

SEASON 2

GREAT SEX OVER 40
EDITION

100% SAFE AND
NATURAL METHOD TO
GETTING AND
STAYING HARD



UNBREAKABLE
ERECTIONS



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Section 1 *Facts & Theory*

How a “mediocre” erection is ruining your sex life

The most common (and horrifying) situation no man wants to face ever in his life is the following: not being able to get a decent erection. This condition has become highly visible in recent years, but that doesn't make it any more welcome for the 5 to 15 per cent of men whose sex lives are affected. Though it's more common in men over the age of 75, it can occur at any age. Bummer, I know.

And while it may seem physical (yikes, there's something wrong with the plumbing of my penis and that's why I can't seem to get it up in order to have sex that's at least decent, if not great!), a problem with erection is, most of the times, a mere symptom of an underlying psychological issue. Let me explain.

While it is true that, in same cases (not many), erectile dysfunctions can have physical/medical origins – a vascular disease, diabetes, hypertension, aging, or depression – and for these you may want to consider seeing a doctor for a thorough medical diagnosis, the vast majority of problems concerning erection are psychological in nature – and can be FIXED.

If you cannot achieve an erection or have a weak erection, you should first and foremost ask yourself a couple of important questions:

1. Am I physically healthy?
2. Can I get an erection by masturbating?
3. Do I perform in some situations but not in others?

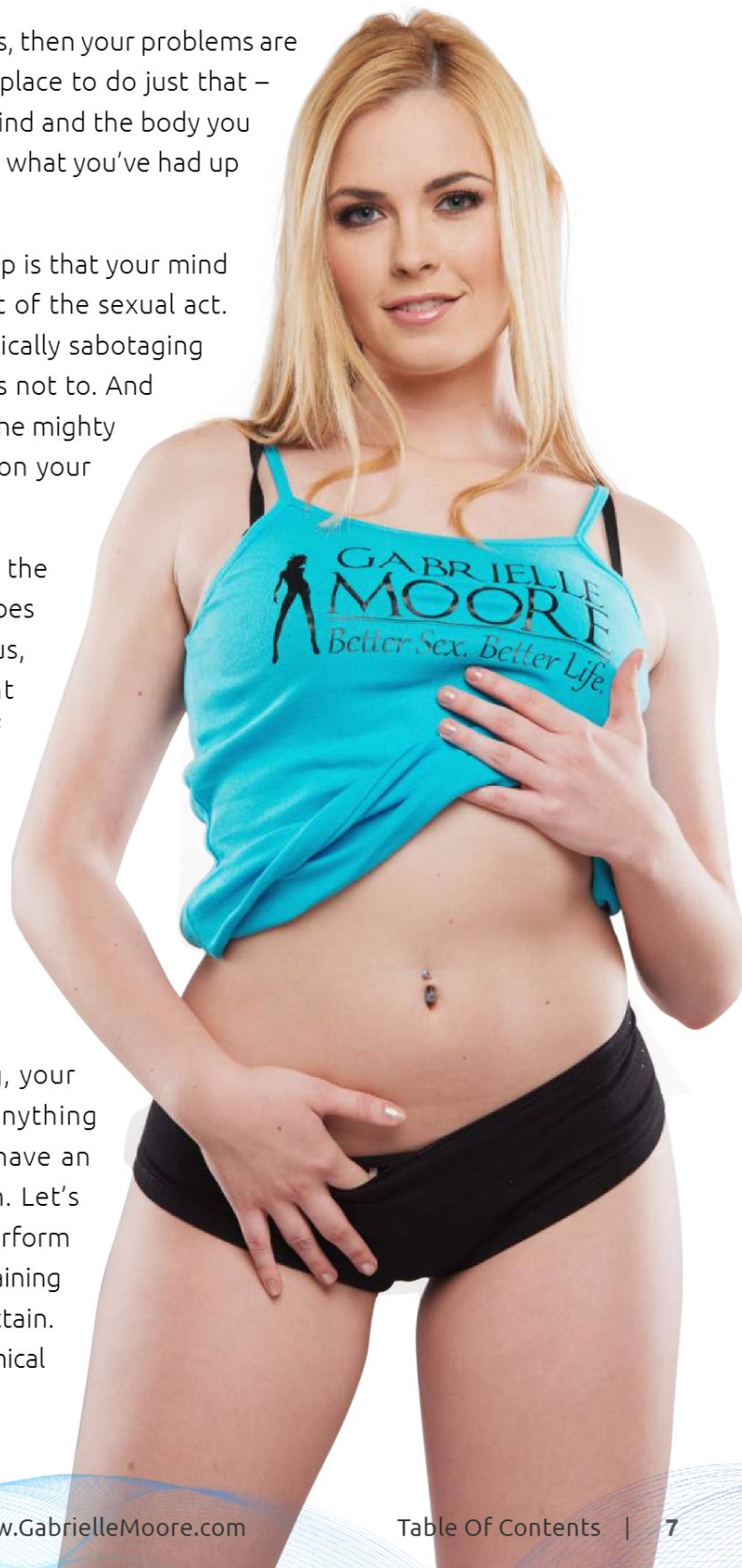


If you answered yes to all of these questions, then your problems are easily fixable. And you've come to the right place to do just that – fix them. With a little bit of training of the mind and the body you will enjoy a sexual experience far better than what you've had up until this moment.

In most cases, the reason you can't get it up is that your mind somehow forces your body to pull itself out of the sexual act. Yes, you've read that right: your mind is basically sabotaging your penis, making it fail when it most needs not to. And the body, obedient as it is when it comes to the mighty brain, does as it's told and puts the brakes on your pleasure by weakening your erection.

In other words, it all starts and ends with the biggest sex organ you have: your brain. It goes something like this: any compelling stimulus, from the sight of your partner in a tight dress to the feel of her mouth on your stiff member, instigates a riot of neurons within the thalamus. From there, a lit fuse of nerves fires quickly down the spiral cord then speeds in a flash to the penis, triggering the blood engorgement necessary for healthy erections. So yes, an erection is indeed conceived in the brain and born in the penis.

And since, as I've just finished explaining, your brain is an inseparable part of erection, anything that tinkers with the brain chemistry can have an impact of erection, ejaculation and orgasm. Let's take for example the fear that you will not perform according to your desire. The anxiety of maintaining an erection can actually make it harder to attain. "Fear triggers our nerves into producing a chemical



called norepinephrine, which stops an erection immediately, says Bruce Bryans, author of *What Women Want In A Man: How To Become The Alpha Male Women Respect, Desire, And Want To Submit To*. Only when stress levels abate, can smooth muscles relax enough to permit erections. Being “in the mood”, in other words, is not just an expression – it’s an essential part of your physiology and crucial to your erection. “Like the vagina, the penis collects anxieties and is a focus for all sorts of manipulations. Male self-esteem and sense of identity tend to be located in it”, says Alex Comfort, author of *The Joy of Sex*.

As if it weren’t enough, outside reasons also affect the quality of your erection. As you move from the hotly passionate courtship stage into a more companionate long-term relationship, it’s only natural for you to start worrying about the quality of your sex life, which of course affects your performance. So the seed that has been planted in your mind – “there used to be a lot of fireworks, but now sex is boring”, “we used to make love practically every day, but now it’s happening less often”, “sex used to last for fours, but now we’re done in minutes or we’re just not in the mood anymore” – starts breaking havoc on the quality of your boner. The lack of sexual variety, frequency and spontaneity usually signal that the magic is gone, and this usually means that your hard-on is probably next.

The fact is, just about every man will experience the occasional problem getting or maintaining an erection. In many cases, it’s a fleeting, situational event that shouldn’t be cause for concern, and doesn’t indicate a lack of sexual function. But when they are ongoing – and damage your self-esteem, the self esteem of your partner and the relationship overall – it’s high time you do something about it.

The solution to this problem is simple: get your mind on your side. Sure, there are endless treatments, ointments and devices claiming to pump up your volume and increase the strength and stamina of your erection, but precious few solutions hold any water. The reality is that, if you want to maximize your erection on all fronts, you’ve got to start with your mind.

Seduce your mind by paying more attention on how you prep your body for the big act – taking your time with foreplay is not only important for your partner’s orgasm, but also for your, um, ability to give her that precious climax during the deed. If you hurry into doing it –and you’re nervous throughout

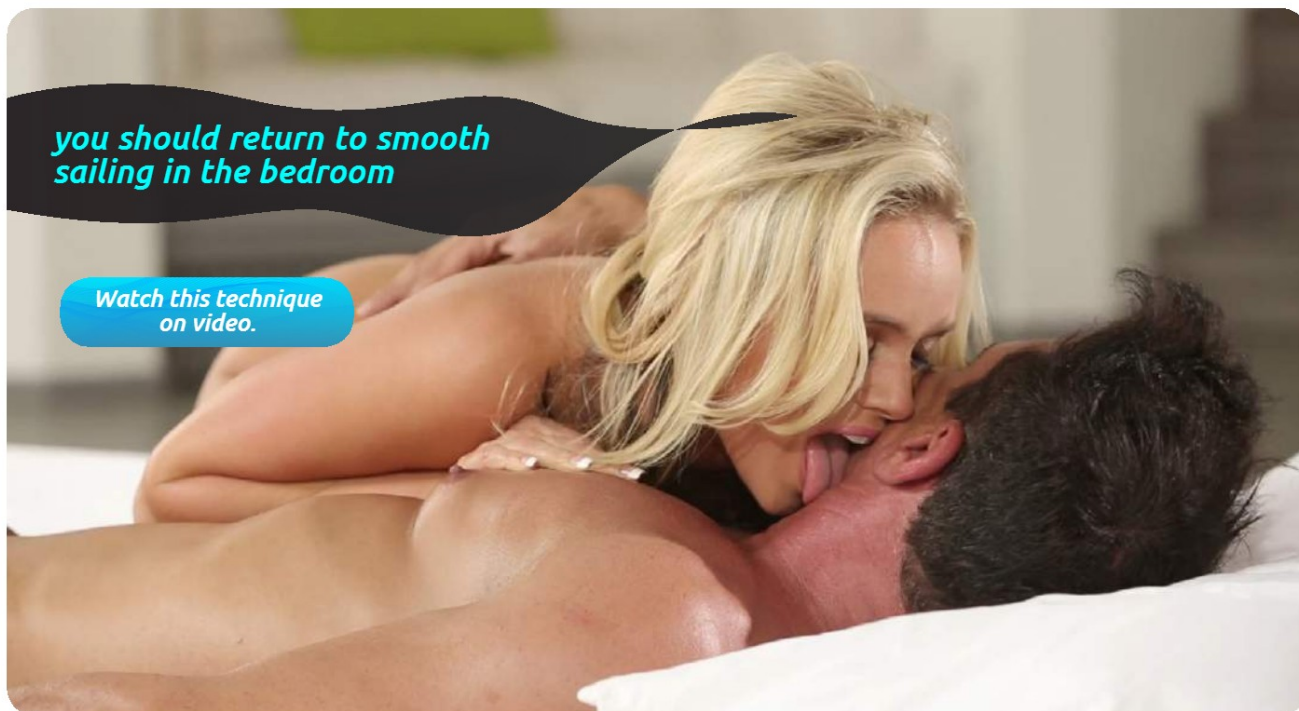
“*the penis collects anxieties and is a focus for all sorts of manipulations*”

– no wonder your body fails you and your erection is far from stellar. Hey, we're all for ravenous gotta-have-it-now sex sessions, but there are times when indulging in leisurely lovemaking pays off big time. When you meander down the passion path instead of breaking into a sprint, you become more aware of how your body works and you relish the sheer pleasure of touching and being touched. By building it slowly, step-by-step, in which each level builds on the last, your erection will once again be fail-proof and the humiliating instances of having to leave your partner unsatisfied will be no longer familiar to you and you should return to smooth sailing in the bedroom.

If you want to learn more about the magic of the hard-on, and you're here to be schooled on things like how to keep an erection, how to get harder erections, and how to cure any erectile dysfunctions you might be struggling with, you've come to the right place. Because I'm a strong believer in the fact that any man can achieve ultimate hardness, I'm going to tell you everything there is to know about your buddy south of the equator and how you can tame it so that it turns your partner wild with pleasure. And I have yet another great piece of new for you: Imagine learning each and every move presented here by watching real people do it! Yes, now you can do that as well! My sexy instructors will teach you how to do every trick you've read here... from every possible angle!

you should return to smooth sailing in the bedroom

Watch this technique on video.



Improving penis stamina is possible with the right “training” of the mind and body

Interestingly, for something that usually involves around 7.3 minutes of actual penis-in-the-vagina contact (yes, 7.3 minutes, you read that right), sex can create a huge amount of analysis, confusion, conversations over coffee and “Seriously, what just happened there?” moments. No biology textbook ever prepared you for the fact that sometimes sex is less Big O and more Oh No. Things malfunction and there’s no repair manual to the whole thing. Things can stop happening and there are no jumper leads. Yep, getting it on can seriously mess with your sheets and your mind. There are so many sexistential crises – real, un-airbrushed sexual dilemmas that call into question the nature of doing it – that no wonder you’re sometimes left baffled by the whole thing.

And an erection problem, for guys at least, is one of the biggest sex crises you can ever face – at least that’s the importance most guys give to it, and they are absolutely right. After all, there’s no sexy time without a fully erect penis, right? But just as an orgasm can creep up on you and your partner seemingly out of nowhere (well, hello there), so can the solutions for troubleshooting an erection.

Let’s start by first drawing the details of why this happens. When you were a teenager, an





erection would magically appear each time you caught as much as a glimpse of female naked skin. Most men I know have embarrassing stories of erections occurring at the wrong time and the wrong place – examples like that are numerous. But as the teenage years passed, they took with them – together with your juvenile acne – also your quasi-apocalyptical erections. Gone are the days you get rock hard just by thinking of doing it with someone, anyone. Now losing an erection is a real problem – and not getting one in the first place is an even bleaker scenario.

But enough with the bad news. The truth is that yes, problems with hardness are inevitable, but they're generally reversible through a couple of minor tweaks in your usual sexual routine.

You can still enjoy great erections and great sex. The first step you have to take is acknowledging that there's a problem. If your erection is weaker than a box of soft tissues, things are not as they should be in the sack. You know it, I know it, and your partner knows it.

There are a number of reasons this happens, as I've explained earlier. And since, in my experience, the number one cause for erection problems that aren't medically conditioned lies in either the mind pressuring your body to not perform according to duty, or your body not being ready enough to get down to business, it's time you learned a couple of things on how you can tame both your body and mind and convince them to work in your erection's advantage.

First off, you need to know that the success of a great erection lies in taking the pressure off. Think of things this way: when it stops working as it should, your penis is actually trying to tell you something. It's telling you that you're holding on to way too much performance anxiety, work and financial stress or overall intimacy

problems with your partner, and it has decided to go on strike until you let go of some of that mental baggage and you finally relax in bed. "Men are just as prone to cognitive distractions as women. I'm talking about constant little worries that can derail their desire and put a break on their erection", explains Debbie Herbenick, author of *Because It Feels Good*. It's no wonder that when your mind is running through a long list of worries, getting a half-decent erection seems like a hopeless struggle.

“*focus on non-intercourse activities like being nude together, kissing, erotic massage, cunnilingus*”

To reverse this process and start working your way towards getting back in the saddle, first you should forget about intercourse for a while. Yes, exactly the opposite of your goal, but hear me out first. Trying to cure an erectile dysfunction by going at it over and over again, hoping that your erection will finally make a magical appearance, you're putting too much pressure on your penis and you're creating a negative cycle of unsuccessful attempts at erection. Thus you create even more worry and your chances of getting somewhere good are decreasing by the second.

So my advice now is rather simple to follow: focus on non-intercourse activities like being nude together, kissing, erotic massage, cunnilingus – just try to be present in the sexual moment, without being pressured to perform. Sometimes a warming lube, a cock ring or increasing the erotic charge (dirty talk, different environments) can get you over the hump. Even something as simple as getting more sleep, maintaining a healthier diet, increasing exercise, or cutting substance intake can help your erection. You can also try masturbating alone in the meantime. You will feel most comfortable and least anxious during a solo session. Do this until you feel more comfortable and your penis is ready to return to hard hitting carnal adventures.

After clearing up your mind of anxiety-inducing clutter, it's time you treated your body with some care as well. An erection is stronger if your body is fully aroused and prepped for sex. To achieve this, you need to start relying again on your long forgotten friend – foreplay. Of the good kind. If you think foreplay is a mix of bad R&B tunes, candlelit fumbblings and awkward attempts at sexy talk, think again. There's much more to foreplay than Barry White's greatest hits (though, I must say, sometimes old school is the best). Foreplay means tuning in to your partner's body... and vice versa. Everything from skin-tingling caresses to more intense manual manipulations can help you become engrossed in the erogenous experience of the sexual act.

These types of moves are erection-lifting because by paying attention to your entire body, sexual fireworks will be so thrilling your penis is bound to raise up to the occasion – literally! To get the most of your partner's caresses – and make sure she hits all the right areas of your body – place your hand on top of hers and show her where and how you like to be fondled. "Guiding your partner's hand can help her provide the stimulation you want to get fully erect", says Marty Klein, author of *Beyond Orgasm*. Sure, relying on your stockpile of high-scoring touch-me-there moves is great, but when you need an erection booster, adding a few simple new tricks could mean five times the pleasure... and five times the hardness. "When your partner stimulates every one of your senses – smell, taste, sight,

Foreplay means tuning in to your partner's body... and vice versa

Watch this technique on video.



sound, as well as touch – you will benefit from a much more fulfilling, complete sexual experience – and your erection will be stronger”, advises Lana Holstein, author of *How to Have Magnificent Sex*. So don’t be shy: guide your partner’s hands and mouth to the precise areas that erotically electrify you and she’ll turbocharge your passion receptors – and your erection. For more relevant information on how exactly you should approach the hot subject of foreplay, read my book on the subject – *Turn Her On Faster* – <http://www.turnheronfaster.com>. You’ll find here numerous tips and tricks on how to make sex hotter than ever, and some of them are bound to work in your erection’s advantage as well.

Section 2

Enjoy a Rock-hard erection every time

Your genitals aren’t happy. Their biggest obstacle to pleasure used to be you not finding partners in crime soon enough. Then along came a new form of contraception called erectile dysfunction – and boy was it effective. The latest research shows that a growing number of men suffer from it, which is pretty terrifying to say the least. So how can you break the spell and enjoy great erections again? Like the diligent sexual scholar that you know me to be, I studied a number of formulas and techniques to see which one is bound to work best. All you have to do is follow my lead and enjoy rock-hard erections and total body pleasure.



PART 01 SEXY SUBMISSION

Achieving a great erection sometimes requires just one thing, and the greatest break is that you already possess it: your partner. Sure, that seems like a pretty common point to make, but what you don't know is that you're probably not using your partner to her full potential when it comes to helping you become erect again. Let her submit you to a couple of fancy finger, mouth and vagina moves and your penis will instantly achieve superstar status in the sack.

What exactly means using your partner for the benefit of getting better erections? For one, by letting her take control in bed, the pressure is taken off of you and the sheer range of sensations she can deliver will drive you wild. So the next time she reaches to touch you, give in and let her control the reins of the process of turning you on. With my carefully curated selection of man-manipulating tricks and treats, she will have you so intoxicated with ecstasy you'll literally get an explosive hard-on.

The touches that make you burn with pleasure

▀ **Neck nibbles.** The combination of thin skin and major blood flow, thanks to some big arteries running through here, make this spot supersensitive to touch. But since it's such a vulnerable area your partner shouldn't overdo it when caressing it. Her tongue is the perfect tool to arouse this hot spot – it remains slightly warm even when it's not inside

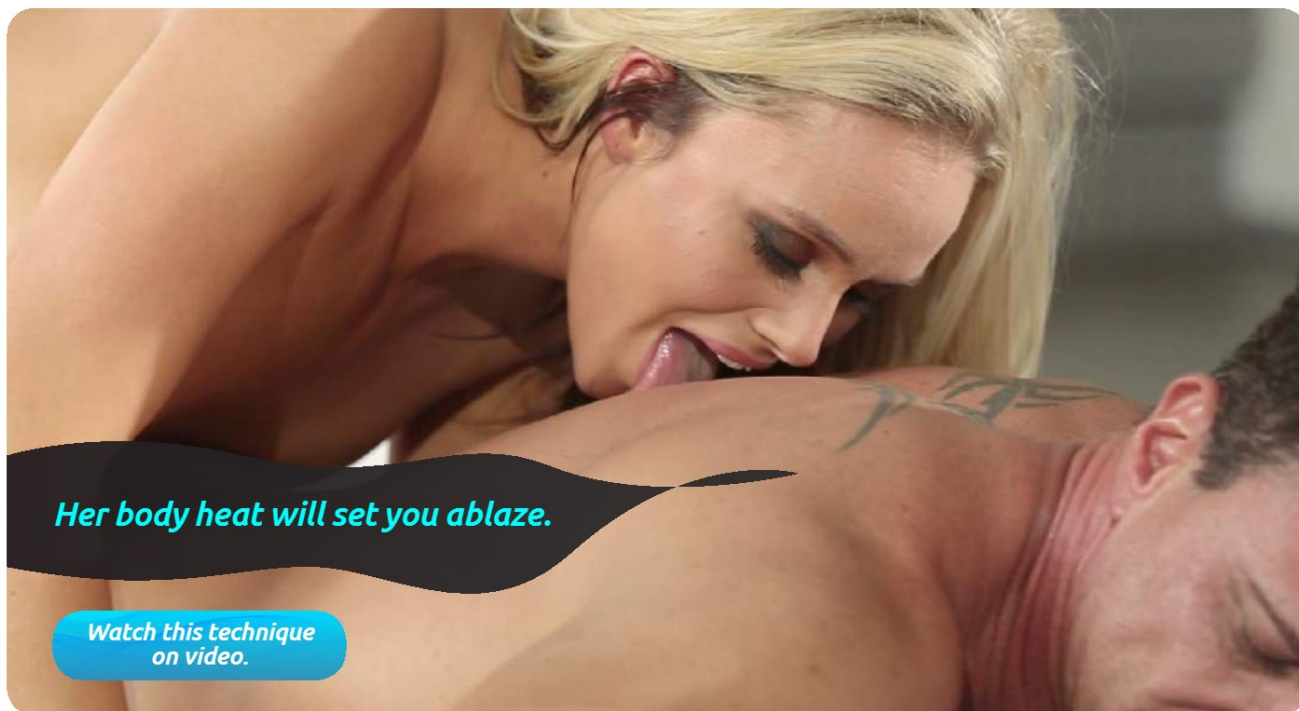


her mouth and it's just the right amount of wet. Tell her to give you a big kiss there, then move to your throat and lick from where your ear ends down your neck and to the middle of your collarbone. This little V is another spot that feels great because the skin here is even thinner. So she should linger for a bit of licking and nibbling before heading back up toward your ear.

/// **Ear-ections.** The ears are a major erogenous zone due to their plethora of nerve endings and because blood rushes to the area when you are aroused. This combination also makes them high on the list of areas to kiss to trigger boners. Have her straddle your back, lean down and take one lobe between her teeth at a time, firmly closing her lips around it and sucking. On average, this pretty much feels like she's sucking your penis, so it will definitely make your temperature rise.

/// **Spine tingles.** The spinal nerve connects directly to your penis, so when she warms it with kisses, the heat shoots to your package and aids your erection. Plus, the nervous system that runs down either side of the spine sends arousal messages to your brain when it's warmed up, telling it to propel blood to your penis and make your pulse race. To flame your passion, she should rub her bare breasts up and down the length of your backbone (put some lotion on them first so they'll glide). Her body heat will set you ablaze.

/// **Chest is best.** There are different concentrations of nerves packed into the area around your pecks. The outer chest has fewer nerves and can take stronger caresses, but the nipples have

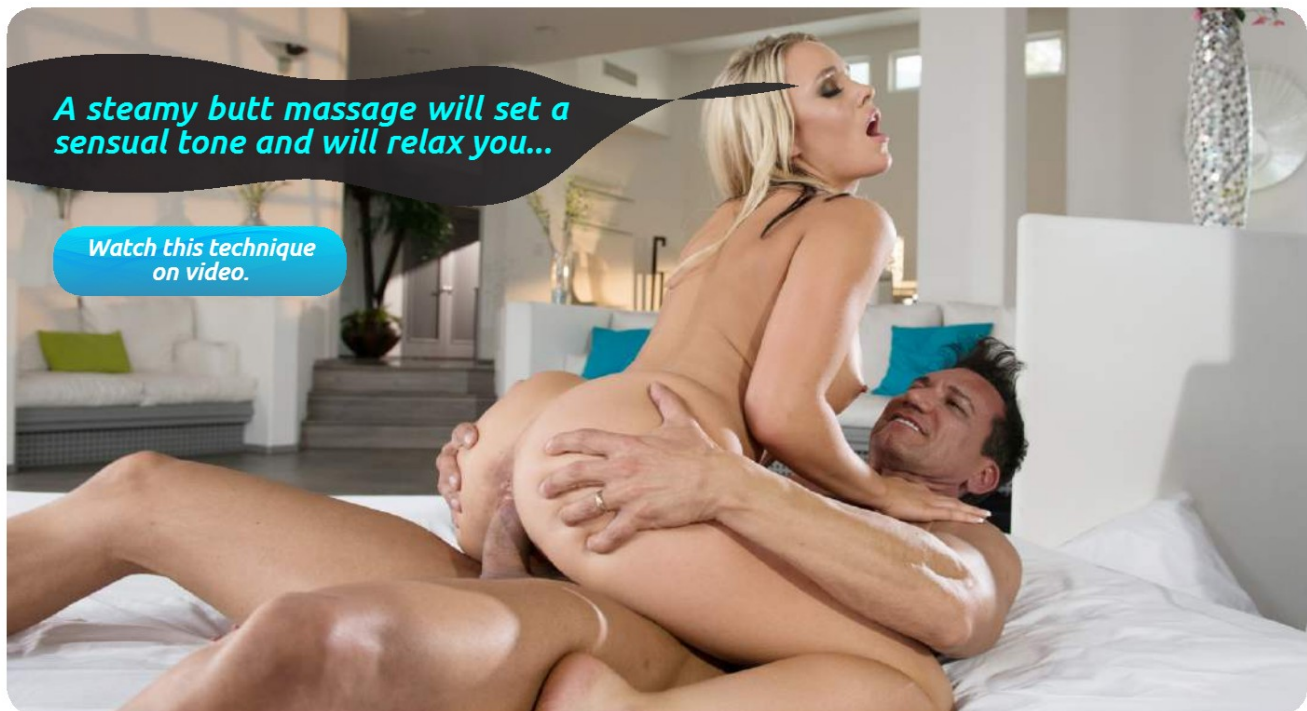


Her body heat will set you ablaze.

Watch this technique
on video.

tons, so they require less friction. If she drizzles a warming lube over your chest and gives you a rubdown, you will definitely feel movement in your package. On the outer edges of your pecks, she should use her fingers to draw wide circles, going inward until she reaches each nipple. She should use a firm touch at first, and soften up as she moves towards the bull's-eyes.

■ **Butt bounces.** A steamy butt massage will set a sensual tone and will relax you, since your glutes are the largest muscle in the body and store a ton of tension. While you're both standing, ask her to rub her hands together to warm them up, then start working on your derriere. She should start with her fingertips at the very top of your thighs and firmly move them up in a pulling motion until she reaches your tailbone. The heat she applies to those butt muscles will feel awesome



A steamy butt massage will set a sensual tone and will relax you...

Watch this technique
on video.

and force tight spots to loosen up in your body – including the ones that may be preventing a full erection from your part.

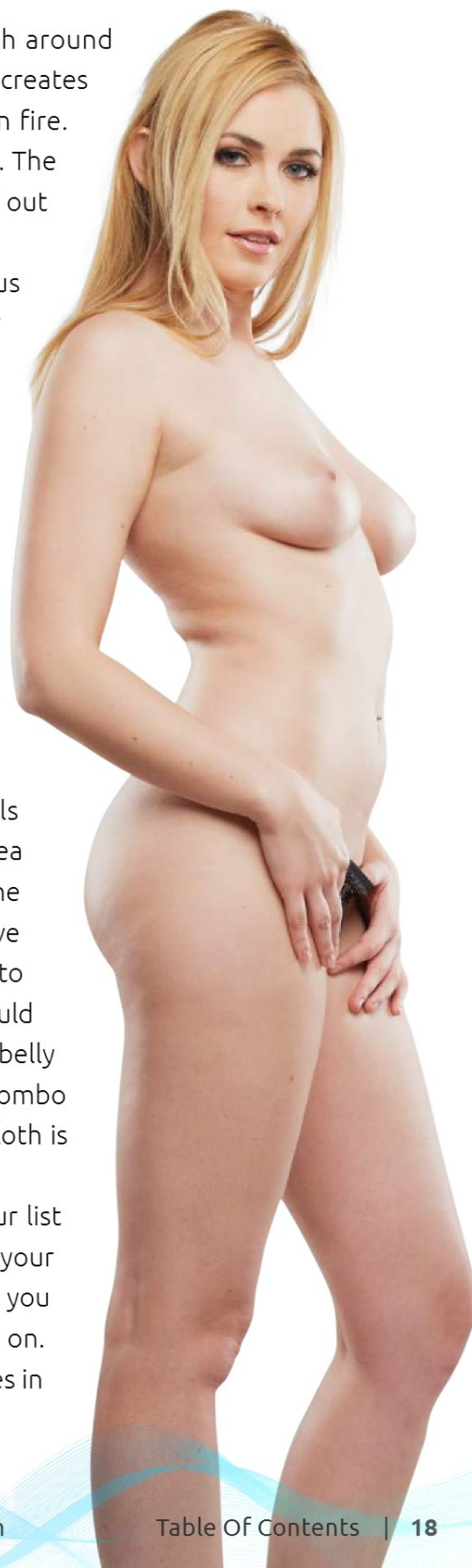
■ **Inner thigh high.** When blood flows to your shaft, making you erect, the excess settles in the upper part of your thighs. Because of this, they are almost as receptive to sensual touches as your penis is. After you've gotten naked, lie in bed on your sides and, while kissing, have her stick

one leg between yours – so your thighs create a sandwich around hers – and slowly move her leg back and forth. The rubbing creates a slight friction, so she is essentially setting your thighs on fire. You may want to save this move until you are ready for sex. The inferno it creates will make you rock hard and unable to hold out for much longer.

■ **Happy feet.** Here's a surprising move that will get bonus points when it comes to your erection. Pop a pair of your socks in the microwave for 20 seconds, then slip them on you and have her squeeze your feet all over a few times so the heat really sinks in. Don't laugh, I know it sounds a little weird, but there's a neurological connection between your feet and your groin. The area of the brain that registers sensations in the feet is right next to the region that controls your boner. The socks will feel heavenly on your soles... and they will also get you erotically energized a little higher up, where it matters. Whoever said that you shouldn't make love with your socks on obviously didn't know his sex science very well.

■ **Lower belly eroticism.** Blood flow from your abs travels straight down to your package. And by warming up the area right underneath your belly button, you instantly increase the amount of blood heading south, which will feel good and give you a harder erection. For that reason, it may be a good idea to start foreplay here before moving on to other areas. She should soak a washcloth in warm water and gently run it from your belly button to where your pubic hairs start and back again. The combo of the wet warmth and the slightly nubby texture of the cloth is unexpected – making it even more electrifying.

■ **Hot penis.** Her mouth around your member is high on your list of favorite things. Even better? A warmed-up mouth around your member! Have her swish some hot tea or water before giving you oral because this will make you especially hard and turned on. Why? It's simple – blood naturally wants to go to warm places in





the body (and flees places that are cold, which is why you shrink in chilly weather), and by rushing to the warmest place there is – your penis – it will do loads of good for your erection. Have her pause every minute or two to take another sip – this keeps her mouth hot and your member stiff.

■ **Tingling testicles.** She should approach your boys with caution – when you are in the mood, they are even more hypersensitive than usual. And while too much friction will hurt, just a little will make you want to throw her down so you can get to the main event. She should open her mouth wide, and breathe heavily over one ball at a time. Don't forget to tell her not to purse her lips and blow – an open mouth releases warm air, whereas lips that are pressed together let out a cool breeze that might kill your buzz.

Get into erect... positions

Now that you are ready for the main event, know that the positions you choose can also affect your hardness. There is no right way for every man on the planet, because no loss of erection is ever alike when it comes to the reason this happens. That's why I usually rely on two carnal suggestions, who even though are opposite, they both work. My advice is to try them both and see which one works best for your specific problems.

And if you'd rather see how exactly to use these positions for your advantage, go to the video I made for this subject and watch my eager instructors teach you all the moves! ▶

Erotic Wheelbarrow. Use positions that provide you with more stimulation and put you in charge. It varies from man to man, but generally the positions that provide the most stimulation for men are those where you are in charge of the thrusting. They work because when you are on top, on your knees or standing during sex, you have to rely on the large muscle groups of your thighs and glutes. This helps because it diverts more blood to these muscles – and concomitantly to your pelvis and your penis – aiding your erection. “Physically, having a successful erection is about getting a good supply of blood to the penis. That’s why it makes sense that a sex position that uses a lot

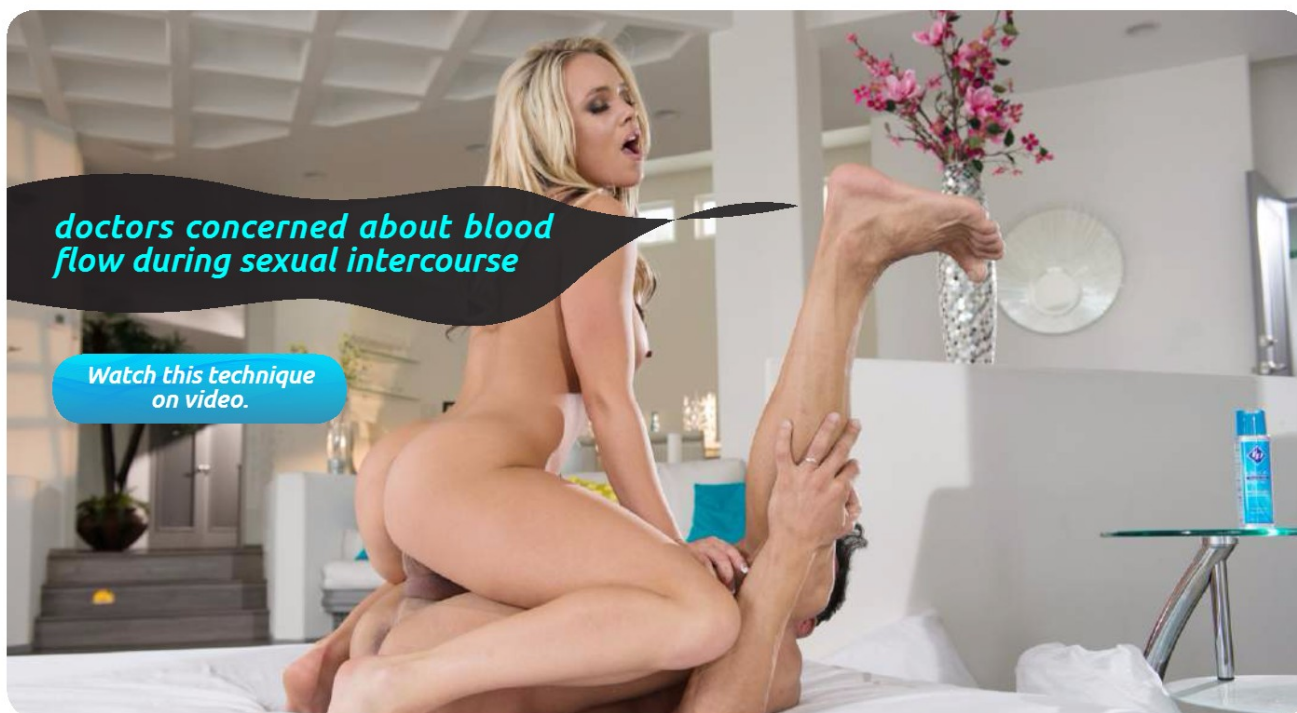


Try the erotic wheelbarrow for intense erections.

Watch this technique on video.

of your big muscles and requires a lot of acrobatics will require more blood flow to the area of your interest – your crotch”, says Michael Long, author of *How to Have an Erection that Lasts Longer: Different Means on How to Improve your Erection even with Erectile Dysfunction*. Try the erotic wheelbarrow for intense erections. She should stand facing the bed, then bend over so that her head and arms are resting on its surface. You stand behind and grab one of her ankles, holding it near your hip, and enter her. In this rear entry ride, you get to thrust while getting a glorious view – and access to – her posterior (a major turn-on). Plus, the deep impact and bend-over angle lets you hit her G-Spot, making it pleasurable for her as well. Everybody wins!

The Erotic Accordion. Give the reins to your partner. Positions that put the woman in charge, such as the cowgirl or the reverse cowgirl position, work because they take the way pressure off of you. You don't have to worry anymore if she has an orgasm or not, since she's the one doing all the moves necessary for getting there, and this gives you the relaxation and ease of mind you need to get in the mood quicker and enjoy a harder erection. They also work because, traditionally, doctors concerned about blood flow during sexual intercourse have recommended woman on top because, with no blood needed for the muscles that do the work in position where the man has the control of the speed and thrust of intercourse, everything goes straight to the penis, increasing stamina and hardness. My suggestion for you at this point will be to try the erotic accordion – the ultimate rev-your-engines role reversal. You lie on your back lifting your knees toward your chest (thus increasing blood flow to the penis). Facing you, she squats down and straddles your legs so her thighs are hugging yours. The closer you draw your knees to your chest, the better access she'll have to your main accessory, and she can lower herself onto your penis and move up and down. This will kickstart your partner's sense of power and allow you to show your more submissive side. And since you are facing each other, you both get a prime panorama of each other's ecstatic expressions. Plus, the shallow penetration concentrates pleasure on the nerve-rich head of your penis, making it more erect and harder than usual. For more examples



of sex positions that truly work, read my book, *Orgasmic Sex Positions* – <http://www.orgasmicsexpositions.com> - you'll find incredible variations to your all-time favorites.

PART 02 BRAINWAVE THRILLS

As I already told you in the introduction, the brain is the most sexual orgasm we possess. Sure, we're taught sex is about what's between our legs, but the truth is we are sometimes looking for the secret to carnal success in the wrong place. And when it comes to erections and problem with hardness, the relation between your inner thighs and your inner thoughts is really important. Brain scanner results of people masturbating have unraveled pretty significant information when it comes to the matter of how and where we get our sexual feels. "Women cannot have orgasms and men cannot have erections without the brain: sexual pleasure is produced in the brain, and 80 different brain regions are activated during intercourse", explains Barry McCarthy, author of *Sex Made Simple: Clinical Strategies for Sexual Issues in Therapy*. This means that getting your penis and your brain to work together should be your new bedroom goal. So, how can you make that kind of magic happen?

Think about something hot for a change

Wandering is just something the brain does naturally, but there's a pretty big difference between harmless mid-sex mind wandering (usually random things, like remembering to get the beer out of the freezer) and thoughts that destroy an erection. A study from sexology journal, *Archives of Sexual Behavior*, found the two worst offenders are "spectatoring" – judging your own sexual performance – and penis size fears. Both can reduce your satisfaction, particularly if you start to chastise your brain for wandering. Get that thing a GPS, stat!

■ Mind control tip. As anyone who has ever said "Don't think about chocolate" knows, convincing your brain to do stuff is tricky. The key is to keep calm when distracting thoughts come. First, be aware of your weak spot: are you prone to overthinking ("What does a weak erection mean for my masculinity!?") or pressure ("This time my penis better be hard as a rock, god damn it!")? Silence your critical side, because your body responds to mean thoughts as if it's under attack. And your brain and your penis are both unhappy about that. Second, redirect attention to the pleasure you are feeling. Daily mindfulness exercises will train you: notice the pattern of two breaths (in, pause, out), five to ten times a day. Each time your attention starts wandering, bring it back. How? By learning to use your sexual imagination.

Everyone has at least one lustful longing – whether it’s as simple as relishing the idea of getting an oral from an expert or something more explicit, like playing naughty games with an entire cheerleading team. Unfortunately, many men feel too intimidated to explore X-rated imaginings fully, so they play down their pleasure thoughts. If you are one of those, don’t do it! Learning to conjure up an image of your ideal erotic experience is one of the best way to silence your brain and boost your erection. So next time you are in bed with your partner and she’s going down on you, close your eyes and think about something sexy – the more salacious your fantasy, the better (fantasies are all about losing your inhibitions, so don’t censor your thoughts). Or watch a frisky film or even porn, if your partner’s up for it. With practice, fewer things will knock your sex brain – and your erection – off course.

“*anxieties that prevent you from being turned on and become erect*”

Stress less

Scientists from The Kinsey Institute identified that your sex drive (the main motor behind your erection), has more in common with a car than with what porn flicks teach you. Yes, really. A car. Why is that? Because, like a car, your sexual brain has an accelerator that responds to sexual stimulation, but it also has brakes – anxieties that prevent you from being turned on and become erect. To top it off, these mental brakes – rather than being physical – are created in the mind. Of all of them, it’s safe to say that stress kicks in hardest. “More than half of the men struggling with erectile dysfunction report that stress, depression and anxiety decrease their interest in sex, reduce sexual arousal and interfere with erections”, says Anne Morrison, author of *Sex in Marriage: 44 Amazing Sex Positions Every Married Couple Should Try to Spice Up their Sex Life*. Stress is all about survival, and while sex serves a lot of different purposes, personal survival is not one of them. So, for most men, stress immediately slams on the brakes and stops their erection. Hmm, not exactly an aphrodisiac for the world’s most sizzling sex life, now is it? Luckily, there’s still hope.

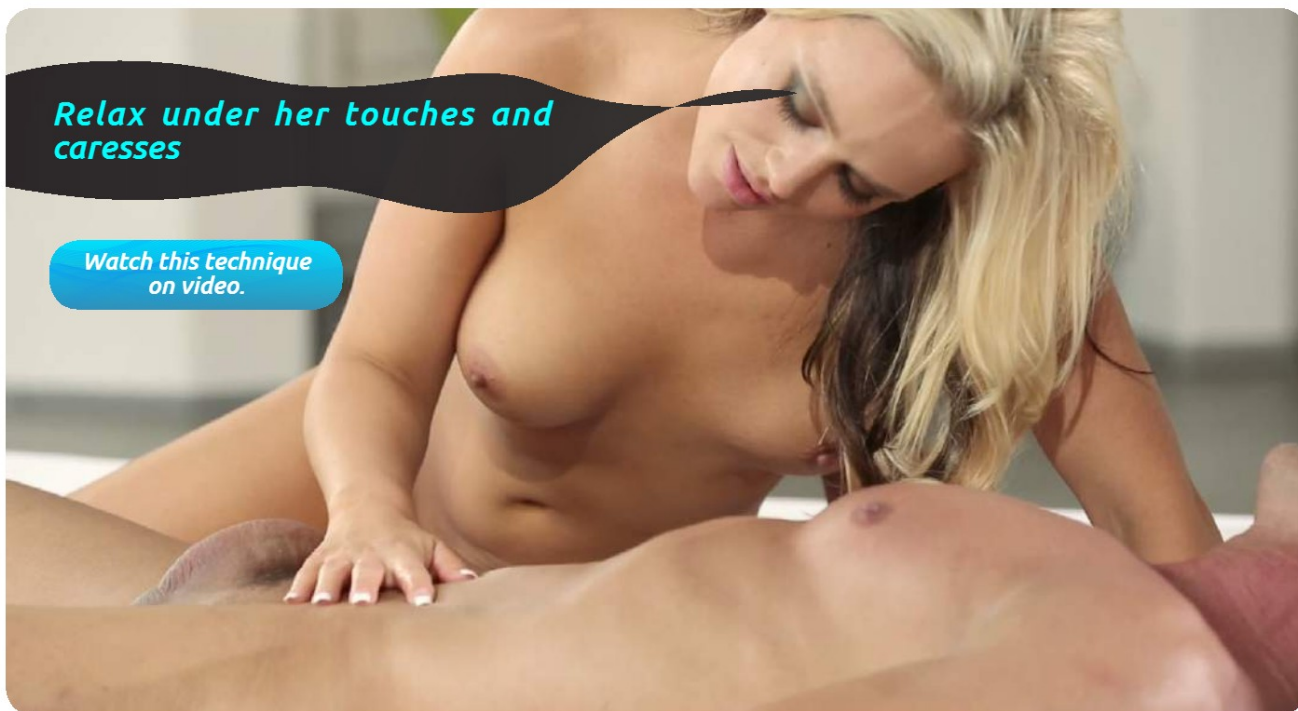
▀ **Mind Control Tip.** To beat stress, the most obvious and effective solution is exercise: get on those runners and move your butt. Swedish researchers recently discovered that exercise makes your skeletal muscle produce an enzyme that purges the harm-

ful substance that accumulates during stress – just how like your liver processes alcohol. If you are still stressed when you hit the mattress with your partner, here are some quick ways to get in the zone:

- /// **Focus on relaxation first, then on arousal.** Instead of stressing on why you are not erect even though you are doing what's traditionally known to work, focus on the sensations your partner's body on yours give you. Relax under her touches and caresses. Become conscious of how great everything feels for you. Forget about your penis for a second and put yourself back in the spotlight.
- /// **Breathe better.** Usually, when foreign hands are touching your body and you're insecure of yourself, you tend to become intimidated and your body starts taking fast, shallow breaths. This ruins your chances at relaxing and letting go, so try and calm your breaths, pausing between each inhale and exhale.
- /// **Tense off.** Similar to your breathing, your body unconsciously tenses up when you're nervous about having an erection. When your body is in this state, it's impossible to have an erection of any quality or have good stamina. Let yourself go, give yourself a break. Lie on the bed and submit yourself to your partner's touches.

Relax under her touches and caresses

Watch this technique
on video.



Don't rush things. If you hurry to enter her and your penis is not up for the challenge, you are bound to fail. The harder you try to get an erection, the more it will elude you. If you get frustrated or panicky and start thrusting as fast as you can to hide your limpness, you've lost any hope of getting an erection. I suggest continuing foreplay until you are ready, for as long as it takes. Do some cunnilingus while you get yourself hard with a lubed up hand or try a good old-fashioned 69. Just relax and enjoy the ride. It's better to work a bit before taking the wheel instead of having to abandon the journey altogether because of unsolvable motor problems.



More than one route to pleasure

Imagine that having a rock hard erection every time was like gaining entry to a nightclub so exclusive that even Leonardo DiCaprio wasn't on the list. The old thinking was there was only one way into the club: get in that queue and stick with it – or, to bring it back to our carnal subject, find one spot on your genitalia (in this case, your penis) and persevere with touches and strokes until something worked. I think there is also the equivalent of a VIP entrance – which is stimulating different parts

of your body to activate more than one part of the brain. If you stimulate all of your neighboring anatomy, instead of just the penis, you intensify your erection. “The nerves of your penis run deep within your groin area, and by stroking more than one hot spot down there, you will indirectly activate different pleasure centers”, says Anne Hooper, author of *Ultimate Sexual Touch*.

▀ **Fingertip Trails.** I suggest you try a move I like to call the fingertip trail. The mistake many couples do when they try to awaken a dormant penis is focus exclusively on the penis, forgetting about the rest of the sexual landscape. To create supersized erections, you should be adamant about keeping your partner’s hands (and mouth!) as active as possible. Instead of just sitting there motionless while she is giving you oral, guide your partner’s fingers (with your own hand) down your sides, along the creases of your thighs and butt, up your abs and everywhere else she can reach. Not only will this tantalizing trip make you go wild, but there are also tons of especially sensitive nerve endings in her fingertips, so continuously touching you gives her an extra rush too.

▀ **The Nipple Service.** After this, try a favorite of mine, the nipple service. Lie down and take her in your arms, positioning her over your penis. Then start caressing her hair and kissing her passionately, slowly pushing her head until she reaches your nipples. The nerves here have a direct connection to the nerves in your penis, so working them will make your arousal even stronger. Whisper her to use her tongue to trace the outline of your areola, then spiral her way in toward your nipple, first softly, then with firmer friction. And to double the stimulation, take her hand in yours, lick her finger and trace your other nipple with it. All this while she slowly grinds up and down, to bring your penis into direct action as well. And since we’re on the topic of nipples, here’s another trick you should try. Dab lube on her nipples, cup one of her breasts in one hand and slide the top of the nipple from the bottom of your testicles to the tip of your penis, circling the head and then sliding it back down. Brushing these two supersensitive parts against each other feels insanely sexy for you (while also pleasuring her) because it’s unexpected and feels slightly taboo. To really blow your mind and your erection out of proportion, grab her head and position it towards your hot area so that she can repeat the same path with her tongue. For more tips like these, read my book, *The Sex Starved Couple* – <http://www.thesex-starvedcouple.com>.

Finish things off by moving her from girl-on-top to reverse cowgirl by turning her around to face your feet. This is a move I like to call the wonder ball. As she grinds her hips, take one of her hands in yours and run her fingertips lightly over your testicles. Start at the base of your scrotum, and trail her digits around and up to your shaft, then start over. When you are in the throws of passion, your

testicles swell and elevate closer to the penis, making them even hotter to touch and extra-sensitive at this point. Result? Rock hard, ah-mazing erection!

And if you prefer learning these techniques by watching our assistants re-create it, you can check the video I created for this. Seeing is believing, right? 📺

PART 03 TANTRIC THUNDER

To use a textbook definition, tantric sex revolves around the spiritual aspect of making love, which promises to deliver both unbreakable erections and out-of-this-world orgasms. It's for couples who want to raise the bar of intimacy by worshipping each other's bodies and using fiery hot massage and foreplay techniques to bring each other closer and closet to the passion brink. Sounds too complicated to achieve when not relying on a strong erection? Well, in the case of tantric sex, that's exactly the hook:

“*pay attention to the rhythm of your partner's breathing*”

it helps your hardness like you wouldn't have ever imagined. Since tantra is the exotic art of prolonging your passion play to reach whole new levels of lusty satisfaction, its other nifty consequence is really hard, well, hard-ons. “The idea is to build arousal very slowly so you both stay just below the boiling point for as long as possible. The silver lining for men? While doing this, they get the chance to really work themselves up – literally”, says Nitya Lacroix, author of *The Art of Tantric Sex*. “That way you really focus on the full sexual journey – getting turned on to the maximum, stimulation each of your five senses for full passion, and harmonizing your sexual rhythms.” The result is both an out-of-body bond with your partner plus *very physical* erections and ecstatic orgasms.

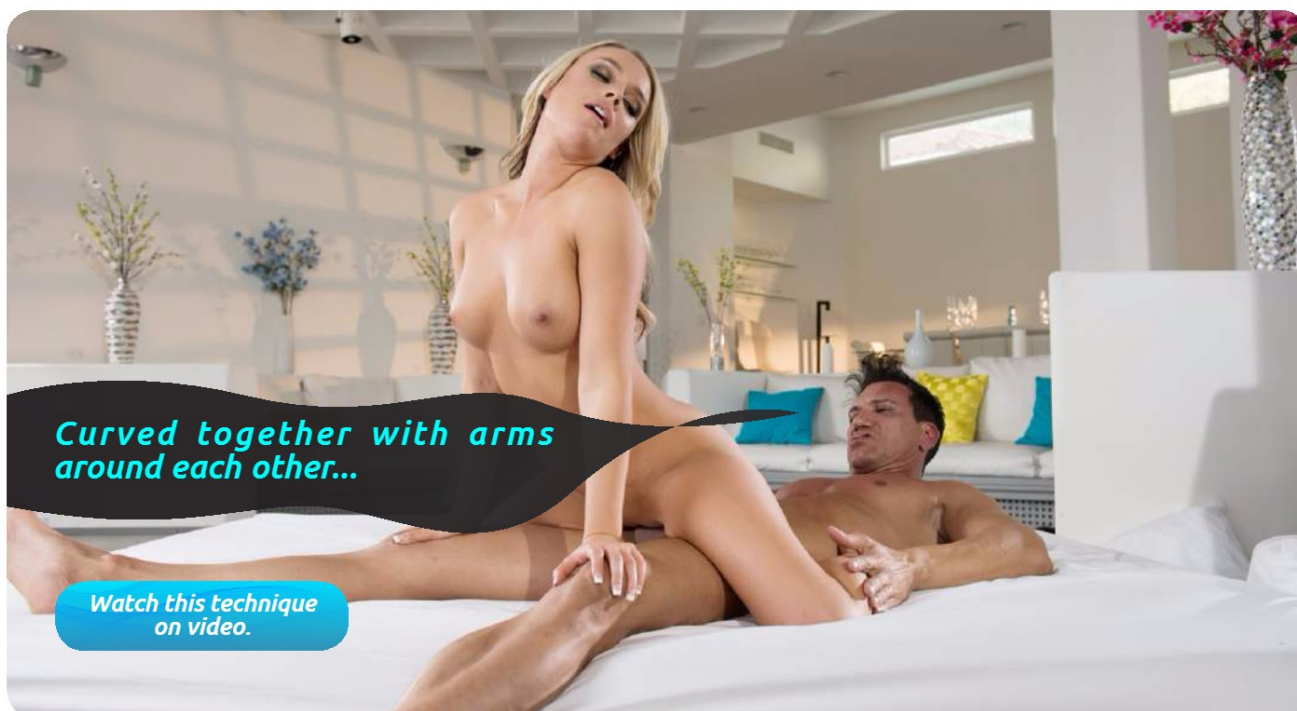
“Blown... away” was Mark's review when he tried for the first time this body worshipping technique to cure his erection problems. “The spiritual element associated with it seemed a bit out there at first, but it was also intriguing, and I had nothing to lose – I had already lost my most precious possession – the ability to become hard each and every time”, he admitted. “After hours of touching each other in very deliberate, enticing ways, I inched ever so slightly toward an, I swear, rock-hard erection, which

led to an otherworldly orgasm. It was the most amazing, soulful sex. And here I was thinking I needed to start considering Viagra.”

Inspired by the sexual success of these ancient love teachings (who wouldn't be?), I came up with my own turbo-charged version of tantra – one whose sole purpose was bringing you nearer to the erection of your wet dreams (no pun intended). Here is my updated, totally modern three-step passion program (plus twists on classic tantric moves) to tempt, tease, then thoroughly please your partner with a full throbbing, ideal erection. Grab your partner and get ready for a trip toward erotic enlightenment.

STEP
01**Launch your night of lust**

Tantra is all about accessing your passionate side little by little, touch by touch. So begin the slow burn toward penis success by creating an atmosphere where you will feel sufficiently relaxed and at ease to enjoy all the moves I'm describing later on. You don't actually have to design some sort of sensual shrine to get the full benefits of tantric pleasure, mind you, you just have to make sure your bedroom (or any other room you're choosing for this specific carnal adventure) is calm, clutter-free and conducive to complete relaxation of the mind. Make sure the room is sufficiently heated (you will



be naked for a while and you don't want that fact to affect your already weak erection, do you?) and scatter candles here and there, to set the proper mood.

Then, burn some libido-lifting incense (musk, sandalwood and jasmine are particularly sexually potent aromas). A new study by The American Academy of Neurological and Orthopedic Surgeons on male sexual response to olfactory stimuli found that, indeed, there are some aromas that are sexually enticing and that increase penile blood flow, thus helping erections. Their findings say that the combined odor of lavender and pumpkin pie produced the greatest increase in the blood flow of the penis (40%).



Now that the mood has been properly set, turn up the heat even more by tuning in to each other and getting your sexual energy in sync. How do you do that? Cuddle together in the traditional spoon position. "Curved together with arms around each other, pay attention to the rhythm of your partner's breathing and gradually begin to inhale and exhale together. Be so attuned to each other's body language that you become an extension of one another", says Kenneth Ray Stubbs, author of *The Essential Tantra*. Why this matters? It's simple. Sometimes being in the mood for sex is just a matter of transferring that energy from your partner – feeding up on the hot clues her body gives you. If you really feel that she is turned on, your level of excitement will grow as well, and so will your erection.

To further achieve that, you also have to bond emotionally and spiritually, not just on a physical level. Yes, I know, it sounds a little loopy but hear me out. All that I am trying to say here is that bonding on an intimate level means giving each other your undivided attention so your focus doesn't wander on other things – like how your penis looks in semi-erect state or what she will think if she sees it. Sit cross-legged across from one another and gaze into each other's eyes for a full minute or two. At first

“*Your ultimate, erotic mission is to set every nerve on fire and reach a strong erection*”

it will seem awkward, I admit it, but once you get over the nervousness, the benefits of this move will start to appear. By locking your eyes, you reach a deep level of intimacy with your partner – which is incredibly hot and will make sex really intense.

STEP
02**Energize your other erogenous zones**

You've plugged in to each other, now it's time to build on that bond with some hands-on seduction. But don't dive for your private parts just yet. Instead, stroke, caress, lick and arouse every inch of each other's bodies by hitting non-genital places that don't usually get sexual attention. "This is especially important for men who have trouble with weak erections. By waking up the less obvious erogenous zones, you create a tension in your whole body so powerful that whatever blocked your erection can't possibly continue to do so in these conditions", says Lacroix.

When you tend to focus just on your genital area (your penis, that is), you miss out on how incredible indirect stimulation can be and how helpful it is when it comes to slowly building that much needed tension in your penis.

To amp up the hardness factor, have your partner treat you with this amazing erotic oil trick. While you are lying in bed, completely relaxed and comfortable, have your partner pour a few drops of lavender oil over your back, neck and chest, slowly massaging it into your skin with ample moves. Then switch

and douse her shoulders and breasts with the erotic liquid. It's soothing and sensual and will help you both relax and truly enjoy the erotic experience you are sharing.

Another area worth massaging inches a little closer to your penis, so the effects will be even stronger. Again, have your partner squeeze a few drops of scented oil in her hands and place them on your thigh, just above your knee. She should knead gently as if she were wringing out a towel as she makes her way north, building the sexual tension and awakening your penis. When she gets to your groin area, she should work the muscles around your private parts, but don't actually touch your penis. As she witnesses your penis stiffening up, she should change up the rhythm – to build even more tension. I suggest a little nail adventure. She should slowly trace figure eights as she runs her nails down your inner thigh, your calf and along the ticklish arch of your foot to in between your first and second toes. Then, using more pressure, she should stroke your ultrasensitive Achilles tendon. For more relevant information on the sensual art of erotic massage, read my book – *Erotic Massage for Better Sex* – <http://eroticmassage mastery.com>.

As a side note, traditional tantra dictates that you should be doing these turn-on tricks for exhausting hours-long marathon stretches. But frankly, I don't consider this scenario very realistic. There's a point when you are just too worn-out to be wowed anymore, or you simply start to lose interest if intercourse is delayed for so long. My advice? Spend as much as a steamy half hour indulging in these desire-mounting moves (sure, if you crave more body worship or think you absolutely need more, then go for a longer haul). Your ultimate, erotic mission is to set every nerve on fire and reach a strong erection, so when that's accomplished, why wait any longer? Just go ahead and enjoy the delicious main course you've been so eagerly preparing for.

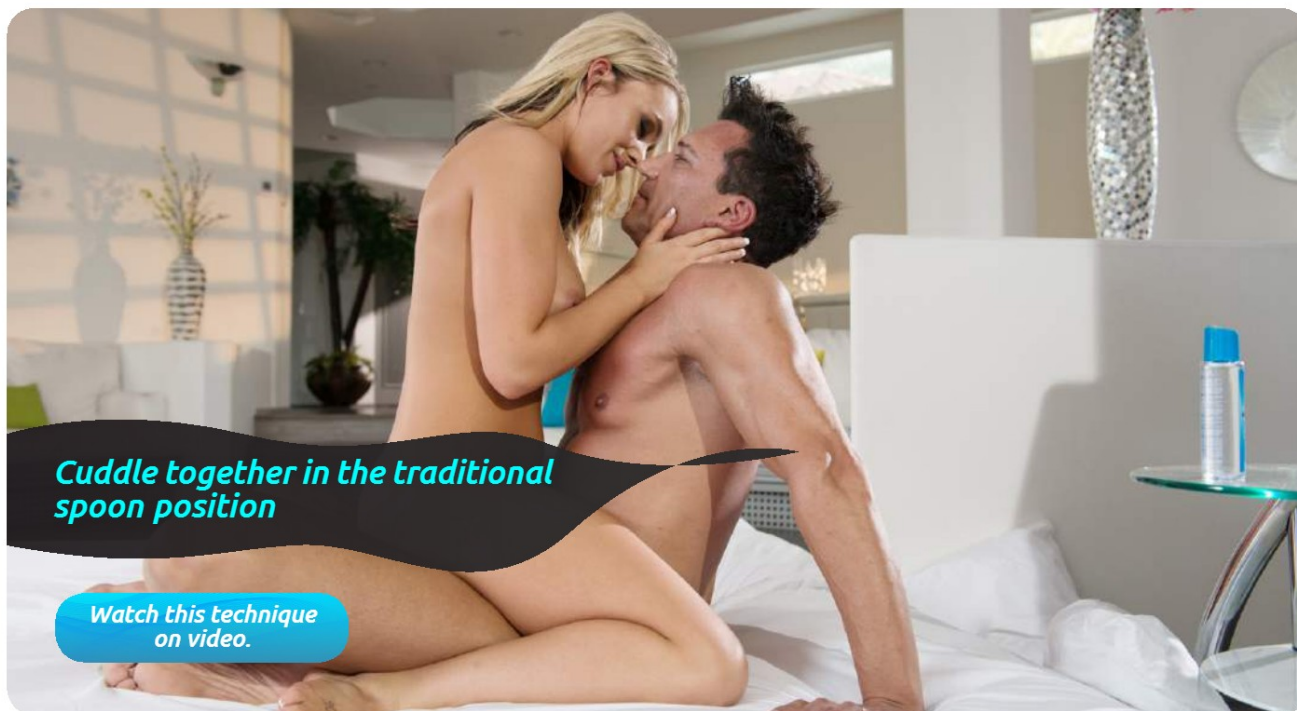
STEP
03**Get to an even higher pleasure plane**

By now you are both brimming with erotic anticipation, which means this is the perfect time to give your penis the final boost and push it needs to rise up to the occasion. To achieve that, give her permission to play with your penis hands on. Have her place her hand over your penis, fingertips resting lightly on your scrotum, and pour lubricant over the back of her hand so that it trickles between her fingers. Then have her place her hands on either side of your testicles and slowly, gently slide them up all the way to the tip of your penis. This will fire up the blood flow in your penis and pull the wheels in motion. If you want to achieve an even stronger erection, I'd advise you to not head to penetration right now. Instead, do the same movements on your partner, cupping your hands over her vaginal area, letting the lube drip through your fingers, the spreading the oil up over her clitoris and pubic bone.

Once you're ready for some more action, have her very gently stretch the shaft of your penis with one hand and make a circle with the thumb and index finger of her other hand just under the head of your penis. She should rotate the circle clockwise until her thumb naturally lifts all the way off the head, repeating the motion as long as you can stand it. This is a move I like to call the serpent and it's really one to cause fever.

Tantric Ecstasy

After trying the moves presented in this technique a couple of times, you are finally primed for otherworldly orgasms, and by primed I mean that she's dripping wet and you're hard as a rock. To finish things off with a really loud bang, try my most seismic climax position – Tantric Ecstasy. You sit cross-legged, while your partner kneels over your lap, facing you. She should place her calves under your knees so she doesn't crush your legs. As you enter her, she should use her thigh muscles to lower herself up and down as slowly as possible. Keep your bodies close, so that your hands are free to caress each other freely. When things get really heated between the two of you, switch to the sexual seesaw: your partner lies on her back with her pelvis tilted just slightly on a small pillow. You lift her feet up so that her legs are folded – her knees almost resting on her breasts and her soles resting on your chest – and you enter her. The deep penetration is incredible – and you're touching her G-Spot. For more



naughty tricks on achieving that, head over to my book on the subject, Mastering her G-Spot – <http://www.masteringhergspot.com> - and you'll be amazed by what you can achieve.

As you can see, getting the erection of you dreams is not as hard as you thought (no pun intended). You just need the right guidance, the correct state of mind and the willingness to try just about everything to make it work. Not just for your partner, but most importantly for yourself. Because you damn right deserve it, stud!

And since getting it right is extremely important, I'd advise you to check out the video I made for this course – there you can watch my instructors recreate all the sexy moves described there so that you really see for yourself how easy it is to gain the unbreakable erection of your life! ▶



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