

Easily Add 15 Minutes In The Bedroom Tonight



3 Sure Fire Techniques To Last Longer In Bed...

NOTICE: You Do NOT Have the Right to Reprint or Resell this eBook

You Also MAY NOT Give Away, Sell or Share the Content Within
It...This Is Powerful Stuff.

Contents

Introduction	4
Technique 1 – Practise Makes Perfect	5
Technique 2 – Lube Up And Last Longer	6
Technique 3 – The Distraction Technique	7
Conclusion	9

Introduction

There is absolutely nothing worse...

You're in the moment...you want her – she wants you...and as soon as you start it's over.

She looks at you, it's a mixture of surprise, amusement and disappointment, and you've gone off like a firecracker before she has even had the chance to enjoy it.

Does that sound familiar?

There is absolutely nothing more embarrassing to a guy than exploding seconds after penetration. In fact, it's not only embarrassing, it's downright humiliating.

It's something that too many guys have to live with...but here's the good news:

That doesn't have to be you!

If you suffer from premature ejaculation then I have 3 awesome techniques that you can start using tonight which are guaranteed to add more time onto your lovemaking.

Whether it's for your girlfriend or something more casual – my 3 techniques will have you lasting longer and give her a great time...

Technique 1 – Practise Makes Perfect

This is an extremely effective technique and can really help you avoid an embarrassing premature ending to a great night...

Being the hot blooded guy that you are there's no doubt that you've spent some time with your, er....hand.

I am sure you'll have noticed that your second round always takes longer than your first. That's because when you masturbate you desensitize yourself by releasing sperm that has built up since your last ejaculation. Each of your testicles produces about 10 million little swimmers every hour, so you can see why there is such a build up.

What you should do is: about an hour or two before you're about to get lucky try and shoot one off...some may say that this is cheating – but who cares?

If it helps you last longer in bed you're going to feel like a MAN – and you'll also give her an orgasm...it's a win/win situation

There is absolutely nothing wrong with masturbation – everyone does it.

The next time you know you're going to be getting some action – try this and you'll see how **incredibly** it works! This is a natural and effective way to get over your premature ejaculation in a hurry...

Now, on to technique #2...

Technique 2 – Lube Up And Last Longer

This is a great little technique that is quite well known. It's well known because it works like a charm almost every time, and it's so "low key" that your woman will never know why you're doing it.

The idea is to use lubricant when you're having sex to decrease the friction between your penis and her vagina.

Using a lubricant like **KY jelly** will work wonders. This is a lubricant that you can get from any drugstore and the best part of all is that it's cheap.

You can also buy condoms that are heavily lubricated to use.

She'll never know the real reason why you're doing it either.

To take this technique even **further**, you can do it the natural way. Play with her clitoris before penetration, either with your fingers or with your tongue. This is a great way to make her vagina wet as well as turn her on and get her to climax quicker and harder when she does.

Not only will she be moaning in pleasure, but you can thrust in and out of her without a huge amount of friction.

Don't worry though – it will still feel great for you!

Technique 3 – The Distraction Technique

You may have heard of this before. Heck, you may have actually even done this before.

When you've felt like you're about to ejaculate you start to think of something else...something that you find completely unattractive or unrelated to sex:

- Your mother in law
- Sunday's baseball game
- CNN
- A guy called "Bubba" on death row...

Ok maybe not that last one, but you get the picture. Thinking of something else to avoid your mind fixating on the deed that's at hand is a fantastic way to delay your ejaculation. Be careful not to think of something too disgusting otherwise you may lose your mojo, if you know what I mean ;-)

That's why I like to call this the "Distraction Technique". Basically you're tricking your mind to think of something else...

But here is an even better way to use this technique:

If you feel like you're about to end the party too early, pull out kiss or massage her, suck on her nipples – anything erotic that will give you a little break from the pleasure of intercourse.

You can literally train yourself using this technique alone to last a whole lot longer in bed.

Try this technique the next time you think you're about to finish too early...you'll be amazed at the valuable time you can add to your game in bed...

Conclusion

I've given you three powerful techniques that you can start using tonight to improve your sex life.

I highly recommend that you try them out as soon as you can...you'll be amazed at how much longer you'll last in bed.

You don't need to waste your money on creams, pills and such which only offer temporary solutions.

You should look to something that will offer you a permanent solution.

If you're looking for a proven, easily workable solution that will stop premature ejaculation within days then I highly recommend that you check out:

[The Ejaculation Trainer](#)

Here's to lasting longer in bed,

Steven