

LAST LONGER TONIGHT



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INTRODUCTION

It's estimated that one in three men ejaculate sooner than they or their partner would like them to when having sex. That statistic doesn't even include the scores of men who feel okay about when they ejaculate, but wouldn't mind learning some tricks and tips for stretching out the sexual experience. So, if you thought you were alone in wanting to be able to last longer in bed, think again. Whether you last 30 seconds, 2 minutes, or 20, there are many men who want to be able to learn techniques to be able to have more control over when they come.

Most guys get a little obsessed over comparing themselves to other men. They want to know if they're "normal" and how they stack up against the competition. How long is long enough? Are the stories they hear about guys lasting all night really true? Of course some guys last longer than others, and there are guys out there that can last all night, but the truth is that the average sex session doesn't last as long as you think. Different studies report different stats.

The famous sexologist Alfred Kinsey reported that the average male lasts about 2 minutes. Keep in mind, his research is from the 1960s and that data is likely to be somewhat out of date. Another more recent study found that most men last between 3 to 10 minutes. In other words, most men out there are not having marathon sex, but it doesn't mean that they're not having sex that's satisfying for both parties.





One thing to keep in mind is that lasting “long enough” doesn’t come down to numbers. For every couple it’s going to be different and for every time you have sex it might change. Your partner might not want hours and hours of lovemaking every time you hop into bed. She might never want that. Sometimes she might want a quickie, sometimes she might want a longer session. It all depends on the mood, how much time you have, and a whole slew of other factors. What you probably really want to get out of this eBook is the ability to have more control over when you orgasm. You want to be able to last as long as necessary in any situation, no matter what the demand. This book will provide you techniques and know-how to do just that.

Have You Been Groomed to Come Quickly?

With so many men complaining of orgasming before they would like to, one has to wonder, why is this an issue?

Evolutionarily speaking, orgasming quickly was beneficial to impregnating your mate and therefore successfully spreading your seed and keeping your family line going. If we think of things strictly in an evolutionary sense, coming

quickly actually would be considered a benefit. If it’s just for reproduction, females aren’t going to want to wait around for a man who takes forever. In and out quickly is the best way. Fortunately for us, the sexual experience has evolved to much more than mere insemination. But if we think about it, increasing female pleasure has not been a big priority for very long. It has become an issue in our very recent history, dating back to the sexual revolution when women started expressing their sexual selves more openly. Only then did we begin to even consider the female sexual experience and lasting longer more openly. It’s no wonder that men need some time to catch up to this new way of thinking.

“*Your partner might not want hours and hours of lovemaking every time you hop into bed.*”

Beyond evolution, there is something that many males inadvertently teach themselves from the time they begin to have orgasms. This tendency works in



contrary to lasting longer later in life. It has to do with when you start masturbating as a kid. You've probably already guessed it. When you're young, often because of a fear of being caught by someone, boys masturbate quickly and furiously in order to finish the deed as fast as possible. One theory about orgasming too quickly later in life says that this pattern of pleasing yourself turns into a habit that's hard to break as an adult. You have taught yourself to come as fast as possible and now that you want to last longer, you need to unlearn that habit.

Is It All in Your Head?

While theories about early masturbation habits are very likely linked to orgasming too quickly, others also blame psychological factors like anxiety for the issue. On top of feeling anxious about your performance, men who feel they come too quickly may also suffer from self-esteem issues, low sex drive (because of their issue), and relationship problems. For some guys it's a matter of just wanting to last longer in bed, but for others, it causes a serious problem in their lives.

It's also important to consider the woman's opinion in all of this. One study found that 24% of men felt that they had a premature ejaculation problem (aka ejaculating before they wanted to), while only 10% of their partners agreed that there was an issue. If you are reading this book because you want to improve your sex life for





both you and your partner, fantastic. However, you shouldn't get so concerned with statistics, numbers and comparisons that you're not taking your partner's sexual experience into account. Some good relationships have suffered because of a man's obsession with lasting longer. The most important thing is that you're both happy and satisfied. If that happens in 3 minutes, great! If it happens in 30, well, that's great too. Check in and communicate with your partner about this. In a loving and healthy sexual relationship you should be able to talk about even the tough and embarrassing topics.

What is Premature Ejaculation, Anyway?

Not every man who reads this book suffers from premature ejaculation, but some do, and it's important to understand the challenge before jumping into the solutions. The definition of premature ejaculation provided by WebMD is:

"Premature ejaculation is uncontrolled ejaculation either before or shortly after sexual penetration, with minimal sexual stimulation and before the person wishes. It may result in an unsatisfactory sexual experience for both partners. This can increase the anxiety that may contribute to the problem. Premature ejaculation is one of the most common forms of male sexual dysfunction and has probably affected every man at some point in his life."

While you might not be suffering from a textbook definition of premature ejaculation, many men can relate to having an uncontrolled ejaculation that



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happens before they want it to and leads to dissatisfaction and anxiety. Luckily, there has been a lot of research done on this topic and many techniques developed to help men that want to last longer.

Breathing Techniques for Lasting Longer

Believe it or not, even how you're breathing can affect how quickly you orgasm. During sex, men tend to have short, quick breaths taken from their chests. The problem with this kind of breathing is that it causes tension and leads to a quicker ejaculation. Longer, deeper breaths will slow things down. It will calm your nervous system and allow your abdominal muscles to relax. It will also distribute all of the intense sexual energy that is concentrated in your genitals around to your entire body, thereby somewhat dissipating it.



You should try practicing your breathing techniques on your own in order to master them. In the heat of the moment it can often be difficult to remember a new technique. Then as an added benefit, concentrating on your learned breathing technique will also help to distract you from how turned on you feel.

One type of deep breathing you should learn is what we will call yoga breathing. Here is a technique to practice first on your own, then you can use a modified version during sex.



1 Practice breathing from your belly. In other words, breath so that your stomach rises before your chest. You can place your hand on your stomach during practice to make sure that your stomach is rising.

2 Inhaling very slowly through your nose, fill your stomach with air starting at the very bottom and then moving your way up into your chest. Inhale more than you think you can. (Tip: Try to make your inhalation last 4 seconds. If that's really easy, make it even longer).

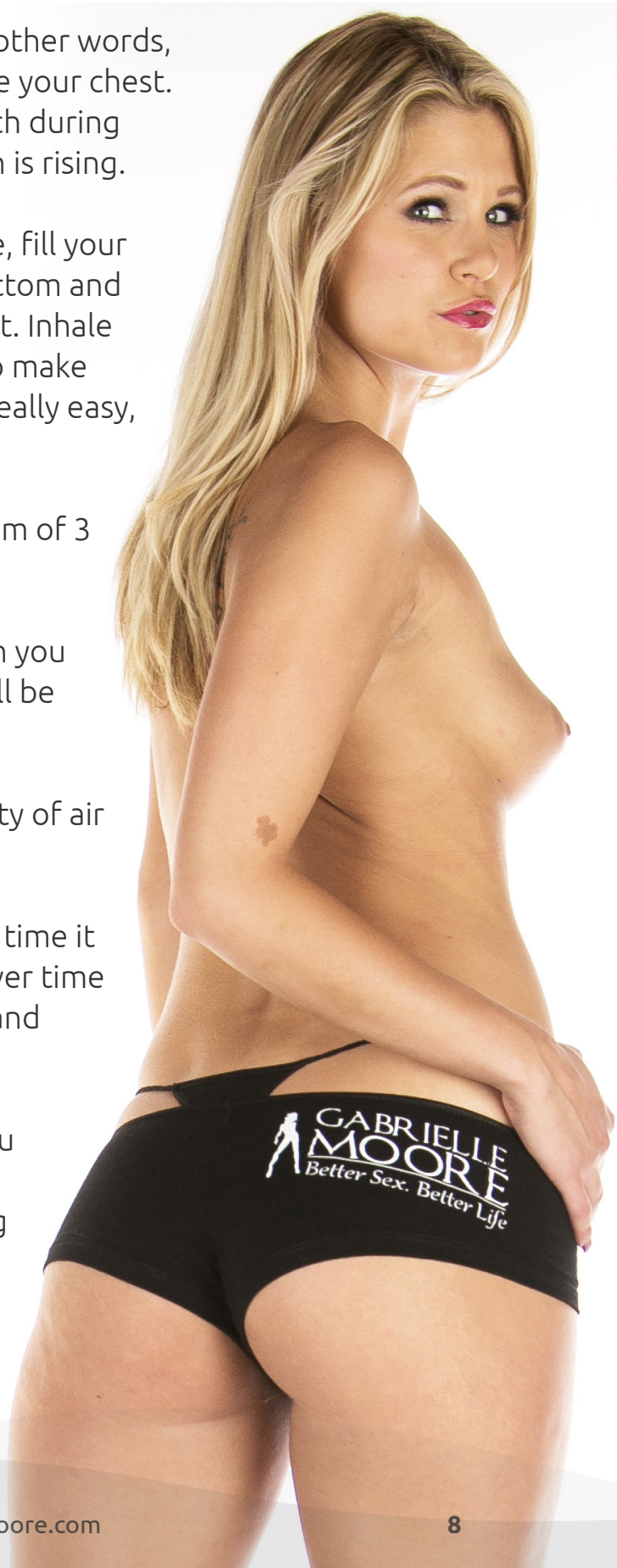
3 Hold the air in your lungs for a minimum of 3 seconds.

4 Begin to exhale even more slowly than you inhaled. Your goal is that your exhale will be twice as long as your inhale.

5 Hold your breath with your lungs empty of air for a minimum of 3 seconds.

6 Repeat. Try to increase the amount of time it takes you to inhale, hold, and exhale. Over time you will be able to breath more deeply and easily.

When practicing this technique during sex, you don't need to pay as much attention to the amount of seconds you are taking and holding each breath, but you should make sure that you are taking long, deep breaths from the belly through your nose. You shouldn't be





gasping for air at any point, but taking calm, long, and steady breaths. This will help you to relax and it will relax your pelvic muscles as well. You should be practicing this technique every time you have sex until it becomes second nature. Aside from the physical benefits to deep breathing, it also aids in alleviating anxiety, which is a huge factor in orgasming too soon.

How Does Your Health Affect Your Ejaculation Time?

These days we are finding out more and more often that our health affects all kinds of things in our lives that we didn't even imagine. The same is true when it comes to lasting longer. Being healthy will help you live better in many different ways and it will also make you last longer in bed. Being physically fit and following a healthy diet are two factors that will help you with this issue.

The Techniques: What Doesn't Work

There are a lot of methods that you may have heard of that aren't worth your while. You may have even tried a few of these before:

✗ **Thinking of something unsexy to get your mind off your ejaculation**

- There probably isn't a single guy out there that hasn't tried this one. You think of your elderly neighbor, you think of the recent argument you had with your boss... you think of anything and everything BUT how hot she is and how close you are to the edge. Does it work? Sometimes it does, but I don't recommend it and here is why. 1) You're not enjoying your sexual experience. If you're so worried about coming that you're imagining something horrid the entire time to avoid it, how much are you actually connecting with your partner and enjoying sex with her? 2) If you choose

“*Premature ejaculation is one of the most common forms of male sexual dysfunction and has probably affected every man at some point in his life.*”



something morbid or horrible to think about to get you out of the mood, you can actually train yourself to think that way about sex. This can lead to other sexual issues down the line. If you do still choose to use a little distraction technique, make sure that you use it sparingly and choose to distract yourself with something pleasant, like reciting song lyrics or saying the alphabet backwards instead of retelling the horror flick you watched the night before.

- ✕ **Drinking on the job** - This is another common tactic. You probably have already learned that having a drink or two will slow things down a bit and you may have even done it on purpose to see if it would work. This tactic will lead you down a slippery slope for two reasons, 1) you could become sexually dependent on alcohol, developing erectile dysfunction when you haven't had those couple of drinks. And, 2) if you overdo it with the alcohol you might not be able to have sex at all. The risks of this "method" definitely outweighs the possible benefits.
- ✕ **Taking care of business beforehand** - Anyone who has seen the movie *Something about Mary* is familiar with this one. It's probably the most common tactic of them all. You masturbate before your date in order to last longer the second time around. The drawbacks? 1) First orgasms are

Being healthy will help you live better in many different ways and it will also make you last longer in bed.





more pleasurable and intense and you just experienced that one alone. 2) You have to know your refractory period (aka how long it takes you to recover and to be able to have an erection and engage in sex again). You might be risking that having masturbated during the day will keep you from being able to fully perform at night. It's not a risk you want to take.

- ✕ **Wrap, Double Wrap** - Many guys rely on condoms to help dull down the sensations during sex. That's okay, but oftentimes in relationships you might reach a point when you decide to forego the use of protection. You need a long term tactic for lasting longer that's going to work even when you're not wrapped up.

It should also be mentioned that some guys double wrap (or even triple wrap), meaning using two condoms, to really dull down the sensation. Not only does that mean you aren't really enjoying your sexual





experience, but wearing two condoms creates friction between the condoms, which could make it tear or break, leaving you open to STIs (sexually transmitted infections) and pregnancy.

Now that you know what doesn't work, it's time to get into the techniques that do work. The goal is to find several different techniques that you can use that work for you, are healthy for you and your partner, and that can help you enjoy longer lasting, anxiety free, and ENJOYABLE sex with your partner.



TECHNIQUE 1: COOLING THINGS DOWN WHEN IT GETS TOO HOT

One of the most common things that men who come sooner than they would like say is that things just get too hot and heavy and they pass the point of no return. What do you do when you feel yourself reaching that point? You have to cool things down one way or another. The breathing technique mentioned in the previous section is one fantastic way to begin cooling things down. You will begin to relax and your body will too. But cooling things down goes beyond just deep breathing.

1. **Take it nice and slow** - Take things slow from the beginning to the end. You may love it hard and fast, but I can almost guarantee that your partner doesn't. While, there might be a few women out there that like that some of the time, most women feel more sensations when you take things slow. The added bonus is that this will also help you last longer.
 - a) Start out with a lot of foreplay. One way to ensure that she won't mind if the actual intercourse hasn't lasted a long time is if the whole sexual experience was drawn out. Don't rush through the foreplay only in order to quickly finish and leave her wondering





what happened. Begin with deep and passionate kissing and don't even touch her anywhere below her shoulders for the first 5 minutes. Learn more about foreplay at www.turnheronfaster.com

- b) Remembering your deep breathing techniques, start to take things to the next level, but still steering clear of what's below the belt. Pay attention to the erogenous zones, kissing and licking her on her neck, across her back and shoulders, on her breasts and nipples and on her stomach. Let your hands get involved now and run them all over her body as you kiss her. Let your hands graze over her butt, her inner thighs and between her legs, but don't linger for too long there. You're building up excitement so she will feel as turned on and excited as you do.
- c) When you finally get below the belt, spend some time pleasuring her before even allowing her to touch you back. If she questions this, tell her that you want this to be all about her. Use fingering techniques and oral sex to get her very excited. Learn more about fingering at www.mynaughtyfingers.com. Learn more about oral sex tips at www.hotlicksprogram.com.



Let your hands get involved now and run them all over her body as you kiss her.



d) When you are ready to start having sex, start by sliding the shaft of your penis through the lips of her vulva, not actually entering her vagina (remember: the vulva refers to the outer female genitalia and the vagina only refers to the inner part that receives your penis during sex). Slowly rub the shaft and head of your penis through and along her vulvar lips up to her clitoris. Move the head and glans of your penis over and around her clitoris, gently stimulating it. Make sure that she is well lubricated before beginning this process. It's always helpful to add some water based lubricant to your penis as well. The more slippery smooth it feels, the better for her as well. Bring the head of your penis down to the opening of her vagina and rub the head around the opening, slipping inside just ever so slightly. The opening of the vagina is full of sensitive nerve endings. In fact the most sensitive nerve endings in the vagina are located in the vaginal opening. That means, in order to stimulate her in the best way possible, you don't need to go very deep to do so. You can stay stimulating her vulva in this way for as long as you like. This feels amazing for her and it also helps to build sexual excitement and anticipation on her part, having your penis come so close to entering her, but not quite entering.





e) When you do enter her, remember first to make sure that you're practicing your breathing techniques and taking it slow. Begin with slow and shallow thrusts, keeping in mind that most women don't enjoy deep, fast jabs and that the most sensitive part of the vagina is at the entry. Concentrate your thrusts on the first third of the vagina. Go slowly so she feels every sensation. Change up the way you move inside her from time to time. Slowly move your pelvis around from side to side. Try moving deeper inside her and grinding your pelvis/pubis bone against her clitoris slowly. This will give her a wonderful clitoral stimulation while it provides you with limited stimulation, which will work to your benefit. Another good tactic to use with your thrusting as she is becoming more sexually excited is to enter her slowly and then pull out quickly. Varying your technique will also give you something to concentrate on other than worrying about coming.

2. ***The Squeeze Method and the Start Stop Method***

- These are two classic methods that have been recommended by sex therapists for many years to help men who suffer from premature ejaculation. The idea is that using these techniques, the man will begin





to learn more about his body and the sensations he experiences leading up to orgasm so that he will be able to slow down, or even stop, before he reaches the point of no return. Even though these techniques are generally used with men who suffer from premature ejaculation, they are great techniques for any man who wants to learn more about his body's sexual reactions and last longer in bed.

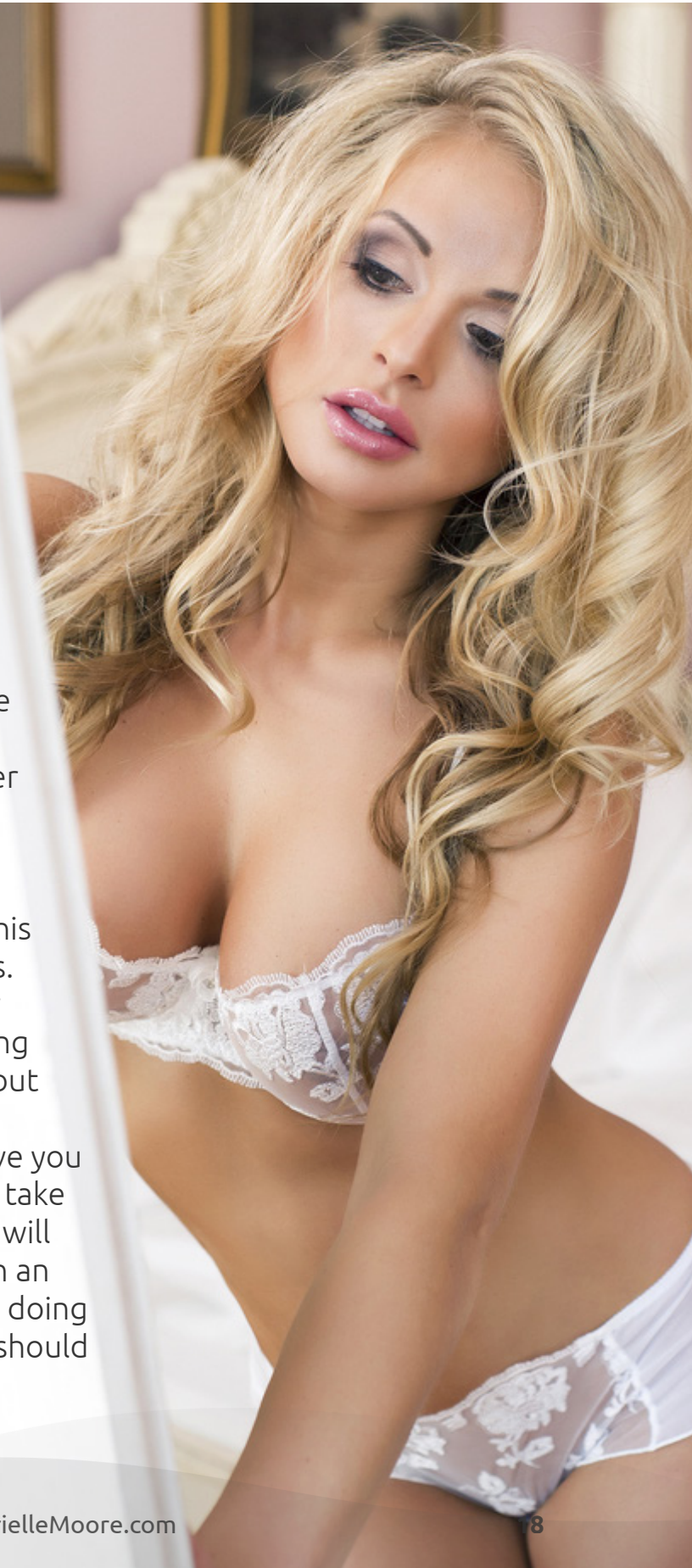
- a) The Start Stop Method - With this technique you will stop thrusting (or slow way down) as soon as you feel yourself getting close to the point of no return. When you stop, begin focusing again on your deep breathing techniques. Focus on relaxing your pelvic muscles and try not to give into anxiety about orgasming too soon. You should wait until the feeling dissipates, which usually will take about 15 to 20 seconds. Then you can continue slowly having sex again until the feeling returns. You should then stop again, wait until the feeling passes, and then begin again. Do this several times until you're ready to let yourself orgasm.
- b) The challenge to the Stop Start method is that if you stop thrusting, you might also be putting a pause on her pleasure. One way to tweak the Stop Start method is by pulling out completely and performing oral sex for a few minutes until you





have sufficiently calmed down. This will allow her to continue to feel amazing while you can take a little break. While you go down on her, finger her at the same time, so she doesn't miss out on the penetration while you're recovering.

- c) The Squeeze Method - With this technique the man also needs to pay close attention to when he is nearing his orgasm. When he starts feeling like he is nearing the point of no return, he or his partner should squeeze his penis firmly between a thumb and forefinger, either just below the head of the penis or at the base of the penis. You can certainly get your partner involved in applying this method if you'd like, but it might be easier to do it yourself, since that will give you optimal control and it will take away the chance that you will be barking orders at her in an intense moment. If you're doing this yourself your fingers should





be positioned with the thumb on top and your index finger on the underside of your penis. You will essentially be squeezing off the urethra, the tube inside your penis where the semen comes out when you ejaculate. This also has the effect of pushing the blood out of the penis for a moment and temporarily repressing the ejaculation response. Once you feel that the urge to ejaculate has temporarily subsided, you can begin having sex again.



While you go down on her, finger her at the same time, so she doesn't miss out on the penetration while you're recovering.

- d) To get the most out of both of these methods they should be practiced first alone during masturbation. When you are with your partner in the heat of the moment, there are too many things happening around you to be able to properly get to know your own body and sensations. Without the distraction of a partner you will be able to truly get in tune with how your body feels and reacts. Try these techniques out for a minimum of five successful tries before using them with your partner. Successful meaning that you were able to use the technique to control your ejaculation.



e) These two methods can be challenging because they require a bit of patience from your partner. If you are using these methods frequently throughout sex, it might make things more challenging for her to have a good sexual experience, but you should both keep in mind that using these techniques is a way of re-training your ejaculatory response and of learning more about your body. The hope is that you won't always need to have sex in this way.

For other men who don't need to use these methods as frequently during sex, they can be an excellent way to draw out the sexual experience.

3. **Intercourse Acclimatization** - This is another option for cooling down once you are ready to move into having intercourse. The name makes it sound like a complicated maneuver, but it's actually very simple. The





woman slowly leads the penis into her vagina, while the man focuses on relaxing his pelvic muscles and breathing deeply. The idea of this technique is for the man to stay inside of the woman's vagina, not moving, until his penis "acclimates" to being inside her. The average time this takes for most men is between 7 and 10 minutes. For couples that don't have an issue with premature ejaculation, this might seem like too long to wait. If that's your case, you can still use this method, but for a shorter length of time in order to slow things down when sex gets too intense.

If you do suffer from premature ejaculation, you should wait until you acclimate to the warm, wetness of her vagina. You shouldn't move around or thrust, but you can kiss one another. You can move around slightly if you think you might need to do so in order to maintain your erection. The theory is that after you have acclimated, you will have more control over your arousal and you will be able to tolerate and enjoy more thrusting and stimulation than before.





Other Options to Cool Things Down

Numbing Condoms - This is not a preferred method because it will dull down your sensation. There are various topical anesthetic creams that will reduce sensation and allow you to last longer. The problem is, if your sensation is reduced, you won't be enjoying your experience as much, but some guys don't mind if it means it will add precious minutes to their performance time. Make sure that you use a condom with a topical cream on the inside. Using a cream alone (without a condom) will also numb her vagina, which of course defeats the purpose. Condoms like Trojan's Extended Pleasure or Durex's Performax have the anesthetic on the inside, so it will work just for you.

Keep your head in the game - Don't obsess about having an orgasm. One theory says that whether you're trying to have an orgasm or trying NOT to have one, the same part of your brain is being activated. This makes it impossible not to give into the pleasure and come before you want to. One way to avoid obsessing about your own sexual experience is by starting to focus more on hers. Pay attention to what she is communicating to you through her body, her facial expressions and her sounds. Start to learn and take note of what she seems to like and file it away for future use.

Give her an orgasm first - One way to take the pressure off of your performance time is by giving her an orgasm before you even think of having sex. Elongate the foreplay that we mentioned before and bring her to orgasm through oral sex first. Most of the pressure that men feel about

wanting to last longer is because they are worried that their partner won't have an orgasm or enjoy sex with them. There are many women who even can't have an orgasm from penetration alone. They need clitoral stimulation or oral sex to help them along. With this technique you guarantee that she will already have had an orgasm through oral and that will allow you to relax a little about how

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long you last. The other benefit here is that if you feel more relaxed, knowing she has already come, you will put less pressure on yourself to last, and in turn you will likely be able to last longer because you will have taken the pressure off yourself.





TECHNIQUE 2: ESTABLISHING CONTROL OF YOUR EJACULATION RESPONSE

The best way that you're going to be able to learn to last longer in bed is by learning about your body and learning to establish control of your ejaculatory response. It might not sound like the most thrilling activity on your to do list, but believe me, it will have great results. Not to mention you get to have orgasms throughout all this, so it's not ALL work and no play.

As I mentioned previously, getting to know your body and its responses is a solo job. When you're with your partner you have a lot of factors to pay attention to: "is she enjoying this?" "God, she's hot," "how long am I going to be able to keep this up?" are just a few examples of distracting thoughts. When you are alone, you can truly relax and there is no pressure to perform, except for the pressure you put on yourself. That should be much less considering that you're not worried about a partner's disappointment. Here are some great techniques for learning about your body's sensations and reactions.

1. **Stop Start / Squeeze Methods** - We have already gone over these techniques, but it's worth mentioning again that these methods can and should be practiced on your own before bringing them into the bedroom with a partner. By doing them on your own, you will have full mastery over them once you do them with her. You will already have begun learning about your own reactions to these techniques, plus you will be able to be more confident and comfortable in them once she is involved.
2. **On a scale from 1 to 10...** With this technique you will be asked to label your arousal on a scale of 1 to 10. A 1 means you aren't aroused at all, and a 10 should be considered ejaculation. As you pleasure yourself, keep track of when you move from one number to the next. Don't worry, it will take time to be able to pinpoint your arousal so exactly. That's actually the point. In the beginning you probably won't know yourself or your body well enough to pinpoint your arousal beyond excited, nearing orgasm, point of no return, and ejaculation, but that will be a great start. Paying attention to labeling your arousal on the scale will force you to pay more



attention to all the signs and sensations your body experiences on it's way to orgasm.

With a partner - This is a fun technique that you can test out with her after you have had some practice on your own. You can present it in the form of a game. Have her bring you to arousal level 3 and then stop and let yourself cool down. Then she can bring you to a 4 and then cool down again. You can continue until you finally reach number 10, orgasm. You can make this even more fun with your partner by challenging her to do the same, labeling her arousal and identifying her sensations.

While the game with a partner is probably a fun and sexy way to explore your body's sensations, you're going to get the best results as far as lasting longer on your own. Use the same technique mentioned above while masturbating. Bring yourself to each arousal level and then take a cool down break. Practice this again and again to gain more and more control.

3. ***Taking it to the Next Level and Identifying the Point of No Return -***

Guys who have trouble orgasming too soon also have trouble identifying





the point of no return. Before they know it they have reached that point, orgasmed, and then they're done, feeling dissatisfied and maybe even embarrassed. But it doesn't have to be that way.

Remember when we talked earlier about learning how to come quickly through masturbation when you were a kid? Now it's time to unlearn those bad habits, again through masturbation. If you have any strange feelings about masturbating in order to last longer, think of it as physical training. You wouldn't run the Boston Marathon without training for months in advance. You wouldn't fight a boxing champion without learning your own techniques and getting yourself into perfect physical condition. So that's why you also wouldn't expect to be able to last longer without also doing some serious training.

- a) Forget about how you usually masturbate. That technique hasn't been able to help you learn to last longer, and although it might be working just fine when you want to get off, you need a habit that's going to do more for you.
- b) Take a significant amount of time to dedicate to practicing this technique. That could be any length of time, but it should be no less than 30 minutes. Set a timer, because you won't be able to





stop this exercise until you have completed the set amount of time. Make sure that you are completely alone. Lock the door. Make sure there is no chance that anyone will interrupt you and bring back memories of the rushed masturbation sessions of your adolescence.

- c) No porn. That's right, you need to be able to get off without using porn for this exercise. A visual might help you get excited, but it can also push you over the edge and distract you from paying attention to your body.
- d) Don't use lube. Sure, it feels much better than a dry hand, but that's the point. You're going to be working on controlling your orgasm, so you want to be able to have as much personal control as possible. Keeping extra stimulants to a minimum will help you with that.
- e) You are going to use the same labeling scale that you learned with the first technique while training yourself. Begin by using a sexual fantasy to give yourself an erection. Rate your arousal at that point. Begin masturbating with your dry hand. Remember that 10 is ejaculation and a 9 will be the point of no return.
- f) Someone who has trouble controlling their ejaculation response will have more trouble rating their arousal as they go. Someone who suffers from premature ejaculation will feel like they go from a 4 to a 10 without warning. Although it might seem like things escalate quickly, there are sensations and signs along the way, and that's what you're aiming to learn about through these exercises.
- g) As you begin to be able to pinpoint more numbers on your scale of arousal, bring yourself to a 5, for example, and try to keep yourself there without stopping stimulation. Slow down your stroke as much as you need to in order to maintain your arousal at a 5. Stay there for a few minutes and then allow yourself to move up to a six.



- h) Recognize how your body feels at the different stages of arousal. Don't just focus on how your penis feels, but also take note of your testicles, your heart rate, your breathing, your pelvic muscles, your head, your legs, and so on. You should be noticing how each part of your body reacts as you near orgasm. Remember, you're taking each step very slowly, pausing at each stage, so it shouldn't be too difficult to notice these things.
- i) Bring yourself to an 8, the arousal point just before the point of no return. Pay extra close attention here to the sensations in your body. If you ever feel that you are going to move into number 9, the point of no return, practice the squeeze method you learned earlier. If you reach number 8 too quickly, slow your stroke way down until you are able to bring yourself to a 7 again. Once the timer has gone off you can allow yourself to ejaculate.
- j) Masturbate this way until you are able to consistently bring yourself to the point of no return without going past it. Once you feel confident in your abilities (it may take a while), add a new element. Try masturbating in the exact same way, but this time use lube. Notice how that element may or may not accelerate the process. Take as much time as you need before you can consistently bring yourself to the point of no return without passing it with this new element added. You can also begin to move your hips and thrust forward, mimicking the movements you use during sex. Once you have mastered those added elements, try giving yourself yet another challenge and add pornography to the equation. Practice the same techniques in the same way with this added visual stimulation until you feel you have more control over your point of no return. Now you're ready to use these tactics with your partner.
- k) Be patient. Gaining control over your ejaculation response isn't going to happen overnight. It will take time and some work. Sure, it will be fun because you get to masturbate and have orgasms, but you have to follow the right technique in order for it to get the best results.



TECHNIQUE 3: SEXUAL POSITIONS THAT HELP YOU LAST LONGER

You probably didn't expect that having sex in certain positions or at certain times of the day can also aid in helping you to last longer. It makes sense when you think about it. You probably have a preference for certain positions because they provide you with better stimulation. Your partner surely has her favorite positions as well. But when it comes to lasting longer, you might have to add a few new positions to your favorites list.

1. **Change it up** - This isn't a sexual position, but a friendly reminder that for most men, staying in the same position for too long will lead to early ejaculation. The fact is, the more time you spend in one position, the less control you have over your ejaculation response. Why? Probably because it starts to feel really great and you get into a good rhythm. Before you know it you have hit the point of no return and there's no going back. One study showed that men who suffer from premature ejaculation were able to last 2 to 3 times longer when they changed their positions.

Don't just focus on how your penis feels, but also take note of your testicles, your heart rate, your breathing, your pelvic muscles, your head, your legs, and so on.





Don't forget to keep your partner in mind here. If you're changing positions every 2 seconds, she also won't be able to get into a rhythm that will allow her to orgasm. Make sure if you're using this technique, you only change position a reasonable amount of times and pay attention to her body language. If she is on the brink of an orgasm don't change positions.

2. ***Woman on Top Position aka Cowgirl*** - For the classic woman on top position, you should be laying on your back and your partner will mount and straddle you like a horse. Lay down on your back with your legs together. She will be on top of you with her legs bent and knees on either side of your hips. Although this is a visually stimulating position, it is less physically exciting than other positions because your penis is less stimulated by the vagina (in comparison to other positions). In this position you are also able to better relax your pelvic floor muscles because it is less physically demanding.

Her movements should be slow and sensual. Encourage her to move her pelvis around in circles, lean forward and rub her clitoris on your pubic bone. This will allow her to bring herself to orgasm while there is minimal stimulation on your end, allowing you to hold out longer.





3. **Your balls** - Let's talk for a moment about your testicles. You may or may not have known that the testicles have a lot of little nerve endings that make them extremely sensitive to stimulation when you're aroused. Try to get into positions that don't involve your testicles bumping or rubbing against her body, since that will give you extra, unneeded sensations that might just push you to the point of no return.
4. **The CAT Position** - This position is just like the missionary position except that the man's body is positioned slightly differently. The woman should lay on her back and you will lay on top of her with your body slightly higher than where it would be in the missionary position and slightly off to one side. As a reference point, your chest will be where her shoulders are, as opposed to being chest to chest, like in the missionary position. She should bend her legs at a 45 degree angle. This position is particularly popular because of the clitoral stimulation it provides to the woman. Your penis's shaft will be rubbing constantly on her clitoris in this position, providing amazing stimulation. From here you can move slowly in and out of her, stimulating her clitoris until she orgasms. A study in the Journal of Sex and Marital Therapy found that women orgasmed 56% percent more in this position than they did with the regular missionary position. Other studies have found even higher rates of female orgasm.

Alter this position slightly by having her wrap her legs around your waist and tilt her hips up. She can also stretch her legs straight, and thrust her pelvis up while you thrust down. Move your pelvis and grind into her clitoris in a circular motion. Any of these adjustments give great clitoral stimulation and will help her achieve orgasm more quickly.

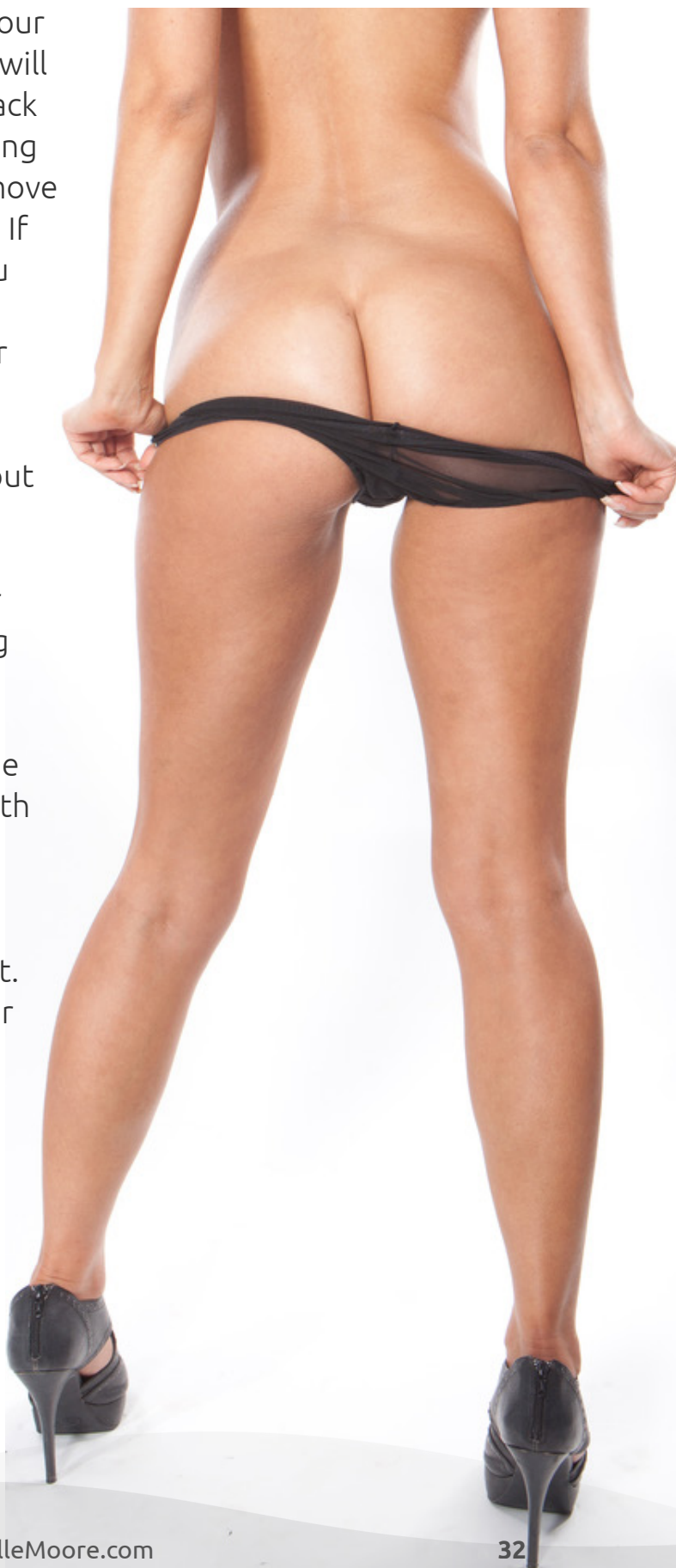
This position is helpful for lasting longer because your body is in contact with hers from head to toe, therefore the stimulation you're receiving from her is dispersed throughout your body.

5. **The Spoon Position** - This position is just like the one you use often for cuddling your partner, but with one important element added, you're



having sex! You should both lay on your sides facing the same direction. She will bend her knees and push her butt back into your groin, almost like she is going into a loose fetal position. You will move closer to her and enter from behind. If it's difficult to enter at this angle you can adjust your bodies for entry and then move back into this position for thrusting.

In this position slowly thrust in and out of her vagina while your whole body is in contact with hers. This will feel especially sexy and intimate for your partner because you will be touching every part of her with your body. Because you are entering her from behind you can take advantage of the position and stimulate her clitoris with your hand, bringing her to orgasm. For a fun modification, have your partner bend her top leg so that her knee is pushing up against her breast. This will give you better access to her vulva and clitoris. You can also use your fingers to add extra width to your penis by inserting one finger in her vagina at the same time as your penis. Taking advantage of your access to her erogenous zones on her upper back, back of her neck and shoulders by licking and kissing those areas as you





stimulate her clit and move slowly inside her. The intimacy of this position and these sensations will send her over the edge.

6. ***Side by Side Position*** - This is the position that men find most successful when it comes to lasting longer in bed. Maybe the intimacy of being completely face to face forces us to slow down and really appreciate every moment and sensation. Both of you should be laying on your sides again, but this time you will face each other. She will lift her top leg and make the necessary adjustments so that you are able to enter her more easily. Once you're inside she can lower her leg again and your legs should be intertwined like scissors.

This is a great technique for taking things slow. Take advantage of the position and kiss her deeply on the mouth, neck, and ears as you slowly move inside her. You can explore each other's bodies with your hands and make intimate eye contact. Before entering her you can rub your penis in and out from between her legs and labia. This will begin to stimulate her clitoris. You will be able to build up sexual arousal and tension for her, while keeping your own arousal in check because you haven't gone inside her yet.

7. ***The Hot Seat Position*** - In this position you will be seated on the edge of the bed, or in a chair without arms. She will sit on your lap facing away from you. This position allows you to have a lot of control over how you stimulate her with your penis and your hands.

First use your penis to begin rubbing her vulva. Slide it up and down her vulva like you're sliding a hot dog through a bun. Rub the head of your penis on her clitoris and use the ridge of the glans to stimulate it further. You can play around with "outercourse" for as long as you want, bringing her closer to orgasm, but keeping your orgasm relatively in check. When you're ready to enter her, hold onto her hips in order to control the depth and speed of the thrusts. Have her move slightly closer to your knees so that you can penetrate her with shallow, short thrusts that will stimulate



the sensitive opening to her vagina. You can kiss and lick her sensitive back and shoulders and run your fingers through her hair for extra stimulation. You also have easy access to reaching around and stimulating her breasts, nipples and clitoris. Try using one hand on her clitoris and another moistened hand on her nipples.

This position is ideal for lasting longer because you can easily relax your pelvic muscles and provide a lot of sexy stimulation for her, that she is sure to love.

8. **Positions to avoid** - Avoid positions like the missionary position and doggy style. These are positions that usually make men come in no time, so if your aim is to last longer, avoid them like the plague.
9. **Time of Day** - Another tactic men who want to last longer use is having sex first thing in the morning instead of at the end of the day. The theory is that the nervous system is less reactive after a full nights sleep and that allows you to be more relaxed and in control of your body.
10. **The backup plan** - The worst thing a guy can do after coming too quickly is overreact and spoil the mood. Apologizing or making self deprecating remarks about yourself isn't going to make her see you as the sex God that you want to be. It's going to make her uncomfortable, upset, and probably turned off. She might not even think that you came too quickly until you made a big deal out of it. So do both of you a favor and don't obsess over performance times.

If you and your partner have discussed it before and you agree it's something that could be worked on, the two of you can team up and tackle the problem together. The more of a positive attitude you keep throughout the process, the better and faster you're going to see results.

If your main concern after orgasming is that your partner didn't orgasm, don't make a big deal of it. Simply continue the fun. Take the opportunity



to begin going down on her and keep it up until she has an amazing orgasm. Don't ruin the mood by letting it show if you are upset. Simply move on to doing something else to her as if that was your plan all along. That will show her that your aim is that both of you enjoy your sexual experience to the fullest.





IN CLOSING

There are many men out there that want to last longer for one reason or another. Some men want to tackle an issue with premature ejaculation and others just want to be able to add precious minutes onto their performance time. Whatever your reason, with these proven techniques, you will be on your way to a more satisfying, longer lasting sexual experience with your partner. Don't put pressure on yourself to perform, that will only make you more nervous and enjoy sex less. Remember that the point of this is to increase your pleasure, not provide more anxiety.





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