To Stop Premature Ejaculation Guarantee! Immediately Last 30 - 60 Minutes In Bed!



Synopsis

The Fastest Way to Stop Premature Ejaculation Guarantee Immediately Last 30 - 60 Minutes Longer in Bed Starting Tonight! No Pills, No Cream, No Gimmicks... Just a proven, Permanent Method that's Guaranteed to Work for any man. How to quickly help with your P.E. problem by using my easy to follow techniques. My book is like nothing else on the market. How to have the best sex you will ever have, for as long as you desire. She will think you were sent from heaven! Groundbreaking strategies that will clear your mind, putting you in a healthy mental space. You will see results tonight! You will be amazed how this alone can instantly have you lasting longer in bed. How to effectively use proper communication with women that will open her up to a whole new world sexually. The differences between sex and foreplay, and how foreplay can be adding to your problem. I will show you how to make changes that will shift foreplay from bad to good, giving you a great advantage. Discover what sex positions will instantly have you lasting longer, and which ones to avoid. You will be surprised which ones they are. The safest and most natural ways to increase your serotonin levels. Oral and finger techniques that you can use that will drive her crazy. Combine these techniques with your new staying power skills to have the ultimate sex. Ways to "re-train" your body how to respond to sexual stimulation. You will be able to control, delay, or speed up your orgasm whenever you want to. How to properly breathe during sex, and ways you can control your breathing to last longer in bed. Most men are doing it all wrong! The truth about what muscles are used during intercourse. Find out how to exercise these muscles, strengthening them so you can start lasting longer within days! Techniques that you can practice daily, alone or with a partner, that will relax your mind and body. You will no longer feel all that anxiety when things are getting intimate. How specific shifts in your diet and exercise routines will make major differences in your sexual health, and staying power. 8 tricks you can use tonight how to last longer in bed! Masturbation techniques that can "re-train" you mentally and physically and have you overcoming your P.E. during sex. Strategies for stopping orgasm right before you feel you are going to ejaculate. Ways to use visualization to your advantage. Where to put your mental and physical focus during intercourse. It's not what you think it is. 3 tricks you can use now to bring out a woman's deeply hidden sexual energy. The different stages of arousal and what role they play in determining when you reach orgasm. Why believing you can control your P.E. by one method alone is a myth, and how you need to shift your way of thinking in order to be amazing in bed. Things to avoid during sex that will make any man climax quickly. You are probably doing these things all the time and you don't even know it! A step by step "action guide" That will take you through each step of getting intimate with a woman. This detailed plan will show you exactly what to do, and when to

do it.

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