

BEDROOM TITAN

TABLE OF CONTENTS

Chapter 1: Conquering Premature Ejaculation	7
<hr/>	
SO WHAT EXACTLY IS PREMATURE EJACULATION?	8
WHAT ARE THE CAUSES OF PREMATURE EJACULATION?	9
HOW DO I PREVENT PREMATURE EJACULATION FROM HAPPENING?	10
IDENTIFYING THE POINT OF NO RETURN	10
EXERCISE #1:	11
DELAYING YOUR ORGASM	12
DELAY TECHNIQUES	12
Chapter 2: Make Your Penis as Hard as Steel	24
<hr/>	
HIGH OCTANE SEXUAL FUEL DIET	25
SUPERCHARGING SUPPLEMENTS	27
CHARGE YOUR BATTERIES	29
DRUGS AND OTHER HAZARDS:	29
BEING A MAN OF STEEL:	30
PENIS OF STEEL	31
THE STRONG AS STEEL EXERCISE PROGRAM	31
Chapter 3: Thrusting and positions	33
<hr/>	
POSITION YOURSELF FOR SUCCESS:	34
TAOIST THRUSTING TECHNIQUES	35
THE DIFFERENT TAOIST PENETRATION LEVELS ARE AS FOLLOWS:	35
THE TAOIST 9 IN 1 TECHNIQUE	36
THE NINE TYPE OF THRUSTS:	36
SEXUAL TECHNIQUES	37
THE TEASE & PLEASE	37
THE TEASE & PLEASE TECHNIQUE:	37
SLIDE AND GLIDE:	38
HOW TO SCREW HER GOOD!	39

TABLE OF CONTENTS

Chapter 4: Becoming a Multi-Orgasmic Man	41
<hr/>	
MMO OR MALE MULTIPLE ORGASM WHAT IS IT?	42
WHY IS PC CONTROL ESSENTIAL TO HOLDING ON TO YOUR ORGASM?:	43
WHY IS THIS BENEFICIAL?	44
EXERCISES TO MAKE YOU A MULTI-ORGASMIC MAN (MOM)	45
ZONE 2 SURFING:	47
ZONE 2 SAILING:	49
Chapter 5: Monster Titan: Getting the Penis You Always Wanted	51
<hr/>	
THE ADVANTAGES OF HAVING A LARGER PENIS:	53
THE DISADVANTAGES OF HAVING A LARGER PENIS:	53
YES! YOU CAN MAKE YOUR PENIS BIGGER!	54
WARNING!	55
PENIS ENLARGEMENT TECHNIQUES	57
MANUAL TECHNIQUES	57
TAOIST EXERCISES	60
TECHNIQUES THAT REQUIRE ADDED EQUIPMENT	61
PROGRAM FOR PENIS CHANGE:	66

My name is Isabella Stone and I'm here to help transform your sex life. *Bedroom Titan* is my definitive guide to transform you into a Bedroom Monster: I want you to last longer, get bigger and control your orgasms!

I've been working developing my sexual skills so that you can have the porn inspired sex life of your fantasies. I know I can help you because I've helped porn industry pros to get the skills they need to have the hottest, longest lasting, sex possible.

Now I'm going to share my dynamite sexual secrets with you. I'll turn you into the lover you want to be: with a penis you can be proud of.

Working with www.pornstarsexlife.com has allowed me to leverage all of my top skills to write an ebook that's going to tell you what you really want to know:

- » How you can last longer
- » Get harder
- » Be a better lover
- » And help to turn all of your sexual fantasies into reality

If you've ever cum too early, worried your cock isn't satisfying your lover or wanted to know how you can have multiple orgasms: then you need to read ***Bedroom Titan***. My Secret Sex Techniques are going to transform you from an unconfident lover into a "sexual giant".

First I'm going to get you to really understand your body so that you can **harness your point of no return and never prematurely ejaculate** again.



Then I'm going to give you some pointers for **nutrition, fitness, and supplements** to prepare you to have a **penis of steel**.

Your penis is getting stronger and harder, so we're going to go through how to **thrust, and position** yourself, to make the most of your changing cock.

Ready to move it up a notch? Good: because you're going to learn how to be a **Multi-Orgasmic Man**.

Now you're **coming multiple times, in control of your cock, have improved sexual technique**, I'm going to tell you my **final sexual secret** to have a **larger Monster Titan Penis**.

But first let me introduce myself properly.

I'm a sexual coach to some of the world's top adult film stars, lingerie model, feature dancer and sexual educator. I've had tons of men try to please me in bed, and made women orgasm again and again. I know what turns women on, how you can get great in bed and be the kind of guy that would have me begging for more. I've also got a master's degree in Sexual Education and human sexuality: so I've got the skills and the knowledge to transform you

My mission is to turn your porn inspired sexual fantasies into reality. I want to be your sexual personal instructor and teach you how to be the lover you want to be.

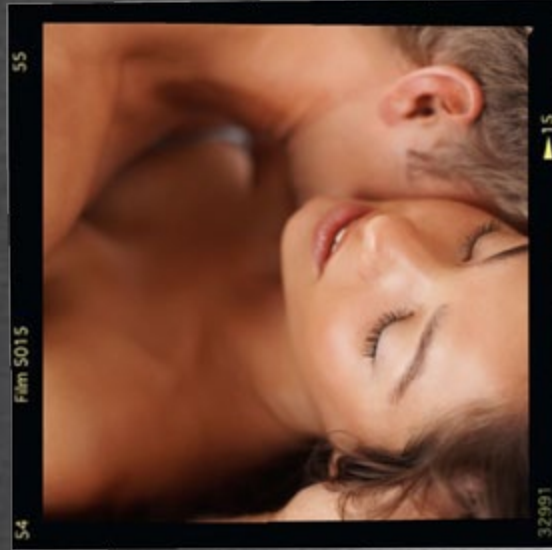
I've pleased a lot of men and women in my life to develop some serious sexual skills. Now I want to show YOU how to give your partners the most intense, heart-thumping sexual experiences of their entire lives; and how you can control and increase your sexual pleasure.

BUT... I'm not interested in helping you, if all you want is to have sex for two minutes, ignoring your partner's orgasmic needs, and be satisfied with only being an 'ok' lover.

I want you to be the guy who gets girls coming back for more and more every time. I want you to be the guy your partner gossips about to her girlfriends as the best lover she's ever had. And I want you to give the kind of performance that will make you proud.

Don't get **left at home with nothing more than your hand and some internet porn**. Give her an amazing experience beginning to end and get her screaming for more, every time.

Bedroom Titan is about making you a transformational lover. A lover that will go the distance, know all the best sexual techniques and dedicate himself to being a multi-orgasmic man and Monster Titan.



Chapter 1

CONQUERING PREMATURE EJACULATION



Chapter 1

CONQUERING PREMATURE EJACULATION

Nothing is more frustrating for you, and your partner, than when you come faster than you want to. You kick yourself for finishing too soon, and have to deal with knowing your partner is left disappointed.

Your orgasm doesn't always need to come faster than your wife connection though. In fact, by discovering your point of no return (PONR) and working on techniques to contain your sexual energy you can transform yourself as a lover.

I'm going to help you discover:

- » What is premature ejaculation, and why it occurs.
- » Where your PONR is and how to control it.
- » Different techniques to control your orgasm, and last longer.

SO WHAT EXACTLY IS PREMATURE EJACULATION?

Premature ejaculation (PE) is when a man orgasms faster than he wishes to; or comes too quickly to satisfy his partner.

PE affects men both psychologically and physically. Once you've ejaculated most men will quickly lose a usable erection: and will be unable to use their cock any further. This means the fun is over, and your partner rolls over: pissed that she hasn't had an orgasm. Problem is, mother nature feels like you've done your job once you've blown your load, so until you learn the secrets of a multi-orgasmic man, you won't be able to satisfy her again for a while.



PE is sometimes also caused, or aggravated by, psychological factors such as guilt, fear, and performance anxiety. All of which will prevent you from being the sexy lover you can be, and fully satisfying your partner. In fact, it can create a vicious cycle where you don't have the sex you want, so you feel guilt or stress associated with sex, which means you don't have the sex you want! I want to change that negative pattern in your life!



Chapter 1

CONQUERING PREMATURE EJACULATION

WHAT ARE THE CAUSES OF PREMATURE EJACULATION?

The vicious cycle of PE can be 'self perpetuating'; meaning you can keep not having the sex you want, time and time again. Unless you take action.

PE also has physiological, as well as psychological, roots: it is 'natural' for healthy males to ejaculate quickly. And if you think you come quickly; you're probably still taking your time by the standards of our prehistoric male ancestors who were all rapid ejaculators. So, there's no shame if you have been prone to PE: lasting longer serves no genetic function that we know of. Back in the mists of time it was probably the premature ejaculators who would have had the best chance to pass on their genes, and survive, before they were attacked or eaten!

Yep, if I lived in pre-historic times I guess I'd never find a guy who would please me for longer than a few moments before he had to go kill a saber toothed tiger. Being a cave-woman would have sucked! Luckily though, you don't need to come quickly anymore: no one is going to be clubbed to death, or get eaten alive, for being a sensual lover. So it's time to learn to last.

Lasting is a learned behavior, like learning to dance. And why wouldn't you want to know how to prolong and intensify you and your partner's pleasure? Women love orgasms – and as a man there's few things more satisfying than seeing your partner scream for more if you're able to give her penetrative pleasure. Yet to help your woman reach orgasm she'll need periods of more or less continuous stimulation by the penis. That means you've got to be able to keep going!

THE LONGER YOU SPEND
IN FOREPLAY PRIOR TO
HIS FIRST ORGASM, THE
STRONGER AND MORE
ENJOYABLE THAT FIRST
ORGASM WILL BE: FOR BOTH
OF YOU.

The first thing a male must hold in mind is that good sex is unhurried sex.

The longer you spend in foreplay prior to his first orgasm, the stronger and more enjoyable that first orgasm will be: for both of you. You will feel an amazing build up of tension as blood pressure in the sex organs builds slowly, inflating the tissues and sensitizing the mil-

lions of nerve endings in and around the genitals.

Think of an orgasm like a balloon: the longer you blow air into it, the bigger it gets and the louder the bang is when it pops.

Orgasm consists of two stages for guys. One begins with the prostate gland, which encircles the urethra like a tiny donut above the base of the penis. When you orgasm the prostate contracts and releases its fluids, along with the contents of the seminal vesicle,



Chapter 1

CONQUERING PREMATURE EJACULATION

into the urethra. To most males this feels like you are going to start a good sneeze, but it's too late to stop. Stage two is similar to the sneeze itself. The pelvic muscle contracts strongly around the bulb, forcing the fluid out under considerable pressure. Orgasm is what a man feels when all this is happening. He has probably learned for himself that it is possible to ejaculate without having an orgasm, but he may not yet realize that he can also have an orgasm without ejaculating. That's exactly what I'm going to be teaching you later on in Bedroom Titan.

The average male in his twenties takes less than three minutes from the time of insertion until he comes. Just reading that makes me angry. Not only are you cheating your partner out of her orgasms, but you're denying yourself so much pleasure too by not holding on.

HOW DO I PREVENT PREMATURE EJACULATION FROM HAPPENING?

Firstly you need to know what the warning signs of PE are: you need to get to know your own body and where your PONR is. If you know the signals to stop; you can use a few secret sex tactics I'm going to teach you to delay your orgasm. I want you to learn how to control and enjoy your body more.

If you want to be able to enjoy long periods of intense pleasure without ejaculation, you need to discover your point of no return. Next time you want to masturbate forget the porn (just for now!) and concentrate on your feelings.

Sooner or later you will feel your PONR where you just cannot stop yourself from ejaculating. No matter how hard you try you will have to ejaculate because ejaculation is a reflex: your brain sends messages through your spinal cord to your sex organs and orders ejaculation.

Once you have successfully discovered your point of no return do not let your arousal reach this point. You have a choice to either change your position or stop moving: you need to stop turning yourself on so much, just for a second, in order to regain control and carry on.

IDENTIFYING THE POINT OF NO RETURN

Before you can control your ejaculation you must be able to recognize when it is that you are going to ejaculate: your PONR. In order do this you have





Chapter 1

CONQUERING PREMATURE EJACULATION

to do some exercises so that you will be able to identify your PONR. Don't worry they should be fun to practice. Maybe not as fun as fantasizing about coming all over some pert breasts; but getting close.

EXERCISE # 1:

Finding your P.O.N.R. and Excitement Scale.

With all of these exercises I want you to repeat them until you accomplish the goal of the exercise to your satisfaction. You will want to take about 30 minutes to do this. You should do this alone and without any added stimulation (that means no porn, sorry guys use your imaginations!). This will allow you to pay full attention to every nuance and subtle feeling that you will feel.

Start with a limp penis and begin stroking until you are hard. Notice all of the feelings you feel along the way to your P.O.N.R.

Give each level of excitement a number between 1-10, 1.5, 3.5, 9.5, etc.(1 being lowest or semi-hard and 10 highest and the P.O.N.R.) along the way to your P.O.N.R.

Try to stay at each level for about 2-3 min. Then move to the next: so doing the math this should mean that if you do this exercise correctly you'll be able to last for 20-30 minutes!

WHEN YOU'RE FEELING
HORNY NOTICE WHAT IT IS
THAT MOVES YOU TO THE
NEXT LEVEL I.E. THE SPEED
OF YOUR STROKING, THE
TIGHTNESS OF YOUR GRIP,
WHAT FILTHY THOUGHTS
YOU'RE FANTASIZING ABOUT
ETC.

When you're feeling horny notice what it is that moves you to the next level i.e. the speed of your stroking, the tightness of your grip, what filthy thoughts you're fantasizing about etc.

Move slowly to each higher level and try to not get too carried away and ejaculate without finding your P.O.N.R. Otherwise you'll have to start over!

When you get to a level about 9-9.5 I want you to pay really close attention to what you are feeling. You should start to feel the semen moving from the testicles and collecting in the prostate gland at the base of the penis.

If possible stop and take a deep breath and feel everything. If you can't stop then you have passed your P.O.N.R.



Chapter 1

CONQUERING PREMATURE EJACULATION

See how close you can get, then let yourself ejaculate and enjoy it! Now that you have identified your P.O.N.R. and you can tell when you are approaching your P.O.N.R. all you need is to learn now is how to slow your path to orgasm.

DELAYING YOUR ORGASM

Now you know where your PONR is we can stop you from reaching it. I'm going to run you through the best techniques I know for helping you to hold on. Every man is different and some of the techniques will work better for you than others and many can, and should, be used in conjunction with each other.

We will start with the simplest technique leading to the more advanced; with each technique building on the previous. So you can work towards being the kind of lover that will last and last!

DELAY TECHNIQUES

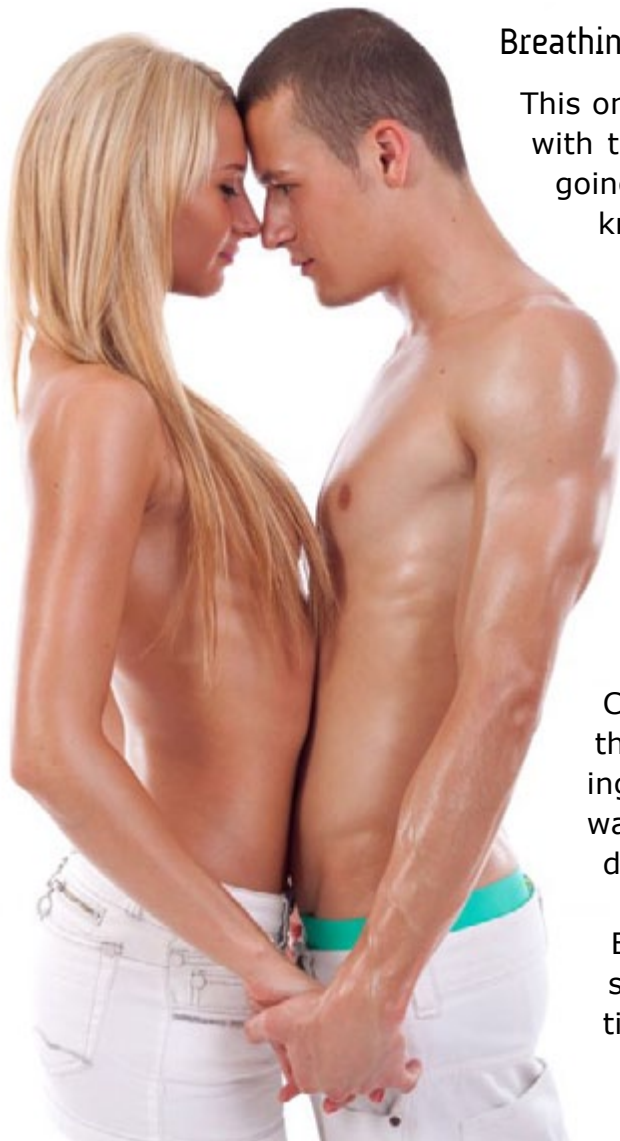
Breathing

This one is simple, but very powerful, when combined with the other techniques. This is why you guys are going to learn this first. First I need to see if you know the proper way to breathe. Put your hand on your abdomen and take a deep breath, you should feel your abdomen fill with air and your abdomen expand outward.

Your shoulders should not rise. Practice breathing like this until you get it down. When you feel that you are reaching around 7.5 or 8 on the Excitement Scale take a slow deep breath and hold it for a few seconds until the urge to ejaculate subsides.

Continue slow deep breathing until your level on the Excitement Scale drops a few points. Warning: don't hold your breath too long you don't want to get dizzy or pass out: you don't want your date dialing 911!

Breathing alone may not be enough to get you to slow down but it can really help when you're practicing it alongside more advanced techniques.





Chapter 1

CONQUERING PREMATURE EJACULATION

STOP !

Yep, this is another simple one.

That's it! Just stop and breathe! When you feel that you are getting too close to your point of no return, just stop whatever it is you are doing, take a deep breath, and wait 20-60 seconds before you resume any form of stimulation.

Once you feel that your arousal has dropped a few points on your excitement scale you then can resume stimulation. The key to making this work is to really stop.

If you are with a lover you may be concerned that you will look silly, or deprive her of her pleasure. This doesn't have to be the case. You can remain feeling connected to her: without getting any more turned on.

Scenario A

Let's say your lover is going down on you and you are getting close to your P.O.N.R. and you haven't had intercourse yet. A few ways to handle stopping mid-blow job are as follows:

1. Say "baby, that feels so good, but I don't want to come yet! Could you stop for a few seconds!" Most women would be very happy to help you out, especially if you're are with a steady lover.
2. Say "Ohh, God you are so good!, Come here!" and pull her up, take a deep breath and kiss her passionately for 30 seconds or so. This will only turn her on more, and still give the break you need. Then when you're ready you can gently guide her back down to your penis or move on to another activity. If you need even more of break, you could suck on her nipples or go down her. Pull her up and say "My Turn!" and go down on her while you take your needed break. Very few women will argue with this request!

IF YOU NEED EVEN MORE OF BREAK, YOU COULD SUCK ON HER NIPPLES OR GO DOWN HER. PULL HER UP AND SAY "MY TURN!" AND GO DOWN ON HER WHILE YOU TAKE YOUR NEEDED BREAK. VERY FEW WOMEN WILL ARGUE WITH THIS REQUEST!

Scenario B:

You are having intercourse and you can tell that it won't be long before you reach your P.O.N.R. A few ways to handle this are as follows:



Chapter 1

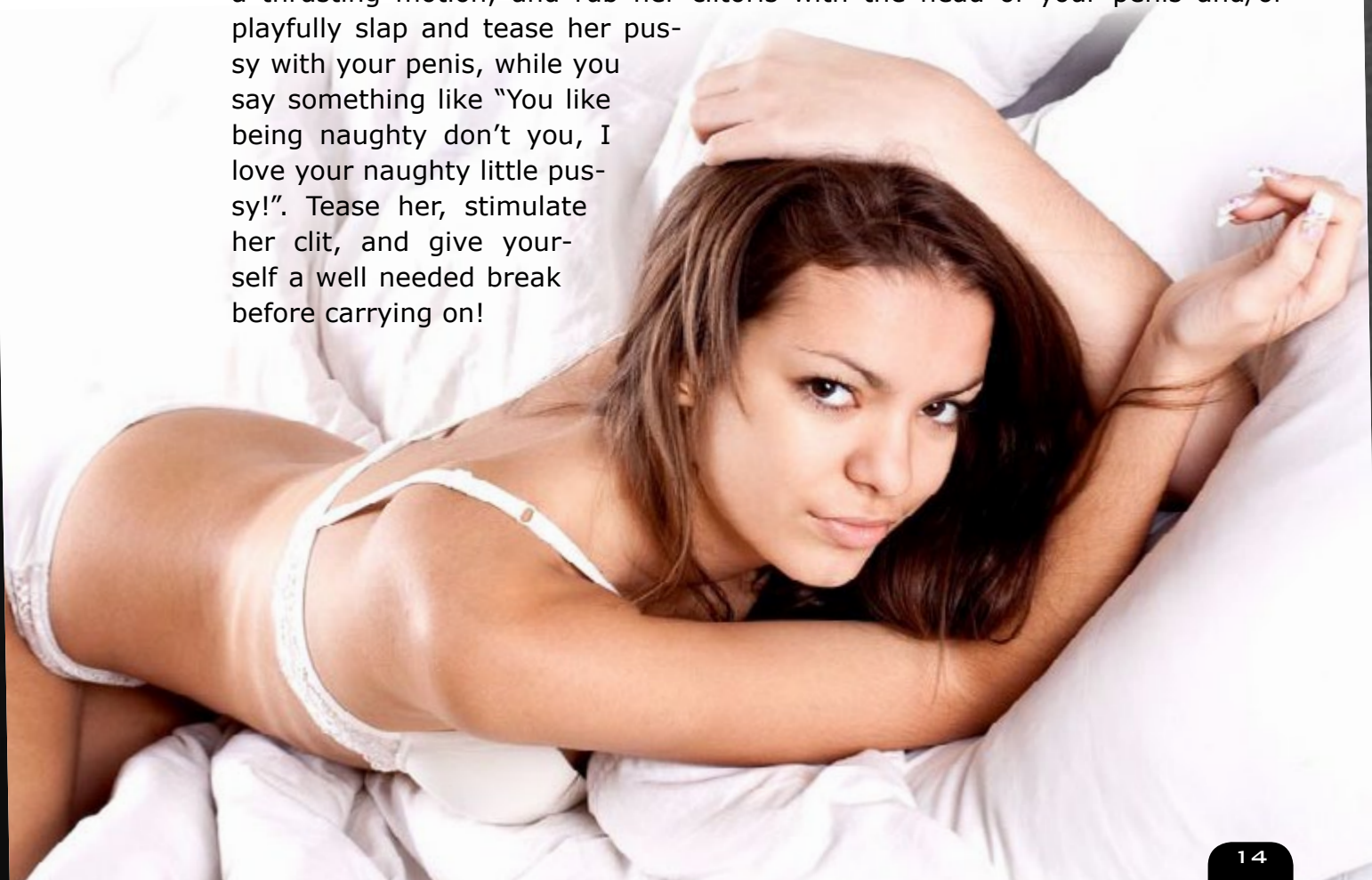
CONQUERING PREMATURE EJACULATION

1. Say "Baby, your pussy feels so good, but I don't want to come yet!" Stop, Pull out, take a slow deep breath (if just stopping without pulling out works for you then great, but many times it won't be enough, also she may keep moving especially if she is on top) and take a break. Women will be fine for you to hit pause if they know they're going to get a better quality sex session overall.

The one exception to this? If your lover is screaming "Don't stop I'm about to come!!", this is not the time for this technique, even if you want to last past her orgasm, you've got to take one for the team and allow her to come.

However, unless she's screaming at you to 'keep fucking me' you can take a deep breath and change positions. Don't swap positions too often though: remember women need constant stimulation to get penetrative orgasms so running through the karma sutra backwards at break neck speed is unlikely to impress.

2. Pull out, take a deep breath, tell her how pretty her pussy is or how much you love her pussy, go down on her or kiss her, while you take a break. All women love to be caressed: so she will love this.
3. Pull out, take deep breath, slide the shaft of your penis over her clitoris with a thrusting motion, and rub her clitoris with the head of your penis and/or playfully slap and tease her pussy with your penis, while you say something like "You like being naughty don't you, I love your naughty little pussy!". Tease her, stimulate her clit, and give yourself a well needed break before carrying on!





Chapter 1

CONQUERING PREMATURE EJACULATION

The Breathing and Stop! Techniques

GOAL: EXPERIENCING AND BECOMING FAMILIAR WITH THE STOP! AND BREATHING TECHNIQUES.

That's right I now want you to use the first two techniques I've taught you together. I want you to repeat practicing these until you can confidently and successfully apply the technique to delay your ejaculation. You will want to take about 45 minutes to complete this exercise. You should do this alone and without any added stimulation (again, I'd like you to try skipping the porn). You should pay attention to every nuance and subtle feeling that you will feel.

Start with a limp penis and begin stroking until you are hard. Notice all of the feelings you feel along the way to your P.O.N.R.

Give each level of excitement a number between 1-10, 1.5, 3.5, 9.5, etc. (1 being lowest or semi-hard and 10 highest and the P.O.N.R.) along the way to your P.O.N.R.

NOTICE WHAT IT IS THAT MOVES YOU TO THE NEXT LEVEL I.E. THE SPEED OF YOUR STROKING, THE TIGHTNESS OF YOUR GRIP, WHAT YOU ARE THINKING ETC.

Try to stay at each level for about 2-3 min. Then move to the next. Notice what it is that moves you to the next level i.e. the speed of your stroking, the tightness of your grip, what you are thinking etc.

When you feel like you're about to come, hard, take your hand off of your penis, take a deep breath and hold the breath in for a few seconds. Slowly let the breath out and relax as your Excitement level drops a few point on the scale. Pay very close attention to what you are feeling as this happens.

Make it a challenge to yourself how close you can get each time to orgasming without ejaculating. Once you've successfully got to an 8 or 9, and have stopped yourself from coming, ejaculate and enjoy it!

The "stop and start"

GOAL: USING THE STOP! AND BREATHING TECHNIQUES DURING SEX, THEN CARRYING ON

As you're getting more and more turned on during sex it can be really tough to not go faster and faster, until end up crashing through your PONR. It's only after you've taken a deep breath do you realize that you've come way too soon: and have a dissatisfied partner in your bed. This isn't what you want! So, next time you're thrusting like crazy and you feel yourself getting closer: stop! In fact, use the 'stop and start'.



Chapter 1

CONQUERING PREMATURE EJACULATION

When you're nearing your PONR I want you to not move for a moment and press your pubic bone (under your pubic hair) against your partner's pubic bone: this will make you push your penis in all the way. This won't work though if she keeps grinding into you and stimulating you. So pull her close to you and say, "Time out" and start kissing her instead. Give yourself time to let the urgency to ejaculate subside, then you can start thrusting again.

Keep working on this and you can add ages to your orgasm. Want to work on this before you get into bed with a woman? Then you can also practice solo, using your hand instead of a vagina. A variation of this technique is to make several voluntary twitching movements of the penis while you are resting. This can be done by rapidly flexing and relaxing the muscles that control the flow of urine. Try to identify this muscle contraction next time that you urinate. This muscle is known as the PC muscle and we'll be learning more about how useful it is later on.

So your first lesson is very simple: just stop and take a breather before you reach your PONR: then start again.

The Squeeze Technique

GOAL: LEARNING HOW TO USE THE SQUEEZE TO DELAY YOUR ORGASM

The "squeeze technique" is another great tip that you can practice solo. The Squeeze technique is just what it sounds like: you squeeze your penis with your hand when feel like you are getting near your P.O.N.R. The squeeze should be applied with the first two fingers and your thumb (this is a flat grip: the fingers and thumb do not meet) just below the head of the penis. Like the techniques you've already practiced, use The Squeeze in combination with the Breathing and Stop! Methods we looked at earlier.

Firstly in order to practice I want you to give yourself a firm erection (I know, it's a tough job) when you're about to reach your PONR break your usual rhythm and squeeze.

Ok now for the tough bit: I want you to take a short break from sex- maybe a week or two- depending on your libido. During the no-intercourse period, if you have a partner, explore one another sensually, caressing one another's bodies with hands and mouth. Have pleasure, be intimate, but don't have full penetrative sex!

When your penis becomes erect your partner can, at any time that feels right to her, apply the squeeze to your penis.

Preferably this should take place before the man feels himself on the verge of ejaculating. If your partner does the squeeze several times at their discretion, it can become part of your lovemaking technique.



Chapter 1 CONQUERING PREMATURE EJACULATION

Once you've practiced The Squeeze as part of foreplay, you can incorporate it into sex. When you feel close to your P.O.N.R. you, stop, pull out, take a deep breath and squeeze your penis hard with your thumb and first two fingers for several seconds. After your excitement level drops a few points you may resume intercourse.

Another variation is to squeeze you penis at the base instead of just below the head. This can be done in the same manner described above, or by gripping the penis in a ring manner with the thumb and index finger. Try both and see which works best for you. You know your own body best! You may also be able to use the last variation of griping the penis at the base without having to pull out completely. You can work towards simply just stopping, taking a deep breath, and applying the squeeze to the base of the penis until the urge to ejaculate subsides.

The PG Pump

GOAL: TO FIND YOUR EXTERNAL PG POINT AND BECOME FAMILIAR WITH THE SENSATION OF PUMPING IT.

The PG Pump is actually an ancient Taoist technique to delay ejaculation that I want to share with you. Later on, you can also use this technique to prevent ejaculation during orgasm: yep, this really is possible!

To use the PG Pump you must first find your external prostate point. The point is located on the perineum between your scrotum and anus, but closer to your anus (Figure 1). The PG Pump technique can be applied with or without pulling out, during sex, however the effect is greater if you do pullout.

You should be standing or in a kneeling position. Task one is to stimulate yourself until highly aroused. Reach around behind your butt, and between your legs, then with your first two or three fingers (depending on the size of your fingers) press up on the area above your scrotum, and just below your anus. You should be pressing fairly hard: probably up until you feel the first joint of your fingers.

When you find the right spot you will feel a pleasurable

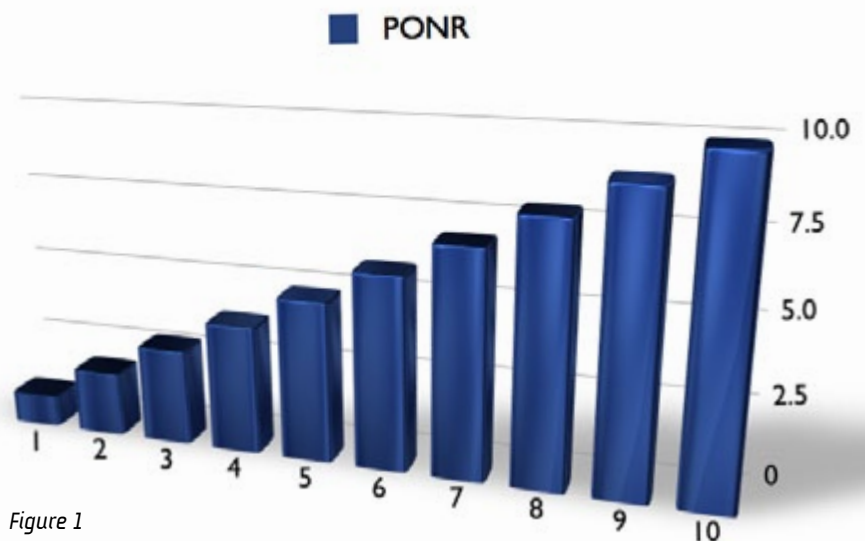


Figure 1



Chapter 1

CONQUERING PREMATURE EJACULATION

sensation and you will be able to see the head of your penis throb and expand as you press.

Press it a few times slowly and gently.

That's it! Now you know how to pump your prostate.

Now that you know where your External PG point is and how to pump your Prostate lets apply this technique to practical use.

The PG Pump in practice

GOAL: USING THE PG PUMP TECHNIQUE TO PROLONG STIMULATION

Keep practicing the PG Pump until you can confidently, and successfully, apply the technique to delay your ejaculation. As usual, practice should take about 45minutes and you should do this alone: without any added stimulation. You should be paying attention to every nuance and subtle feeling that you will feel.

Start with a limp penis and begin stroking until you are hard. Like with the other exercise, work through your excitement levels 1-9. Try to stay at each level for about 2-3 min and then move to the next.

Move slowly to each higher level so as to not get too carried away and ejaculate without trying the technique: because this time I want you to get to a level of about 6.5 when you apply the technique. Stop, press hard on your PG Point for several seconds, release (that is one pump). Pump your PG Point 3-5 times, take a deep breath and hold for a few seconds, slowly let the breath out and relax until your excitement level drops a few points on the scale. Your erection may decrease a bit as well. Pay very close attention to what you are feeling as this happens. Start stimulating you're self again and repeat the above technique at levels 7.5, 8.5, 9.5.

SEE HOW FAR YOU CAN TAKE THINGS, HOW TURNED ON YOU CAN BECOME, BEFORE USING THE PG PUMP TO CALM DOWN. THEN LET YOURSELF EJACULATE AND ENJOY IT!

See how far you can take things, how turned on you can become, before using the PG Pump to calm down. Then let yourself ejaculate and enjoy it!



Chapter 1

CONQUERING PREMATURE EJACULATION

The PC Pump

GOAL: DISCOVERING THE ADVANCED PC PUMP TECHNIQUE TO DELAY EJACULATION

The PC Pump is an internal, and more powerful version of, the PG Pump. Instead of using your fingers to press on your external prostate point, and pump your prostate gland, you are going to use the PC muscle, I mentioned earlier, to do it instead. Using the Pubococcygeus muscle, or PC muscle, to pump the prostate gland is super subtle, and very effective, at delaying you hitting your hot spot.

Now for a scientific bit! To explain how this delays ejaculation we first need to understand how ejaculation occurs.



When you near you're P.O.N.R. your prostate starts to fill with prostatic fluid, and fluid from the seminal vesicles.

Once you reach your P.O.N.R semen is drawn from your testicles into the prostate gland and then expelled (with loads of force!) by the contractions of the muscles that surround the prostate gland.

With the PC Pump and the PG Pump what is actually happening is that you are interrupting this process and restarting it in effect. Yep, it's like when your computer is about to crash, hitting restart and starting over with a clean slate.

To be able to do the PC Pump you must have a very strong PC muscle. If you haven't been doing some kind of PC muscle conditioning before reading Bedroom Titan you might want to leave this exercise for now, until you've completed the Strong as Steel Exercise Program, I've written in chapter two. The Strong as Steel Exercise Program isn't just useful for the PC Pump exercise though: I want you to maintain a strong as steel PC Muscle forever.

But for now, let's imagine you've had a couple of weeks of training for this exercise. Remember, as with the PG Pump, the PC Pump can be applied with or without pulling out. I want you to have gotten to the stage where you can confidently and successfully apply the technique to delay your ejaculation and prolong sexual stimulation.

Practice the PC Pump just like the PG Pump: but instead of applying pressure with your fingers, squeeze your PC muscle!



Chapter 1

CONQUERING PREMATURE EJACULATION

There are several variations of the PC Pump technique, try them all and see which one works best for you.

A. Stop, flex your PC hard for 2-3 seconds, then release (that is one pump). Pump your PC Muscle 3-5 times, and incorporate the breathing technique we discovered earlier. As your excitement level drops a few points on the scale, you may also experience a decrease in your erection.

B. Stop, flex your PC Muscle hard for one long pump of about 10 seconds, then release. Pump your PC Muscle 1-3 times, take a deep breath as you do the first pump and hold for a few seconds, breathe until your excitement level drops a few points on the scale. You may also experience a decrease in your erection. Resume stimulation.

C. Stop, Flex your PC Muscle hard for 1 second release and do it again quickly, repeat for 5 repetitions, take a deep breath and hold for a few seconds, slowly let the breath out and relax as your excitement level drops a few points on the scale. Again, you may experience a decrease in your erection. Resume stimulation.

I want you to become much more aware of your body so pay very close attention to what you are feeling as this happens. Start stimulating yourself again and repeat the above technique at levels 7.5, 8.5, 9.5, until you've just got to let go!





Chapter 1

CONQUERING PREMATURE EJACULATION

Focus Control

GOAL: TO LEARN HOW TO USE YOUR MIND TO HELP CONTROL YOUR ORGASM.

So far we've been focusing on how to control your orgasm physically: now I'm going to show you how your mind can be a powerful weapon in delaying your orgasm. The sooner you realize that your mind, and your partner's mind, are the greatest sex organs you own; you will unleash the most powerful technique to be a better lover.

THE SOONER YOU REALIZE THAT YOUR MIND, AND YOUR PARTNER'S MIND, ARE THE GREATEST SEX ORGANS YOU OWN; YOU WILL UNLEASH THE MOST POWERFUL TECHNIQUE TO BE A BETTER LOVER.

These techniques work by directing your attention away from your orgasm and onto other sensations, and at the same time keeping you fully present in the sexual experience.

Firstly we need to change the focus of your goal from ejaculating to enjoying taking in the whole sexual experience.

Instead of focusing on your orgasm, think about the smell of her hair, the feeling of her skin rubbing against yours, the way she tastes...By taking the focus off of ejaculation and putting it on the whole experience, everything you do does not lead to ejaculating, but to enjoying.

Changing the focus of your goal.

GOAL: EXPERIENCING AND BECOMING FAMILIAR THE FOCUS CONTROL TECHNIQUES

Just like the physical exercise you tried out I want you to take your time with this one (about 45minutes) and practice alone and without any added stimulation. Again your focus is on how you feel through every stage of the experience.

This time your goal isn't to delay orgasm: it is to not ejaculate at all and to become focused on pleasure. If this doesn't sound like much fun, you just haven't discovered the full spectrum of sexual stimulation you can have yet.

I want you to start with a limp penis, and begin stroking until you are hard. Notice all of the feelings you feel along the way to your P.O.N.R.

When you're fully aroused (to around a 6.5 level) change the focus of your physical sensation: take your attention off of your genitals and place them on another part of your body.



Chapter 1

CONQUERING PREMATURE EJACULATION

Now you're focused on a different body part, feel what your hands feel, feel what your skin feels. If possible stop and take a deep breath and feel everything. See how close you can get to orgasm, before you stop and concentrate on another body part. Then let yourself ejaculate and enjoy it!

Change your focus on the external stimuli of your lover

GOAL: TO CONTROL YOUR ORGASM BY LEARNING TO FOCUS ON DIFFERENT PARTS OF YOUR LOVER

Is it how she flicks her hair, grinds her ass, or rubs her breasts that's making you lose control? I bet what drives you past the point of no return is not just something that you are feeling, but also what you are seeing, and hearing, from your lover. Maybe you're great at lasting until your lover starts to moan and scream; when you hear how excited she is it throws you past your P.O.N.R.

The point is to identify what it is that drives you past your P.O.N.R. and then change your focus to something else about your lover. When you start getting close to your P.O.N.R. change your focus off of whatever it is that is driving you wild, and on to something else. If you are watching her breast and it's driving you wild, look into her eyes instead; if you are doing her from behind and her ass is just too much, look at the wall for a while

You can even change your focus entirely to the sport scores, or something else that turns you off. Just be a little careful relying on the same image to turn you off, especially if it is something distasteful or negative, as you may accidentally create an association between the two. Or get a boner next time you're watching the Super Bowl! Instead, change your focus to how much you love or care about her, how beautiful she looks, how amazing the experience is.

WHATEVER YOU DO, JUST CHANGE YOUR FOCUS TO ANYTHING OTHER THAN THAT SUPER SEXY THING SHE'S DOING TO DRIVE YOU OVER THE EDGE.

Use this time to focus on the whole experience too instead of just your orgasm: take in the ambiance, the mood, the feeling of the sheets etc. Whatever you do, just change your focus to anything other than that super sexy thing she's doing to drive you over the edge.

Shifting your mental focus is also great when it's combined with one of the other techniques that you learned earlier: like The PG Pump or the PC Pump, both of which can be done without pulling out.



Chapter 1

CONQUERING PREMATURE EJACULATION

Just remember with **all** of the above techniques you don't want to wait until you are at your P.O.N.R. before you start to use them. Instead I want you to use them along the way to your P.O.N.R. so that you can last as long as you desire.

It's time to start to enjoy your orgasm when you are ready, rather than to just put up with premature ejaculation. So (without sounding like too much of a school teacher) I want you to practice, practice, practice!

- » Start simple and focus on breathing and stopping.
- » When you've got these techniques down learn the advanced PG and PC Pump tactics to go with them.
- » Don't just stop at controlling your body: shift the focus of your mind to help you control your ejaculation.

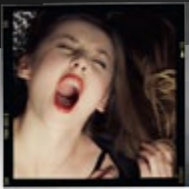
Do what I tell you, and you may never have to hear the words "I was almost there, I was so close," again.

Instead, once you master these techniques you will be hearing, "Ooooh, God, I'mmmm coming, Ooh! Fuck, Ooh! Ooooh! Ooooooooooh!" time and time again!



Chapter 2

**MAKE YOUR PENIS AS
HARD AS STEEL**



Chapter 2

MAKE YOUR PENIS AS HARD AS STEEL

Your penis is not a separate entity from your body. It is part of your body. So if you are in poor health you should not expect your penis to be in any better health than the rest of your body. If you are under great stress, deprived of quality sleep and rest, suffering from an illness, or are just malnourished from one too many Taco Bells, you may lack the penis performance that you desire.

It's not rocket science: to get the sexual performance you want, you need to take care of yourself. So I'm going to help rebuild your sexual life from the inside, out:

- » Replace those burgers with a high octane sexual fuel diet.
- » Discover supplements to help you become stronger and longer.
- » Rest and replenish to give your optimum sexual performance.
- » Work out to give yourself a penis of steel.

HIGH OCTANE SEXUAL FUEL DIET

When you put cheap gas in your car, you get a poor performance. The same goes for your body. The quality of food you eat can be a major factor that helps to determine your energy level, general health and sexual performance.

If you're snacking on junk food, drinking too much alcohol and lacking fresh produce, your penis is not going to be at full strength: and your semen isn't going to taste that great either.

So I've been doing some research and have put together a few simple guidelines for a Sexual Fuel Diet that will help keep you hard and horny:

1. Fresh fruits (apples, bananas, peaches, pears, grapes, oranges etc.) and vegetables (spinach, broccoli, asparagus, squash, green beans, carrots, etc... green and leafy vegetables are the best!) Will provide you with vital nutrients, improve immunity, digestion, make you look sexier and smell better! If you don't like to eat vegetables you can drink fresh vegetable juice. Avoid canned foods though. When a product is canned it loses many of its vitamins, nutrients and enzymes, so you should always try to eat fresh foods.

2. High quality protein, such as fish, chicken, and egg whites, should also be eaten every day. These will help you to add muscle, burn fat and are really filling: so stick away from 'bad' processed





Chapter 2

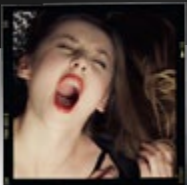
MAKE YOUR PENIS AS HARD AS STEEL

protein, like burgers, sausages and anything deep fried! These go straight to your gut, clog your arteries and diminish athletic performance. And yes sex should be an athletic performance! If you really like red meat, you might like to try ostrich or buffalo: they are much leaner and healthier than beef or lamb. Red meat is great for getting iron, but too much will leave you feeling sluggish, and unsexy.

3. **Go Organic:** When you buy your food you should try to get as much of it organic (grown without pesticides and without preservatives) as possible. Eating organic will help you side step any nasty additives and hormones. That's right, artificial hormones, antibiotics and pesticides are given to crops and livestock routinely which are then passed onto you when you consume their produce. I don't know about you, but I'd rather not eat from an animal which has hormones or antibiotics pumped into that could interfere with my body.
4. **Have a well balanced diet;** Plenty of people eat well, but eat way too much and in the wrong proportions. I'd recommend that you get a copy of the Zone Diet book. It basically says that you should eat 30% Fat (good fat, avocados, nuts, etc.) 30% Carbohydrates (in the form of non-starchy vegetables) and 40% Protein (Fish, Chicken, etc.) at every meal and that you should avoid refined sugar. Using these simple ratios will avoid you eating too much junk, and keep you on track.
5. **So what you should you not eat?:** If you want a great body, like mine, there are some foods that are just worth avoiding. Refined sugar (candy, soft drinks, pastries, white sugar, brown sugar, etc). Preservatives (Sodium Benzoate, Sodium Nitrate, Sodium Ethoborate etc.) Food Additives (MSG or Mono-Sodiumglutinate, NutraSweet or Aspartame, hydrolyzed animal or vegetable proteins) are all synthetic, affect blood sugar levels, and are toxic to your body. In fact your body really struggles to get rid of these nasties: leaving you feeling sluggish and bloated. Start reading the packages of what you eat. Look for the hidden sugars (sugar, high-fructose corn syrup, maltodextren), preservatives and food additives on the labels of what you buy. A good rule of thumb is if you can't pronounce it, you might not want to eat it!

START READING THE PACKAGES OF WHAT YOU EAT... A GOOD RULE OF THUMB IS IF YOU CAN'T PRONOUNCE IT, YOU MIGHT NOT WANT TO EAT IT!

6. **Abide by the 80/20 rule:** I don't expect anyone to turn into vegan, yoga practitioners; I love a good piece of Triple Chocolate Cake just as much as the next person! Everything should come in moderation though: eat well 80% of the



Chapter 2

MAKE YOUR PENIS AS HARD AS STEEL

time, and you can be naughty 20% of the time. And when I say naughty, why don't you save up your chocolate allowance and put chocolate syrup on your woman's nipples?

SUPERCHARGING SUPPLEMENTS

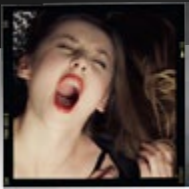
Even if you're trying to eat well, long working hours, whacky sleep patterns and tough jobs can see you occasionally reaching for the wrong foods. To make sure I keep my body lingerie model hot I take carefully selected supplements to support my diet.

I recommend that you see a nutritionist or buy a book on the subject of nutrition so that you get a better idea of what you need, as we're all individuals, with different bodies and different needs.

Until then I have a few recommendations though:

7. You need to keep your prostate healthy not just for your prostate pumping exercises, but to protect yourself from prostate cancer that can not only leave you impotent: but is a real killer. Colloidal Minerals, B-Stress Complex, Vitamins C, E, A and Zinc are all very important for prostate health and in fighting off infections.
8. Staying in top health will also help you to always perform. Many companies are now making zinc lozenges, to help prevent the onset of a cold, reduce your symptoms, and ensure you're fighting fit for your date.
9. You also may want to know about supplements that will give you erections of steel, and an increased volume of ejaculate? I thought so. I found out about this first super sex supplement through an obscure magazine article about a year ago. And you know what? It Works! Get the Amino Acid and protein: L-Arginine. Take 500-1000mg in the daytime and 1000-1500mg about an hour or two before sex. Warning: Do not take L-Arginine during a herpes break out or when cold sores are present, as it will make the case more severe. I also recommend that you take good a amino acid supplement and augment it with the L-Arginine so as not to create an imbalance in the body.





Chapter 2

MAKE YOUR PENIS AS HARD AS STEEL

I do not recommend taking high dosages on a daily basis for an extended period of time. But if you've got a particularly hot date, use it selectively to bolster your boner.

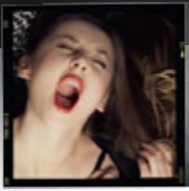
Use correctly and get ready for a super hard erection, in some cases increased staying power, and a mega load ejaculation. (If this does not happen the first time take the dosage for a few days in a row).

There are also some great herbal supplements out there if you want to try a more organic alternative:

- » Avina Sativa (Wild Oats): Increases sex drive and the volume of ejaculate.
- » Herb: Saw Palmetto Berries Extract: Good for prostate health.
- » Herb: Muira Puama Extract: Increases sex drive, and produces firmer erections.
- » Herb: Yohimbe: Some people have had great success with this herb and claim great results. However, I wouldn't recommend it, because I have heard that it has negative side effects if over used or used for extended periods of time.
- » Herb: Damiana: Increases sex drive. I have also heard that the user of this herb will become more attractive to the opposite sex.
- » Herb: Schizandra: It is said to increase the volume of sexual fluids, increase sexual endurance, staying power and strengthens the whole body. It also makes your skin better which is a nice bonus!
- » Herb: Epimedium: Also known as "goat sex herb" is considered an aphrodisiac.
- » Honeymooners Tea: This tea is for replenishing spent sexual energy.
- » Dendrobium, Schizandra, Licorice root tea: If you want to get really involved you can boil all of these herbs together and then drink the tea.

I DO NOT RECOMMEND TAKING HIGH DOSAGES ON A DAILY BASIS FOR AN EXTENDED PERIOD OF TIME. BUT IF YOU'VE GOT A PARTICULARLY HOT DATE, USE IT SELECTIVELY TO BOLSTER YOUR BONER.

Before you get too experimental with herbs I'd recommend that you see a Chinese Tonic Herbalist to take advantage of them. Also consult your doctor and/or nutritionist before taking any of the supplements or herbs listed here. I'm a sex professional: not a trained physician after all!



Chapter 2

MAKE YOUR PENIS AS HARD AS STEEL

CHARGE YOUR BATTERIES

If you want to be a sexual athlete you need to get plenty of rest and sleep so that your batteries are charged up. Working nights, long hours, or irregular shifts can all play havoc with your sleep patterns, libido and performance.

YOU CAN'T WORK ALL DAY,
FIGHT TRAFFIC, GO TO THE
GYM, HAVE SEX ALL NIGHT,
AND GET UP FOR WORK
EARLY FOR VERY LONG
WITHOUT IT TAKING TOLL
ON YOUR HEALTH AND
IMMUNITY.

Now I'm no more a personal trainer, than a trained doctor; I'm a sexpert! But one simple thing I have learned is that you can have sex all day, and sleep all night, or have sex all night and sleep all day. But you can't work all day, fight traffic, go to the gym, have sex all night, and get up for work early for very long without it taking toll on your health and immunity. You want to have a penis of steel, not be the man of steel!

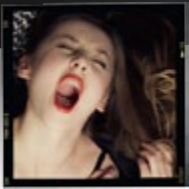
So you need to ensure, for now, that you get your zzz's, and rest after sex. Seven to eight hours of rest is about perfect: spend too little time resting and you'll have no energy: spend too much time resting and you'll feel lethargic.

On your way to becoming a multi-orgasmic man we'll be discussing channeling your sexual energy a lot more. We'll be looking at how the ancient Eastern philosophy of Taoism can benefit your sex life today. Taoism believes strongly in the connection between the quality of your rest and your penis. According to the theory you can tell when you've had enough rest by the firmness of your erections. The harder you are, the healthier you are, and the more energy you have.

The Ancient Taoist also believed that a man lost his energy, and felt drained after sex, due to ejaculating. They believed that men should have sex very often without ejaculating in order to cultivate energy for well being and rejuvenation: meaning there are techniques you can use to balance an active sex life, with enough rest, to make sure your performance is always porn star good. You may also have heard of many professional athletes abstaining from sex before a competition so that they are at their peak performance. I want to make you a peak performance sexual athlete. So later on we'll be examining Taoist principles further and discussing sex secret theories to help you conserve energy, and still have great sex!

DRUGS AND OTHER HAZARDS:

I'm not here to preach to you about how you lead your life: but I do want to offer you good, common sense, solutions to help improve your sex life.



Chapter 2

MAKE YOUR PENIS AS HARD AS STEEL

Drugs, prescription or illegal, won't do your sex life any favors: and could lead to your long term health becoming seriously damaged. If you want to be a man of steel you have to act like one. Moderation is the key here; but I find that some drugs are too dangerous even with moderate usage. It's time to quit cocaine, heroin, and ecstasy. Not only could you die, or get brain damage from using them; but, more commonly, they can lead to erectile dysfunction and impotence. And no crazy party is worth that!

Many prescription drugs and antibiotics also may cause loss of sex drive to the point of near impotence: so be wary of what you're taking. If a loss of sex drive is a known side affect of any medication that you are on, speak to your doctor about alternatives.

Steroids are another nasty can be very damaging to your sexual functioning in addition to the possibility of damaging your liver, kidneys and heart. Some of the side effects of steroids to the reproductive system are that you balls may shrink, and your testosterone production may be significantly reduced. They may help to make your outside packaging look buffer: but the result underneath your boxers won't be worth the trade-off.

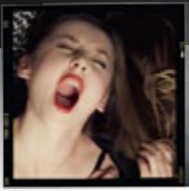


You may not do steroids or illegal drugs but cigarettes and alcohol are also seriously detrimental to your sexual health. When you smoke you decrease the blood and oxygen supply in your arteries. A great erection is helped by great circulation so if you smoke heavily the firmness of your erection decreases. That would be enough right there for me to quit!

Alcohol in moderation is not bad, in fact medical studies have now shown that one drink a day may even be good for you (that as is as long as it's a glass of red wine and not a Jaeger Bomb!). However, we all know that too much alcohol decreases your ability to perform sexually. So once again moderation is the key. You may feel more sexual desire when you're drunk but your performance won't be anywhere near optimum: you may struggle to get an erection, or lose it quickly.

BEING A MAN OF STEEL:

The bottom line is if you want to have a penis of steel, you have to live like a man of steel. Which means that you need to eat like a man of steel, sleep like a man of steel,



Chapter 2

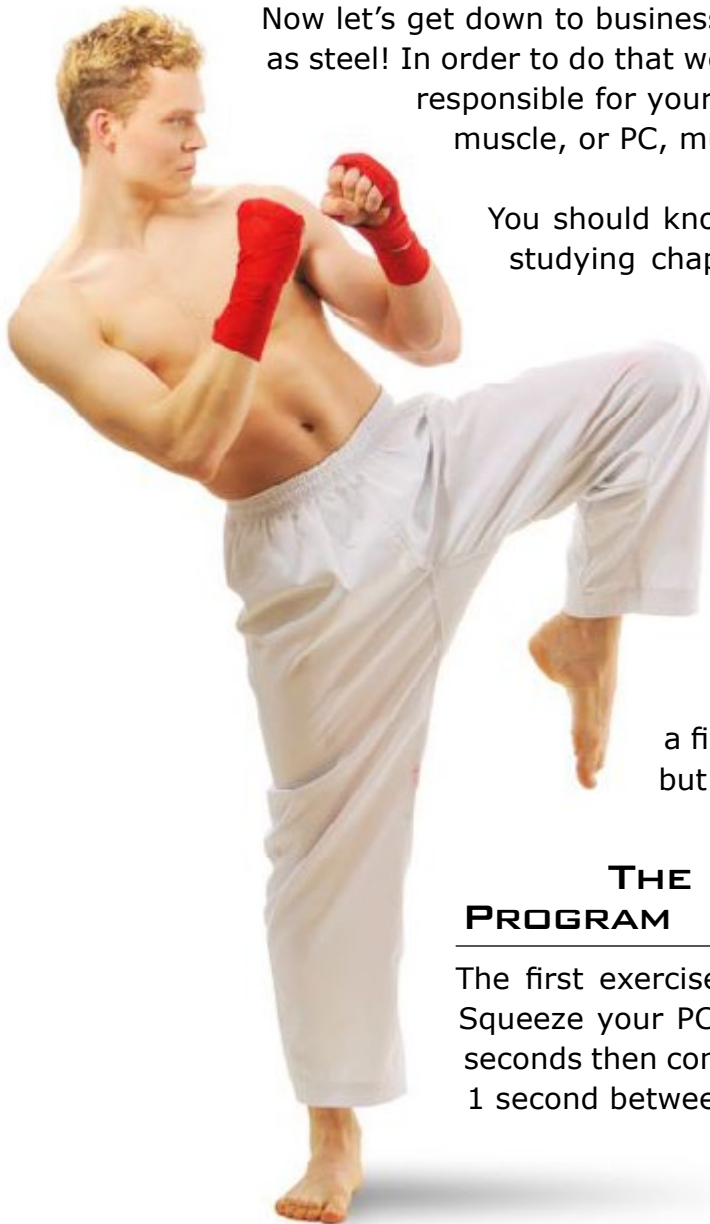
MAKE YOUR PENIS AS HARD AS STEEL

and exercise like a man of steel. I don't want to turn this into bodybuilding or exercise guide, but I will say that if you are not already active, you should be.

I recommend joining a gym (which is a great place to meet women too) and getting on a weight training program. This will not only make you feel better, but you will also look better, and be more attractive to the opposite sex. If you really can't stand lifting weights, you might try martial arts classes, where not only will you get a work out but you will also learn to defend yourself and increase your self-discipline. There are also loads of classes out there to keep things varied and fun. Even if you just take the stairs more, walk to work every day or do a little yoga at home, it will make a difference to how you feel inside and out.

PENIS OF STEEL

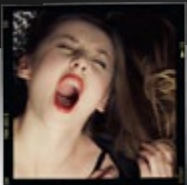
Now let's get down to business, and build a penis that is as strong and hard as steel! In order to do that we need to first strengthen the muscles that are responsible for your orgasms and ejaculation: the Pubococcygeus muscle, or PC, muscle.



You should know all about how to find your PC muscle after studying chapter 1. However, if you're still uncertain; the best way to find it is to urinate and try to stop the flow of urine, when the flow stops you have found your PC muscle. Now flex your PC muscle a few times to make sure you have found it. As with any muscle without use it will atrophy (waste away) and unless you have been doing a PC muscle workout already on a regular basis you could probably use some strengthening and toning. So now we will start a PC muscle exercise program. Yep I may recommend that you see a fitness instructor for your overall body work out but I can help make your penis rock hard!

THE STRONG AS STEEL EXERCISE PROGRAM

The first exercise you are going to do is the Quick squeeze: Squeeze your PC Muscle as tight as you can and hold it for 2 seconds then completely relax the muscle. That is one rep, wait 1 second between reps.



Chapter 2

MAKE YOUR PENIS AS HARD AS STEEL

After you are successfully doing a few reps of this move onto a slower squeeze by holding the muscle contraction. Ok so squeeze your PC Muscle as tight as you can, hold it for 15 seconds then release slowly, completely relaxing the muscle. That is one rep wait 5 seconds between reps.

Lastly work up to trying the Super Squeeze. Squeeze your PC Muscle as tight as you can slowly and hold it for a minimum of 60 seconds then release. That is one rep, wait 60 seconds between reps.

A great daily program that you may want to try to kick start your exercise regime is as possible:

- » Quick Squeeze: 20 reps. (work up to 100 reps.) x 1 set.
- » Slow Squeeze: 10 reps. (work up to 25 reps.) x 1 set.
- » Super Squeeze: 1 reps. (work up to 10 reps.) x 1 set.

Just as with any exercise program you should start out slow and build up over time, in this case over about 2-3 weeks to prevent excessive soreness. After being on this program for 4 -8 weeks you should have a super strong PC muscle; which is required for many of the techniques in the following sections. Some of the added benefits of PC muscle exercises are more intense orgasms, stronger and more powerful ejaculation, and the ability to become a Multi-Orgasmic Male. PC muscle exercises also promote good prostate health by massaging the prostate gland with the contractions of the PC muscle.

If you needed any more incentives to start super squeezing, the stronger your PC muscle is, the harder your penis will be, and when your penis is at its hardest, your penis will also be at its biggest!

I hope by now you're:

- » Eating more nutritiously to support your sex life.
- » Getting more rest and helping yourself recharge with sex supplements.
- » Discovering and training your PC muscle in order to get a penis of steel.

With your body working towards its prime, I think it's about time to explore some new sexual techniques to make sure you really become the Titan lover that you want.



Chapter 3

THRUSTING AND POSITIONS



Chapter 3

THRUSTING AND POSITIONS

Now that the quality of your erections are sky rocketing towards having a penis of steel, and making premature ejaculation a thing of the past, I want to talk to you about sexual techniques to make the most of your erection.

I want to get you to think about:

- » Positions that will help you to last longer.
- » Ancient Taoist thrusting techniques to help you vary your strokes for a great performance.
- » Modern techniques to tease and please your woman like a pro.

POSITION YOURSELF FOR SUCCESS:

Every person is different, and you will enjoy different positions with different partners more than others. However, it is great to know what positions will help you to last longer. You may remember that it is a good idea to switch positions, or what you are focusing on, if you find yourself getting too close to your PONR; but these positions I'm about to show you, should universally help you to hold on.

A simple rule to bear in mind is that thrusting often equals an orgasm! So the more rampant your motion the more likely you are to come quickly. Just like how chapter one talked about stopping and taking a breather to help you hold on; some positions will give you a better opportunity to last longer.

1. Woman on top positions are great for helping you to last, as you can lie back and not make any motion, as she grinds into you. So whether she's in a cowgirl, reverse cowgirl, or sitting on you as you sit on the edge of the bed/ sofa, she will be in control. This feels great for a woman as grinding into you in circular motions helps to stimulate her g-spot and this action also allows her clitoris to be stimulated as she moves it against your pubic bone. However, by moving in rotation, and not thrusting, you will be able to hold on longer.

You can make these positions more intimate, by embracing and kissing your woman. So she's going to get loads of pleasure, and you'll be able to put in a record breaking performance.

2. Spoons (side to side, man behind the woman): This is such an amazing morning sex position! As you're lying down, side by side, with your partner you can insert yourself behind her. This can occasionally feel a little uncomfortable to begin with, but once you get into the rhythm you will enjoy it. However, due to



Chapter 3

THRUSTING AND POSITIONS

the short depth of the pumps you can do in this position, you should find that you can last a very long time.

3. Before we leave this section, it's also good for me to give you guys a word of caution about positions that are going to drive you wild and make you come quickly! Any variations on the doggy or missionary positions involve lots of thrusting, and work on your part, so will make you come more quickly. You have to be extra careful during deep penetration positions too: so if you are in missionary and the woman's legs are above her head you're even more likely to come!

TAOIST THRUSTING TECHNIQUES

Now I've covered the basics of positions that will make you come less quickly, let's look at some ancient techniques to improve your performance. The Ancient Taoists developed an extensive array of thrusting techniques for intercourse. They believed that the man should vary his thrusting speed, depth and angle in order to fully stimulate his lover and himself during a prolonged sex session. And the Taoists knew a lot about prolonged acts of intercourse: they are famous for the term '1000 loving thrusts'! They also gave names to the different levels of depths in the vagina. I'd take a good look through these, as these different depth levels will help you to vary your sex technique, which is something we'll be tackling later.

THE DIFFERENT TAOIST PENETRATION LEVELS ARE AS FOLLOWS:

1. Lute String: the depth of one inch inside.
2. Water Chestnut Teeth: the depth of two inches.
3. Little Stream: the depth of three inches.
4. Black Pearl: the depth of four inches.
5. Valley's Proper: the depth of five inches.
6. Deep Chamber: the depth of six inches.
7. Inner Door: the depth of seven inches.
8. North Pole: the depth of eight inches.



Chapter 3

THRUSTING AND POSITIONS

THE TAOIST 9 IN 1 TECHNIQUE

The 9 in 1 technique is a thrusting sequence in which you simply thrust 9 times shallow (1 to 4 inches) and 1 time deep (5 to 8 inches, but not so deep as to hit her cervix and cause pain). Keeping this simple idea in mind will help to ensure that you have an effective technique to improve your sexual performance and keep your woman satisfied!

Obviously you wouldn't want your sexual technique to consist of just 10 thrusts though so aim to repeat this sequence over, and over again, varying the speed of the thrusts. There are also 9 different kinds of thrusts that you can try out. Much like the depth of penetration the Taoist's gave these thrust types highly poetic names: so I've helped you guys out by trying to explain them in plain and simple English.

THE NINE TYPE OF THRUSTS:

1. Thrust to the left and to the right to stimulate the vaginal walls.
2. Thrust up and down rather than in and out. You have to move your whole body up and down do this in the missionary position.
3. Teasingly pull out and push back in.





Chapter 3

THRUSTING AND POSITIONS

4. Alternate between using deep thrusts and shallow teasing strokes.
5. Make deep and shallow strokes in steady succession.
6. Push in slowly.
7. Thrust Swiftly.
8. Poise at the opening, then strike swiftly and stay inside for a few moments.
9. Rise and then plunge low.

SEXUAL TECHNIQUES

Now that you know about all of the different kinds of technique for thrusting and penetration; I want to combine this all together for you into some sexual sequences you can try to drive your partner wild.

THE TEASE & PLEASE

In this technique you tease your partner with your penis until she is begging for more: then you slowly enter her an inch at a time until you tease an orgasm out of her.

THE TEASE & PLEASE TECHNIQUE:

1. After your partner is highly aroused from foreplay, you gently rub your partner's clitoris with the head of your penis. Every once in a while tease the opening of her vagina with the head of your penis. After a few minutes of this she will be simmering with desire (but you want her boiling!) so keep on teasing.
2. Soon she will be begging you to put it in! **DON'T PUT IT IN YET!** Keep teasing, and talk to her. Tell her how beautiful her pussy is. Ask her if she wants you inside her, or if she wants your cock inside her. Ask her how badly she wants it, as you keep teasing her. After a few more minutes of this she will be on the edge of her seat and almost boiling with desire.
3. When she really can't stand it any longer, start rubbing the opening of her vagina with the head of your penis, for about a minute or so. Then slide only the head in





Chapter 3

THRUSTING AND POSITIONS

and then, very slowly, thrust in and out with only the head of your penis. She will be begging for you to put it in more!

4. Slide it in one more inch, then trust slowly in and out but only to this same depth. Keep talking to her whilst you do this. Ask her if she likes your cock inside her, tell her how much you like fucking her and how good her pussy feels.
5. After a couple more minutes slide it in one more inch and then thrust slowly in and out to this same depth.
6. Repeat step 5 until you are almost at your full length, but don't put it all the way in until she starts having an orgasm.
7. Once she starts having an orgasm you may start thrusting more vigorously, or move on to a different technique.

SLIDE AND GLIDE:

This one I originally learned from a friend of mine who told me of this great technique he used to give women orgasms during intercourse that had never had one during intercourse before. That's right if your partner has never had an orgasm during sex, it's your turn to please her beyond her wildest dreams.

This technique relies on stimulating your partners clitoris with the friction and pressure from your upper pubic region (right above your pubic bone) which we will call the Friction Zone.

The Slide and Glide is done in the missionary position. Make sure your partner is well lubricated, and I would recommend starting with the tease & please technique, until you are almost all the way in and then switch to this technique.

THIS TECHNIQUE RELIES ON STIMULATING YOUR PARTNERS CLITORIS WITH THE FRICTION AND PRESSURE FROM YOUR UPPER PUBIC REGION (RIGHT ABOVE YOUR PUBIC BONE) WHICH WE WILL CALL THE FRICTION ZONE.

1. In the missionary position, make sure your partner's clitoris and upper vaginal area are well lubricated. (With her own juices, your saliva, or with lube: the silicone based kinds are my favourites!)
2. Ask the woman to spread her vaginal lips with her hands. When she does this, fully insert your penis and rest the Friction Zone (your upper pubic region) on her clitoris.



Chapter 3

THRUSTING AND POSITIONS

3. Put your weight on her body, and reach down and grab her ass and spread the cheeks apart.
4. Now start sliding your body up and down on her (your penis should remain in completely inside her all the way to the base as you move). To do this you will need to grab her shoulders or the edge of the bed with both hands and push off with your toes as well. As you do all of this make sure that the greatest friction between you and her is where the Friction Zone and her clitoris meet. This might all sound really complicated but it is actually very easy, and after a few minutes you and her will be gliding back and forth on a sweet layer of sweat.
5. Continue until she has at least one orgasm. Keep moving and try not to break the friction.

HOW TO SCREW HER GOOD!

By trying out these secret sexual techniques you should already be a good lover... but you want to be a Great Lover so here is the icing on the cake:

Many men just thrust in and out, over and over, again, or worse just put it in and pound. While many women do like to be pounded on occasion, or after they have warmed up with an orgasm or two, the same thing over and over again can get pretty boring.

It is best to vary the techniques that you use and to vary the types, depth, speed, and angles of your thrusts as well as the positions that you are thrusting in. Just as well don't get carried away and keep changing positions every couple of minutes if your partner really enjoys the one you are in and is getting the stimulation that she needs for an orgasm.

To be a great lover you have to learn to read your lover, adapt and go with the flow and still be able to take the lead. You need to learn the way of your lover, what she desires and what she does not desire, what spots get her off and what really turns her off. These things come with time. That is why the sex should get better the longer you are with someone not worse..

Now before I tell you the more advanced sexual secrets that I have for you; here are some simple suggestions to immediately incorporate into your sex life:

1. Always tease: make sure that your lover is fully aroused and lubricated before penetration.
2. Make sure that your lover is highly aroused, and almost coming, before full penetration.



Chapter 3

THRUSTING AND POSITIONS

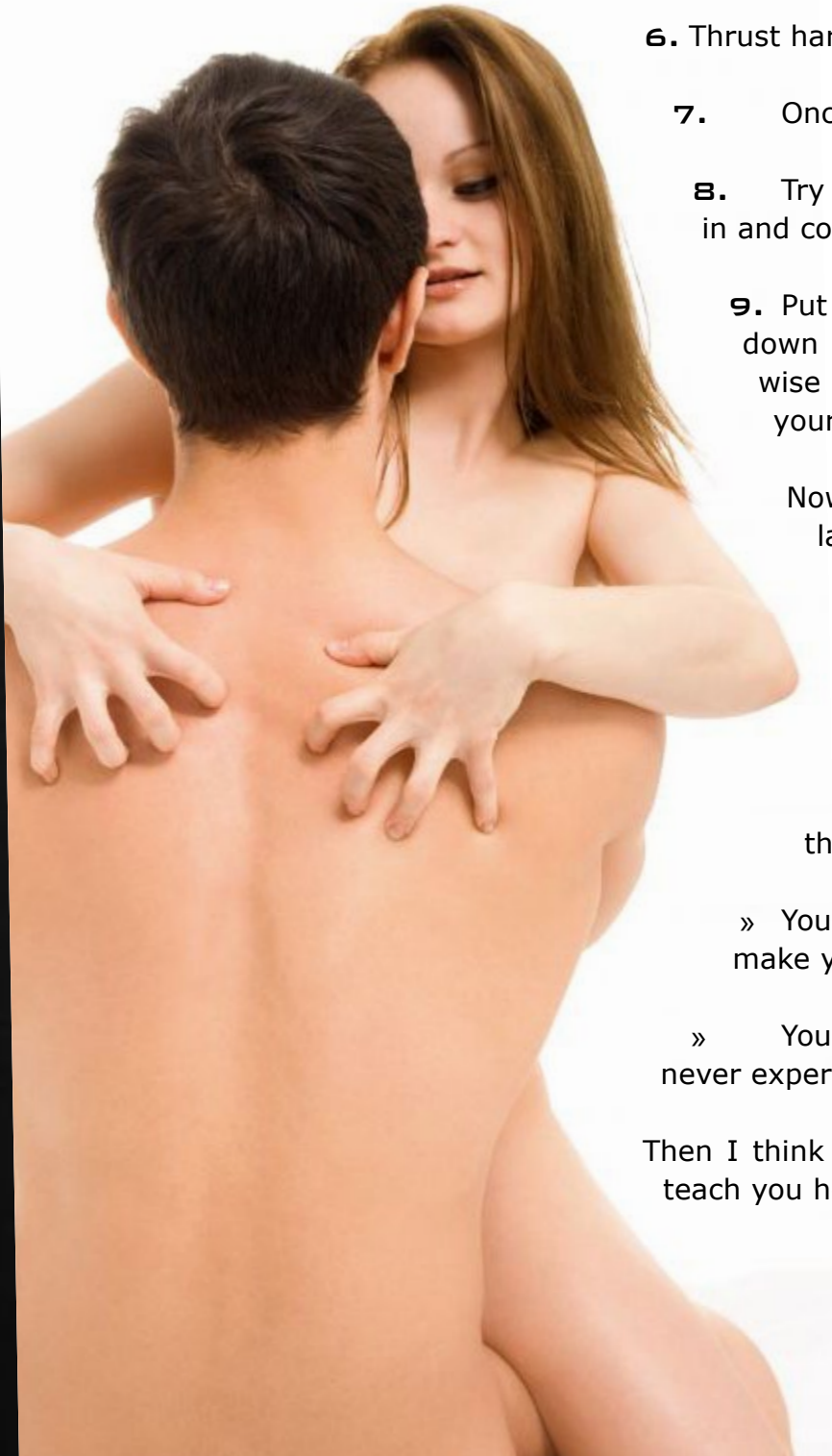
3. Thrust at different angles in the same position to stimulate all the walls of the vagina. Try riding high and low, left and right in the same position to stimulate all of her vaginal walls.
4. Try different positions, variety is the spice of life.
5. Thrust at different speeds, fast, slow, and medium.
6. Thrust hard, soft and teasingly.
7. Once in a while pull out and re-enter.
8. Try thrust in a winding circular motion going in and coming out.
9. Put you penis all the way in and slide up and down and left and right and in circles clockwise and counter-clockwise, without moving your penis in and out.

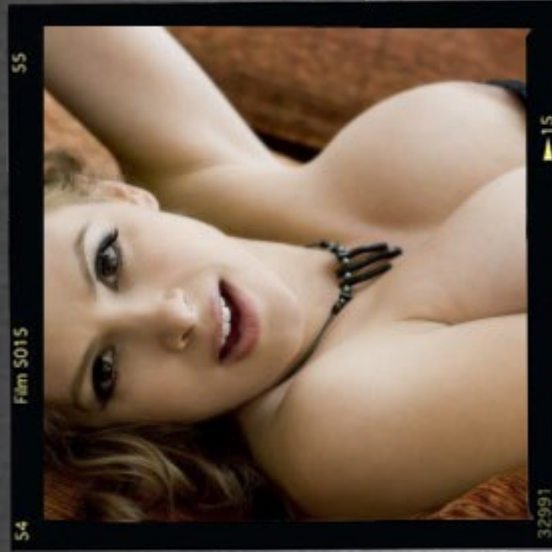
Now your penis is as hard as steel, you're lasting longer and your sexual technique has gone from poor to porn star I want to unleash some of my more advanced sexual secrets.

So if you think:

- » You've conquered different thrusting and penetration techniques
- » You're incorporating sexual positions that make you last longer
- » You are pleasing your lover in ways she's never experienced before

Then I think you're ready for a treat: I'm going to teach you how to become a multi-orgasmic man!





Chapter 4

BECOMING A MULTI-ORGASMIC MAN



Chapter 4

BECOMING A MULTI-ORGASMIC MAN

I already know that you guys are now good lovers... so how do you step it up and become great lovers?

Now that you're conquering premature ejaculation, I want to teach you how to hold yourself just before your PONR and enjoy the maximum amount of pleasure, for as long as possible.

This is the next step you need to take before I help you to discover how to become a multi-orgasmic man.

- » How to control ejaculation to stay just before your PONR for longer
- » How to become a multi-orgasmic man... yes it is possible!

MMO OR MALE MULTIPLE ORGASM WHAT IS IT?

MMO or Male Multiple Orgasm is the ability experience all the sensations of orgasm without ejaculation. It allows you to maintain an erection, and have many orgasms, without ejaculating, until you desire to!

Some lucky men have developed, or inherently possess, this ability; however most other men can learn to develop it. The first prerequisite is a very strong PC muscle, so if you haven't developed your PC muscle yet, forget about MMO until you do, and re-visit the strengthening techniques we discussed in chapter 2.

You need a high degree of ability with the PC Pump Technique in order to accomplish this technique successfully. You should be able to stop yourself from coming at the 9.5-9.9 levels. If not keep practicing until you can. Once you can do that you must learn to stretch the duration of the sensations that you feel when you are applying the PC Pump Technique.

**IF YOU HAVE A PARTNER,
YOU CAN PRACTICE THESE
METHODS OF CONTROL
DURING SEXUAL SESSIONS
WITH THEM.
HOWEVER, THEY ARE MOST
EFFECTIVELY LEARNED BY
SOLO EXPLORATION. A
COMPROMISE, IS THAT YOU
CAN ALTERNATE WITH SOLO
& PARTNER SESSIONS.**

Before we begin, you have a decision to make. If you have a partner, you can practice these methods of control during sexual sessions with them.

However, they are most effectively learned by solo exploration. A compromise, is that you can alternate with solo & partner sessions.

We will first be using two basic methods of control here before we move on to the more advanced P.C. control.



Chapter 4

BECOMING A MULTI-ORGASMIC MAN

WHY IS PC CONTROL ESSENTIAL TO HOLDING ON TO YOUR ORGASM?:

Dr. William E. Hartman, one of the nation's most respected sex researchers said "The control of the pubococcygeus (PC) muscle is probably the most simple and the most direct answer to a man becoming multiply orgasmic."

Pubococcygeu is too difficult to pronounce, so like in the rest of this document, we're going to call it the P.C. muscle. This last muscle is one of the most important muscles in your body for sexual purposes & will eventually (when well developed) allow you to control ejaculation, to the point of maintaining that fantastic pre-orgasm state for as long as you wish.

The PC is the largest of the muscles in the pelvis. It gets its weird name from the fact that it stretches from the pubic bone in front to the coccyx or tailbone in back. In most men it is a very weak muscle because they use it only when they come; and they come only infrequently and not powerfully. The process of strengthening your PC muscle consists of a series of flexing or tightening the muscle, then trying to hold, so at the moment of orgasm the male is able to hold back the fluid and refrain from ejaculating while still having orgasm.





Chapter 4

BECOMING A MULTI-ORGASMIC MAN

You need to experiment with it as you approach orgasm by tightening. The worst that can happen is that you'll ejaculate, and with continued training you'll no longer slip until you want to.

WHY IS THIS BENEFICIAL?

Well, aside from the obvious reasons of increased male pleasure, it seems to me that the male's inability to function over long periods has been one of the major contributing factors to the poor state of sex in America. If you've ever wished you could satisfy your partner for longer, or wanted to become a better lover, then the PC muscle's development could be crucial to helping you.

Firstly get into the mindset that instead of it being game over when you come; that you could go on indefinitely. If you simply spend a few minutes a day exercising the right muscle, then you will doubtlessly have many satisfied partners instead of having to suffer with premature ejaculation and erectile dysfunction.

The two exercises that you will need to be doing to enhance your sexual power are named "cut-offs" and "Kegels" or PC Flexes. All males and females more or less unconsciously perform a few cut-offs when they are through passing urine, and forcefully expel the last few drops. When you perform a forceful cut-off you are literally turning off a faucet; so when the machinery within your faucet (PC muscle) becomes powerful you will easily be able to turn it off at the point of orgasm.

Discharged semen causes a loss of tension, but when the semen flow is cut off and retained, you can keep your "member in good standing" and come again and again (without ejaculation). This is known as a 'dry orgasm'.

Cut-offs will help you identify your PC muscle and become familiar with its strength. Every time you urinate, stop the flow forcefully at least six times. The first time you try this, don't worry if all you can manage is a momentary interruption in the flow.

PC Flexes can be performed anywhere at any time. They consist of tightening the anal sphincter (rectum) and the muscles at the base of the penis. When you do a correct PC Flex your penis will move slightly. You are doing PC Flexes when you have an erection and you tighten to make your penis move up and down.





Chapter 4

BECOMING A MULTI-ORGASMIC MAN

After the penis of steel exercises in chapter 2 you should already be used to tightening and flexing your PC muscle. Another fun PC exercise can be performed using your erection and a bath towel; you simply hang the towel over your erection and forcefully raise and lower your penis from 50 to 100 times.

The idea is to give the penis some extra work to do. As the muscles get stronger, the erection will get harder, partly from the increased blood supply the exercise is causing your body to provide. Go slowly at first, but within a week, or 10 days, you should be able to perform 300 forceful PC Flexes a day and within two months your muscle will be several times as strong as when you started.

PC Flexes can be unobtrusively performed (without an erection) while walking, sitting or lying down. If you do them with an erection it's a good idea to hold a warm wet towel or wash cloth over the top base of the penis afterwards; this soothes and relaxes the vigorously used attachment muscles.

Within approximately six weeks after you've begun doing cut-offs and PC Flexes daily, you'll be having longer, stronger, and better orgasms. In fact you'll be closer to both climax control and the sustained pleasure of multiple orgasms than ever before.

The male who possesses a really powerful PC can maintain a firm erection for hours and enjoy more ecstatic orgasms during one sex episode than most men enjoy in a month. So get started on this simple sex-strengthening program and turn your female's fantasies into fact.

EXERCISES TO MAKE YOU A MULTI-ORGASMIC MAN (MOM)

These exercises are designed to help you in learning to recognize the three zones of pleasure as you rise up the hill to climax. Knowing where these zones of pleasure are will help you to crank on the breaks, and stop the ride, before you reach the peak.

Zone 1 lasts the longest & starts from the time you begin stimulation, to the time where it begins to feel really good prior to the ejaculation zone.

Zone 2 lasts the second longest, & is characterized by that really good feeling you guys get, right before you peak into climax.

Zone 3 is, as you've guessed, the time when you are ejaculating. The goal right now is to target the beginning phase of zone 2.

Once you've got to grips with where zone 2 starts and ends, this will allow you to ride that zone all the way into zone 3. I want you to remain in control as you go over the



Chapter 4

BECOMING A MULTI-ORGASMIC MAN

peak. Eventually, you will be able to stay in that delicious zone for as long as you desire, delay ejaculation and become a great lover.

First let's re-cap a couple of those methods for delaying ejaculation that you discovered in chapter 1.

The Stop: By quitting thrusting and halting stimulation you can turn your arousal levels down until you once again feel in control.

The Squeeze: Gently, but firmly, pinch the head of your penis with your thumb on the top & two fingers on the bottom. This will help to shrink your penis, and reduce your arousal levels, by pushing some of the engorged blood back into the shaft.

This will halt orgasm. If by chance you lose control, forget the manual squeeze and instead squeeze the P.C. muscle as hard as you can, while holding your breath, & note how much fluid you were able to retain. You will still hit zone 3 if this happens, but you can at least save some fuel for round two!

Once you've practiced the simpler techniques, you can begin to incorporate the PC Muscle technique earlier on to control your flow between zones 2 and 3.

First I want you to get to zone 1. After about 30 minutes of slow, safe, stimulation, go for the 2nd zone, and when you first feel that good feeling of zone 3, stop stimulation and pause until you once again have complete control. As a back-up you can use the Squeeze. I want you to work towards just using the PC Squeeze to control your orgasm though. If the PC Squeeze isn't working for you then you should step up your internal exercise reps that you learned in chapter 2.

IF YOUR GLANDS ARE TOO SENSITIVE, STIMULATE YOUR SHAFT & TESTICLES ONLY UNTIL YOU CAN ONCE AGAIN, WITHOUT SENSITIVITY, TOUCH THE HEAD.

Hopefully, with practice, you'll be able to stop your orgasm at the end of zone 2/ beginning of zone 3. When the contractions are about over, with most- if not all- of your semen intact- resume stimulation. If your glands are too sensitive, stimulate your shaft & testicles only until you can once again, without sensitivity, touch the head.

If you can, retain your erection, Attempt to build yourself back up slowly to the 2nd zone, but if you cannot, don't despair, you are still learning & soon you will be able to accomplish it.

If you are able to regain the 2nd zone, ride it teasingly for 2 seconds then try a head pinch once or twice until you have control.



Chapter 4

BECOMING A MULTI-ORGASMIC MAN

Again, if you go too far, utilize the P.C. squeeze then follow through again the slow stimulation of testicles & shaft only if the head is too sensitive, then go again. If you are able to, build to the 2nd zone, then do the head squeeze again when you sense yourself losing control.

When you know you have control again, start stimulation again, and see if you can get yourself, for a second time, to the edge of zones 2 & 3.

If you've carried through this far without having to use a P.C. squeeze you can let yourself get to the end of zone 2 and then incorporate it. Hold your breath, while halting stimulation, & when the contractions have stopped... you can take a break for the day!

Do this exercise for 2 weeks before you move onto the next step.

Which is something I call Zone Surfing...

ZONE 2 SURFING:

This exercise is designed to help you discover what techniques allow you to cruise in zone 2 for as long as possible. Like the other exercises in this section; it is best attempted after one of your weight exercises from the penis of steel program in chapter 2.

Firstly I want you to stimulate yourself in zone 1 for around 30 minutes. Enjoy yourself, & take your time, but stay clear of the 2nd zone. After the allotted time, go cautiously for zone 2.

In zone 2 go for the centre of the zone, before your reach your PONR to zone 3. Then try a P.C. squeeze while you cease stimulation & notice if you return to zone 1 quickly. Go back into zone 2, and allow yourself a little





Chapter 4

BECOMING A MULTI-ORGASMIC MAN

closer to zone 3, and try the secondary PC technique (described below) to prevent you from climaxing:

1. When you get to a level of about 6.5 in zone 2 apply the PC Pump Technique: stop and flex your PC muscle for several seconds, release. Take a deep breath and hold for a few seconds, slowly let the breath out and relax as your excitement level drops a few points on the scale. Your erection may decrease a bit as well. Pay very close attention to what you are feeling as this happens. Start stimulating you're self again and repeat the above technique at levels 7.5, 8.5, 9.5, 9.6, 9.7, 9.8,
2. Now Try it at 9.9 and right before your P.O.N.R. flex your PC muscle hard, for as long as you can, take a deep breath and hold it for a few seconds. Open your eyes, and keep them open. Think of bringing the feeling up and through your whole body.
3. Now if you did all of the steps correctly, and you did not pass your P.O.N.R: your PC muscle was strong enough to contain your orgasm. You should have had a MMO 'dry orgasm' without ejaculating, and you should still have an erection or partial erection and be able to resume stimulation.
4. If that's not what happened, then keep practicing and soon you will be a multi-organic man.

If, by accident, this exercise brings an orgasm on, immediately squeeze the P.C. muscle & retain as much fluid as you possibly can.

The purpose of these exercises is to find what method will work for you: some people need to cease all stimulation with the PC squeeze, others respond well to inhaling and flexing. Everyone responds to one or the other, some to both.

Practice you're preferred method for 3 weeks, learning to ride zone 2 as far as you can before utilizing these methods of control.

IF YOU CAN GO TO WITHIN A SECOND BEFORE EJACULATION AND RETAIN CONTROL, YOU WILL HAVE MADE A BIG LEAP TOWARD YOUR ULTIMATE GOAL, OF MULTIPLE ORGASMS.

If you can go to within a second before ejaculation and retain control, you will have made a big leap toward your ultimate goal, of multiple orgasms. That one second gap is the sweet spot you need to find that will allow you to have a dry orgasm in which a full climax is achieved without ejaculation.



Chapter 4

BECOMING A MULTI-ORGASMIC MAN

As always if you lose control then retain as much fluid as you can at least twice before you end your session.

Next,.. Sail the Zone,..

ZONE 2 SAILING:

“Look, no hands !!”

To have reached the sailing stage you have progressed a long way on your journey to being a great lover! This means you can successfully use techniques to delay your orgasm and experience some ‘dry orgasms’.

Now you can go to the final level: ‘in control sailing’.

In this level you will be utilizing the ‘no hands’ technique of the Taoist Masters!

Begin as always after an exercise session. Kick off in zone one for at least 30 minutes, then in the 2nd zone, sail as far as you can, jerking the skin to the head or whatever method you use for stimulation. When you feel yourself ready to explode, pause for a few seconds and use one of the two PC techniques I taught you in the ‘surfing’ section to control your orgasm. Repeat this cycle for as long as you can!

Notice that you will be able to go further & further each day until one day you will sail around the world... you will be able to cruise just before zone 3, and have incredibly long sex, for as long as you want!

The goal is to remain at the tip of the hill without falling over into the descent. In the beginning, you will most likely go too far & have a short orgasm which will release some fluid, this is normal & as long as you remain P.C. closed, as your ejaculate, you can try again very soon.

THIS IS A GREAT TIME TO BEGIN WORKING YOUR NEWFOUND STRENGTH & CONTROL WITH YOUR PARTNER. SO IF YOU’VE BEEN PRACTICING SOLO FOR NOW, YOU CAN NOW SHOW YOUR PARTNER WHAT GREAT NEW SKILLS YOU HAVE.

This is a great time to begin working your newfound strength & control with your partner. So if you’ve been practicing solo for now, you can now show your partner what great new skills you have.

However with your partner, at the end of your session, you can ejaculate & release some, or all, your fluid without control if you wish: but keep in mind that this will lower your sex drive more so than if you retain some fluid.



Chapter 4

BECOMING A MULTI-ORGASMIC MAN

With your partner, now you have two very powerful methods of control that you can utilize. Whether you want to have 3 or more orgasms, or you want to sail zone 2, or do both, the power is yours, enjoy!

Now you've learnt:

- » How to work towards controlling when you orgasm
- » How to last longer and longer
- » How to have a dry orgasm

It's time to put the last piece of the jigsaw in place that will make you an unforgettable lover!



Chapter 5

BONUS

**MONSTER TITAN:
GETTING THE PENIS YOU
ALWAYS WANTED**



Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

We all ask the question does size matter?

Of course it does! If you are too big she won't sleep with you, and if you lack confidence in a smaller penis you will turn her off. There are some woman that only like big cocks, and there are some that don't like big cocks. I personally have run in more of the later than the former.

In this final chapter I'll be looking at:

- » The truth about Penis Size.
- » Penis enlargement techniques.
- » How you can have the right attitude about your penis & be a true Bedroom Titan.

According to the famous East Indian love text, the KAMA SUTRA, both men and women come in three sizes, essentially: Small, Medium and Large. And the most important thing is for them to fit well together. A small man with a large woman is not a good match; she will not get they will not get the stimulation she needs and vice versa. A large man with a small woman is also not a good fit as it will be painful for her, or she may refuse intercourse all together.



Visually, a larger penis turns on some women (but not as many as men who are turned on by having a larger penis!) However, most women like medium to big cocks in general, but not huge cocks: they are actually afraid of them!

Also you have to realize that a woman's interpretation of medium and big are different than a man's. Most women think big is 6-7 inch in length and about 5 inches in circumference. Men on the other hand (probably after watching a lot of porn) seem to think that big is 8-9 inches long and 6-7 inches around. Women also seem to favor girth over length: a thicker penis will stimulate the woman more by stretching her vaginal walls and creating more friction. While men seem to be mostly preoccupied with length.

Let me say to you now, that being a Great Lover does not have much to do with penis size. You can have a big cock, and be a lousy lover, or you could have 4 1/2 inches and be a Great Lover.



Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

What makes a great lover is the feeling and passion that you channel through great sexual technique. A great lover is more than a penis and knows how to use his eyes, his voice, his words, his tongue, and his whole body as well as his penis. If you just happen to have a big cock, so much the better.

Before I go on to the enlargement techniques, I would like to point out the advantages and disadvantages of having a larger penis.

THE ADVANTAGES OF HAVING A LARGER PENIS:

- » Increased self-confidence and self-esteem
- » Visually more of a turn on to your lover
- » Looks good in the locker room
- » Looks good in your pants
- » May stimulate your lover's vagina more if used correctly

THE DISADVANTAGES OF HAVING A LARGER PENIS:

- » If your penis is very big (8+ long, 6.5+ around) some women may refuse you intercourse.
- » If your penis is very long (8+ inches), it will hit the woman's cervix and cause pain, so you will have to thrust more carefully and not go all the way in.
- » Part of your penis (the first couple of inches) will get left out in the cold.
- » If your penis is very long you will rarely get deep throated.
- » If it is very thick it will be hard for most women to put your penis in their mouths. And if they can, you may get hit by their teeth, if they don't know what they are doing.
- » If you are a fan of anal sex, the bigger you are the less chance you will have of getting a woman to try it.
- » If intercourse is difficult for your partner because of your size, you may have sex less often.



Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

HOPEFULLY, IF YOU HAVE A SMALLER PENIS, YOU CAN SEE THAT HAVING A VERY LARGE PENIS ISN'T ALWAYS WHAT WOMEN WANT!

Hopefully, if you have a smaller penis, you can see that having a very large penis isn't always what women want! I can understand that for your self-confidence though you may want to get a little bigger.

So now that you know the long and short of it, let's move on to making it bigger!

YES! YOU CAN MAKE YOUR PENIS BIGGER!

You may have asked the question 'can I make my penis bigger?' and depending on who you asked you might have gotten back negative, vague or unsatisfactory answers.

Maybe someone looking to profit from desperate individuals has even taken advantage of you? There are mail order companies that sell creams that claim to enlarge your penis or that advertise 'add three inches to your penis over night, with a prosthetic enlargement





Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

device': making money off of people's ignorance of the word 'prosthetic', which means artificial replacement.

That's right! Some companies will sell you a fake penis that fits on top of yours! How many people do you think will complain to the Postmaster General that the penis enlargement cream didn't work or that they'd accidentally brought a penis replacement!

You can enlarge your penis, but you have to be willing to make the commitment to do the proper techniques on a regular and/or daily basis for an extended period of time. There are no quick fixes for this one!

If you are willing to make this commitment you can make significant gains in the girth and length of your penis.

The minimum amount of time that you should consider for making this change is six months, however you will start to see gains before that (individual results will vary).

It's like any other personal development or skill that you learn, if you want a Black Belt in the martial arts, it may take you 2-8 years depending on the style. If you want to get muscular, and look like a body builder, it may take you a 6 months to 2 years. If you want to have the penis you always dreamed of and see results along the way, it may take 3 months to 2 years.

So in all of the above cases you can either bitch about how long it will take, and give up, or you can make a commitment to reach your goal and do a little work towards it every day and before you know it you'll have reached your goal and seen results along the way.

WARNING!

Because no two people are alike, and you may have special needs, all penis enlargement techniques should be done under the supervision of a licensed Physician or Urologist.

But done with the right guidance (from a pro, like me!) and with dedication from you:

YES! YOU CAN MAKE YOUR PENIS BIGGER!

BECAUSE NO TWO PEOPLE ARE ALIKE, AND YOU MAY HAVE SPECIAL NEEDS, ALL PENIS ENLARGEMENT TECHNIQUES SHOULD BE DONE UNDER THE SUPERVISION OF A LICENSED PHYSICIAN OR UROLOGIST.



Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

There are many methods and techniques of penis enlargement, some focus on lengthening the penis, others focus on thickening the penis, and some do a little of both. I'm not going to cover all of the available techniques out there, but rather the ones that I've seen guys have success with, and that are tried, and tested, to be helpful. I'm not going to say that this a miracle cure that will make you longer, stronger and thicker overnight; but you can add both girth and length to your penis if you put the time in. Bedroom Titan isn't about quick fixes though, it's about real lifestyle change.

Before we go any further, go and get a tape measure. Now measure your penis first in the flaccid (soft) state by putting the ruler on above your penis flat against your pubic bone, or the base of your penis below your abdomen, and record the measurement.

Next take the tape measure and wrap it around your penis and record that measurement. Now stimulate yourself until you are as hard as you can get! If you are not as hard as you can get your measurement will not be accurate. Now repeat the measurement process as described above and record the measurements on one of the sheets provided at the end of the manual. You can check as often as you like during the program, but I recommend that you only record on the sheet every month, as day to day measurements will fluctuate.

Now that you have your measurements let's see how you measure up to the average:

	Erect Length:	Erect Girth:
Circumference Small	Less than 5"	Less than 4 3/4"
Circumference Average	5" - 7"	4, 3/4" - 5 1/2"
Circumference Large	7" - 9"	5, 1/2" - 6 1/2"
Circumference Huge	9"+ over	6 1/2"

So where do you fall on the chart?

Now that you know how big you are and what is the average; you need to decide how big it is that you want to be. As with anything in life set reasonable goals for yourself. If you are small you may not be able to reach a huge measurement: but you should all be able to improve from your starting place.

For length I wouldn't recommend that you try to go any greater than 2" from where you are now. Try that out for a while and if you want more than continue with the techniques and see how far you can take things.



Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

As for girth the same rules apply: again set a reasonable goal, besides anything over 6 - 6.5 in circumference is really BIG!

PENIS ENLARGEMENT TECHNIQUES

Do you remember, before you went on to the more advanced techniques to control ejaculation, you started with a few simple tips? You'll be doing the same in this section; learning a simple basic first, then how to incorporate it into more advanced techniques.

Hot Compresses or Warm Water Soaking:

If you didn't know this already, hot compresses help to expand the blood vessels in the penis and increase the flow of oxygen fresh blood in the penis. Just like the breathing techniques from chapter one this will help you to prepare for the advanced techniques that are coming your way later on.



Before each exercise I want you to run through the following steps to get the best results possible:

1. Wrap your penis in a washcloth filled with warm water.
2. Get in the bathtub and run warm water over your penis by putting your penis under the faucet (test the water first with your hand, so you don't burn yourself).
3. Soak In a Warm Bath. Do any

of these for 5-15 minutes. This will help to expand tissues of the penis and bring in more fresh oxygen rich blood. After this step you penis will have a pink hue and will be slightly swollen.

Ok now you're all prepared on to the good stuff!

MANUAL TECHNIQUES

Before I encourage you to explore techniques that involve added equipment, let's start with some manual methods. If you find yourself getting great results and want to stick here that's fine. I may be a woman, but I can totally understand that introducing any equipment to your favourite body part may be intimidating. So let's kick start with some techniques that just uses your own body.



Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

The Jelq Technique (aka Milking the Penis)

The Jelq technique is an ancient method of penis enlargement from the Middle East. Traditionally it was taught father to son when the child reached adolescence. In wealthy Middle Eastern families as the boy grows older he may be sent to a "Mehbil", a gym or health club, where a highly-trained attendant would perform the Jelq technique. This would be done on a daily basis, and as a result of these treatments, the boy's penis would grow to dimensions that it would not have attained had he not used the technique. Now, I can't send you to a 'Mehbil' or perform the Jelq technique on you! But I can say this technique also works well on the fully developed adult penis, and is a great starting point for your penis enlargement.

The Jelq Technique:

1. Start with flaccid penis; put some oil or lubricant on your hands and penis.
2. Grip your penis with an overhand grip with your thumb and index finger.
3. Squeeze gently and milk your penis down to the head, stretching your penis as you go. When you get to the head start the movement over with the other hand: this should form a seamless, rhythmic, continual movement.
4. Do the technique over and over again for 30 minutes alternating each hand as you go.
5. If you start to get hard or feel the urge to ejaculate stop and wait until it passes and your erection subsides a bit and then continue, as this can only be done with a semi-hard penis for it to work.
6. You should do this 5-7 days a week for 30 minutes each time. Don't squeeze too hard as you could bruise your penis.

What you are doing is forcing more blood into the corpora cavernosa (spongy tissue of the penis) and over time the corpora cavernosa will stretch, and grow, to allow more and more blood to fill the area. This allows your penis will to become thicker when erect due to increased blood flow. The technique also stretches the tissues of the penis over time, as well as the suspensory ligament, which will help to lengthen the penis. If you're particularly interested in gaining length then read on to the stretching technique!

WHAT YOU ARE DOING IS FORCING MORE BLOOD INTO THE CORPORA CAVERNOSA (SPONGY TISSUE OF THE PENIS) AND OVER TIME THE CORPORA CAVERNOSA WILL STRETCH, AND GROW, TO ALLOW MORE AND MORE BLOOD TO FILL THE AREA.



Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

Tip: Make sure that you have more than enough lubricant on your hands and penis. The best lubricant I have found is Albolene liquefying cleanser, which can be found in the cosmetic section on most drug stores. Women use it for removing makeup, but is also makes a great sexual lubricant (oil based, do not use with condoms ever during sex). I've recommended this product for porn industry use for years; but I'm sure it will work great for you a well.

WARNING: You should use a moderate grip only. If you squeeze too hard you could cause bruising, or rupturing of superficial blood vessels near the surface of your penis. If after doing the technique you see any red blotches, or dots, you used too tight a grip and you've ruptured some superficial blood vessels. This isn't something to worry about, but you should wait until your penis heals (approximately 24-48 hours, but this will vary person to person) before applying this or any other enlargement technique.

This technique has worked for many men, but it may take up 6 months before you see any noticeable difference; and most men will give up after 4 - 6 weeks! Remember this is all about long term lifestyle and body change so persevere! You wouldn't go to the gym and expect to look like a pro-sportsman in a month, and your penis is no different to any other area of your body.

The Stretch Technique

The stretch technique is an extension on the stretching you've just tried out in the 'Jelq' technique. The idea is by stretching the penis 6 to 12 times a day you help to lengthen the suspension ligaments, and tissues, of the penis which will help to lengthen the penis over time. This technique has been endorsed by medical experts, and me, so I'd love you to try it out.

1. Your penis should be flaccid to slightly semi-hard.
2. Grip the head of your penis with your thumb and first three fingers, with an over hand grip, the middle finger should wrap around to just below the head of the penis.
3. Gently and slowly stretch you penis as far as it will stretch without any pain or discomfort. Hold for 15-30 seconds.
4. Repeat step 4 several times each session.
5. You should do this technique several times a day i.e. after urination, a hot bath, a shower, before bed, or any other occasion that you have access to you penis.



Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

Yep it's that simple, and not at all scary, so try it out when you get out of the shower tomorrow morning!

TAOIST EXERCISES

Now you've checked out a few simple steps to help you get the penis you want, I'd like to tell you about a couple ancient Taoist techniques for giving your penis a more pleasing mushroom shape, and producing harder erections. Both of these exercises are done with an erection (so time to look at that porn, finally!).

Technique #1: Reshape Your Penis

This first technique is designed to give the penis more of a mushroom shape and make the head larger which is said to heighten pleasure for the female partner during intercourse. You don't have to try this out, it's totally optional! But if you're not 100% happy with the shape of the penis, it's worth trying out.

1. Stimulate your penis until you have a very firm erection (a tough job!)
2. Grip the shaft of your penis with an underhand grip.
3. Squeeze firmly (but not hard enough to cause pain or to bruise your penis).
4. Slide your hand up to the head, as if forcing blood into it. It is like a milking motion. You should see the head expand and darken. Hold for a few seconds, then release.



5. Repeat step 4 for 2-3 minutes.

Next, here's an exercise that all of you will definitely want to get to grips with:

Technique #2: Strengthen the Penis and Produce Harder Erections

1. Stimulate your penis until you have a very firm erection.
2. Grip the shaft of your penis with an underhand grip.



Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

3. Squeeze firmly (but not hard enough to cause pain or to bruise your penis). Hold for a few seconds, then release.
4. Repeat step 3 for 2-3 minutes.

By applying pressure to your erection, and keeping yourself rock hard during it, you will be increasing blood flow to the penis and your resistance to pressure... in this example it's your hand. In real life, I hope it's a hot woman!

TECHNIQUES THAT REQUIRE ADDED EQUIPMENT

Now that you've tried out the manual techniques, I want to talk you through how you can use equipment effectively! Yes, I know how curious you've been about this!





Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

No doubt you've seen a vacuum pump be sold in the back of a men's magazine, or in a sex shop hanging on the wall, and thought to yourself, 'I wonder if that really works?'. Maybe you have even bought one and tried it with little or no success. I am sure that many men have. I've known guys to spend lots of money on pumps, only to feel like they don't work, and chuck them in the trash!

However, I know vacuum pumps do work for some men, if used correctly and diligently over time. I personally know many people who have used vacuum pumping to increase the thickness and length of their penises with good results. Why it doesn't work for everyone is often the lack of information and instruction that comes with the pump itself. In fact if you use the pump in the wrong way you could actually injure your penis!

It seems that an increase in thickness results much more rapidly than in length. So if you are mostly interested in girth (and that is often what most women prefer) then this is the technique that I would apply first.

There are a lot of Vacuum Pumps on the market today and some are just plain junk, whilst others are very well made. You should get the best that you can afford within your price range. Pumps start at \$20.00 and go up to \$300.00 for an electric pump version: a good pump will usually cost about \$75.00, so I'd aim to try and get one in this price bracket if you can. If this is all too costly for now, then stick with the manual techniques for now: that are free!

Whatever the price, if you buy a vacuum pump, you should get one that has hand pump with a pressure release valve that will allow you to release the vacuum at will. You want to be able to cease activity at any time that you want to!

Now a quick word on what kind of pumps to avoid: some pumps on the market have a hole on the clear plastic chamber that you have to put your finger over for the vacuum to work. It is almost impossible to pump and cover the hole at the same time; so even if you're great at multi-tasking, I would avoid this type of pump altogether.

Also you don't want to a pump with a chamber that is too large for you. The chamber should be 1/4 inch to 1/2 inch bigger around that you erect penis, but not big enough for the chamber to cover, or go over, your scrotum.

What actually happens when you use a vacuum pump is that as you apply the vacuum to your penis, the outer skin of your penis expands outward towards the walls of the cylinder. As this happens, the deeper spongy tissue of the penis (the Corpora Cavernosa

WHAT ACTUALLY HAPPENS WHEN YOU USE A VACUUM PUMP IS THAT AS YOU APPLY THE VACUUM TO YOUR PENIS, THE OUTER SKIN OF YOUR PENIS EXPANDS OUTWARD TOWARDS THE WALLS OF THE CYLINDER.



Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

and the Corpus Spongiosum) will expand, and fill with blood and lymph fluid, as the vacuum pressure is stretching them. As the process is done over and over again for several months the spongy caverns expand to a new larger size to accommodate the blood and lymph.

That is how the penis becomes larger. In principle then the vacuum pump technique is very similar to the ancient Jelq technique: but due to the inclusion of the pump, can provide a more rapid result... although not usually over night fast!

Now that you know what to expect, here are a few things you will need before you begin:

1. A quality Vacuum Pump with a pressure release valve.
2. Pumper's Lube or some other water based lubricant, such as Wet, Probe, or Astroglide.
3. A tape measure.
4. A towel to clean up any spilled lube and to wipe off afterward.

The Actual Technique:

1. I want you to move to a comfortable position, preferably sitting up, or at a 45-degree angle. Generously lubricate the base and opening of the pump where you insert your penis.
2. Lubricate you penis with the water-based lubricant and stimulate your penis until your penis is either semi-erect or hard. Now take your first measurement (both length and girth or circumference) using your tape measure.
3. Insert your penis all the way into the clear chamber and close the pressure valve.
4. Now this is where 90% of all men screw up. You want to create only a moderate vacuum. If you over pump and create too strong a vacuum you could burst blood vessels or cause lymph blisters on your penis. These will do far more harm than good, and affect the appearance of your penis. So you might be asking, "how do I know what a moderate vacuum is?"

A moderate vacuum is where your penis expands to its limit. Your natural limit (though this should increase over time) is where you feel uncomfortable but not in excessive pain. At your limit your Penis will also not stretch much farther.



Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

If you're semi-hard when you do this, you will see your penis stretch, however if you are rock hard you might not even see it stretch. So when you have found your limit and it seems a bit uncomfortable, release some of the pressure from the release valve, until you are at a pressure that is comfortable, yet you still feel a stretch.

Anyway, back to the vacuum technique...

5. Keep continuous a vacuum on your penis for 30 min. After 30-minutes, you should release the pressure completely, take your penis out and measure it. If there is not any noticeable gain, you have not pumped long enough. If you have lots of burst blood vessels and blisters, you have pumped too hard.
6. To finish massage your penis, and area around the base, gently for a minute, then you may either stop or keep pumping for another 30-minute session.

I would recommend that for the first month you take it easy and just do 30 minutes a day 5-7 days a week. After that you might want to pump for a longer duration of 45 minutes - 1 hour or so.

I have heard of men pumping for up to 3 hours: this is excessive and unnecessary. The key seems to be a balance of vacuum pressure and time. The longer the better with a moderate pump. You may be able to cut down on time with a stronger pump, but you will run a greater the risk of injuries and blisters.

THE KEY SEEMS TO BE A BALANCE OF VACUUM PRESSURE AND TIME. THE LONGER THE BETTER WITH A MODERATE PUMP. YOU MAY BE ABLE TO CUT DOWN ON TIME WITH A STRONGER PUMP, BUT YOU WILL RUN A GREATER THE RISK OF INJURIES AND BLISTERS.

You will have to find the right balance for yourself, where you have adequate pressure for a duration of time 30 minutes - 2 hours, that will give you the greatest gain without any injury.

If you do plan to go over an hour (which I really don't recommend) be sure to take 3-5 minute break every 30mins to allow fresh blood into the penis.

Tip: The Vacuum Pumping Technique is more effective if the penis is erect during the session. While you will not be able to maintain an erection through the whole session, I believe that you should start that way, and try to maintain it for as long as possible. To aid in this I recommend that you view some erotic material during the session: yep, I'm advising you to check out some hot porn again! Also if you use the supplement L-Arginine (mentioned in chapter 2) an hour or so before the session you will stay harder much longer.

Now for the warnings! If you care about the health of your penis read them carefully!



Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

WARNING: Only use a moderate vacuum pressure!

1. Do not use too great a vacuum or you could burst blood vessels.
2. If you feel any pain immediately decrease, or completely release, the vacuum pressure. You do not want to injure your penis! It's better to have a small penis that you can still use and enjoy, than one that is damaged.
3. In some cases a side effect of pumping, and over pumping, is that, the opening of the penis gets deformed or changes in shape. You may not be worried about what your penis looks like but when you're urinating it can cause the urine to come out in a spray instead of a stream. If this happens, stop pumping for (24-48 hours) and see if it goes back to normal. If it does return to the normal state and you still desire to use pump technique, use a lesser vacuum pressure. If you still experience this unwanted side effect you will have to determine if you want to continue with the technique altogether.





Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

But as I said before this is generally a result from over pumping with too much vacuum pressure and or pumping too often: so should be resolved if you moderate yourself a little more.

4. After your pumping session examine your penis and see if there are any tiny red dots or red blotches. If you only see tiny red dots, you are using too great vacuum pressure and have broken tiny superficial blood vessels in your penis. This is for the most part harmless but overtime could give the penis dark hue over the affected area: which won't look so sexy! If you find any larger red blotches you should discontinue use of the Hyperemiation treatments and any other techniques until they completely heal.
5. And of course I'm not a doctor so if you have any further questions, or if there is any severe pain you should seek medical attention.

PROGRAM FOR PENIS CHANGE:

The Program I am going to share with you a program for penis development and enlargement that has worked for many men I've worked with. It is my recommended combination of the techniques we've been discussing to get you optimum results.

THE EXPECTED RESULTS ARE TO GAIN ABOUT AN INCH, BOTH IN LENGTH AND CIRCUMFERENCE OVER 6-8 MONTHS. INDIVIDUAL RESULTS WILL VARY DEPENDING ON HOW FAITHFUL TO THE PROGRAM YOU ARE, YOUR BODY STRUCTURE, AND HOW REGULARLY YOU DO THE PROGRAM.

The expected results are to gain about an inch, both in length and circumference over 6-8 months. Individual results will vary depending on how faithful to the program you are, your body structure, and how regularly you do the program. The program should be done 5-7 days a week. I think you will also benefit from taking the supplements (discussed in chapter 2) for producing harder erections, because if you are not as hard as you can get, you are not as big as you can get!

The Program: The following Techniques should be done 5-7 days a week. The Program contains three parts. The first two you can do

separately, or together, at a certain time every day of the week. The third section contains how you can incorporate some techniques you've learned into your everyday life.

Part 1

1. Do the hot compresses for 5-15 minutes, the closer to 15 the better!



Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

2. Do the Jelq Technique for 30 minutes.

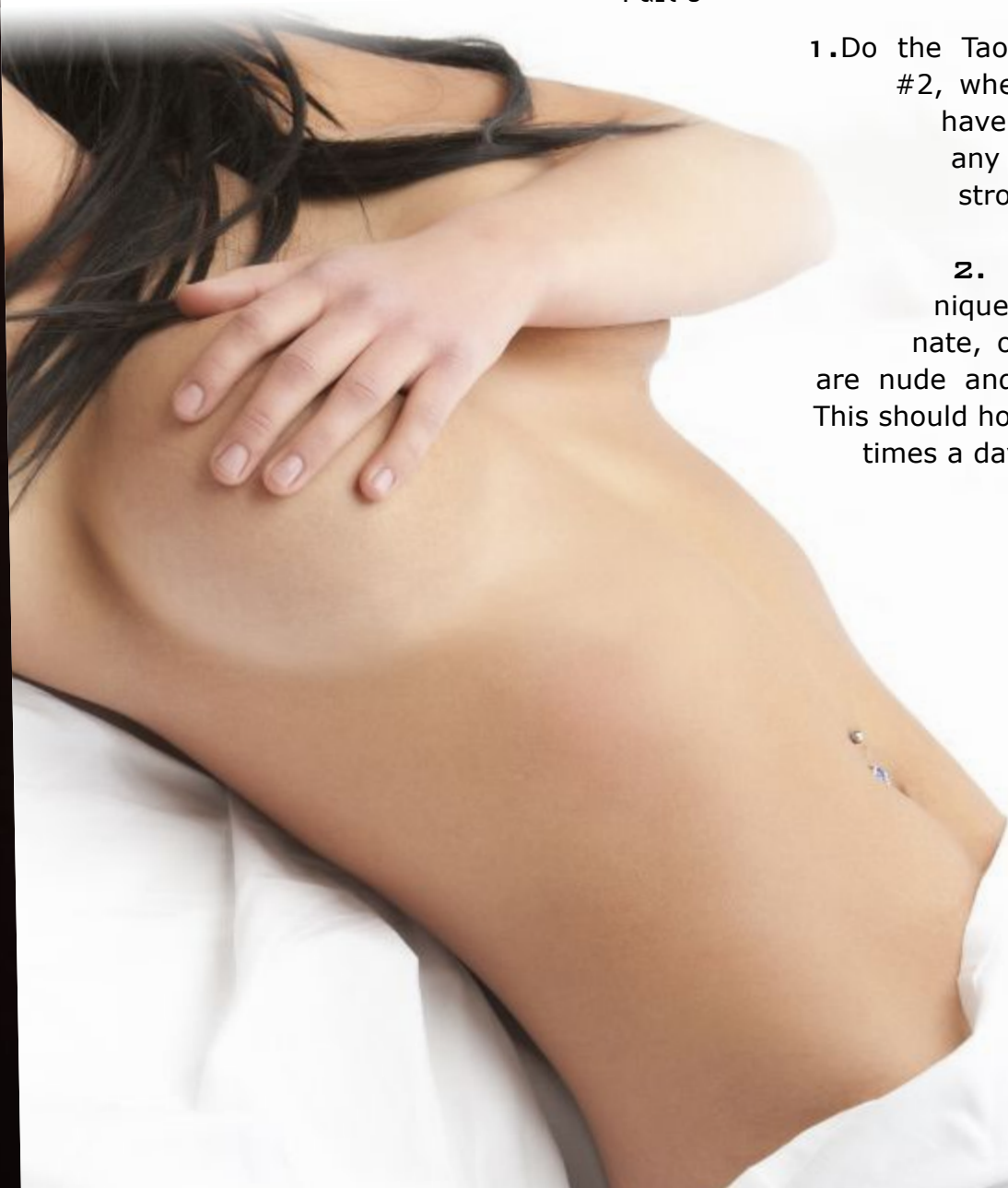
Part 2

1. Do the hot compresses for 5-15 minutes.
2. Do the vacuum treatments for 30-60 minutes, and then massage your penis for at 30 minutes to allow fresh blood to enter the penis.

If you have the time, and dedication, to do parts 1 and 2 together in a marathon session, then that would be great!

Part 3

1. Do the Taoist Techniques #1 and #2, when you first get up and have 'morning wood', or at any other time you have a strong erection.
2. Do the Stretch Technique whenever you urinate, or at any time that you are nude and your penis is flaccid. This should hopefully rack up to 10-12 times a day!





Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

Attitude and Belief:

Taking regular, dedicated practice to the techniques for penis enlargement in this manual is really how important: however, your attitude and beliefs to changing not just your penis, but your life, is just as vital to create real change.

This is the same principal that applies to patients in hospitals: with a positive mindset, despite the odds, people can make (literally!) huge improvements!

The same applies here: if you use these techniques with the attitude, "It won't work for me, I'll never be able to last all night long!" or "This is bullshit I am stuck with a 5 1/2 cock forever!" the results will respond accordingly. How can you expect great success when you are planning for failure!

The attitude you need to have is that it will work and, "I have a BIG COCK!" and "I can last ALL NIGHT LONG!" Say it now! SAY IT OUT LOUD! And believe it.

I am going to share with you the key to success in anything! "Whatever it is you want to have; you have to feel as though you already have it!" Read it Again. "Whatever it is you want to have; you have to feel as though you already have it!"

What this means is that if you want a big cock you have to feel as though you cock is already big. If you look down a feel disappointment that's not going to cut it. You have to feel that you have a great big cock!

**SAY, "I HAVE A BIG COCK!"
SAY IT UNTIL YOU FEEL IT! IN
YOUR GUT, IN YOUR SPIRIT,
IN YOUR SOUL, AND THEN
YOU WILL FEEL IT IN YOUR
BODY.**

Say, "I have a BIG COCK!" Say it until you FEEL IT! In your gut, in your spirit, in your soul, and then you will feel it in your body.

These are called affirmations, but for many years many people have tried using affirmation with little or no results. They were doing them wrong; they were just saying the words and not feeling them.

Sometimes when you say an affirmation another part of you gives or says a negative response, that is why the affirmation does not work. You need to acknowledge the negative response and then do the affirmation again. You have to do this until there is no other response, except your intent to create the desired result and your affirmation.

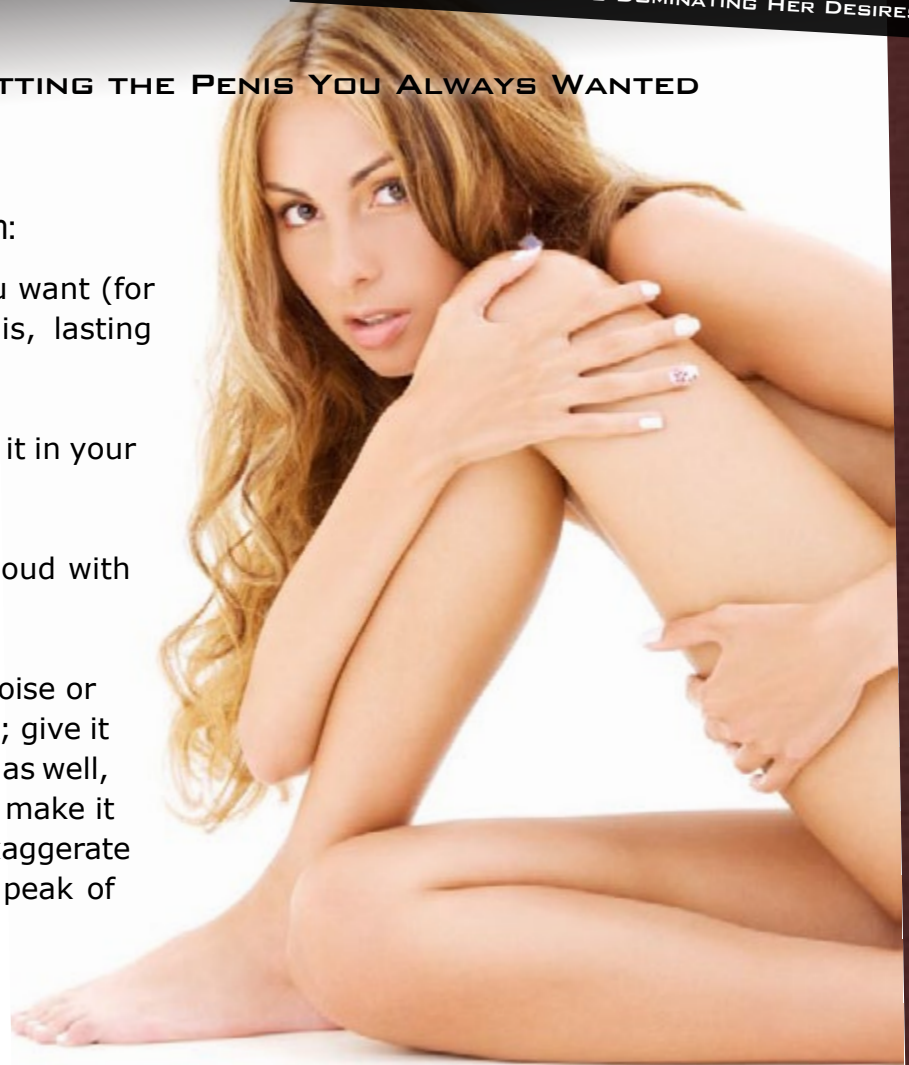


Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

Here is the technique in step form:

1. Define what it is that you want (for you either a larger penis, lasting longer, or both!)
2. Have the intent to create it in your life.
3. Say the affirmation out loud with the intent of creating it.
4. If you hear any mental noise or negative talk or response; give it a voice and say it out loud as well, get it out if your system, make it bigger than life, really exaggerate it! When you are at the peak of exaggeration, immediately commence with step 3 again.
5. When you can state your affirmation without hearing any mental noise, or other response, and feel as though your affirmation is true; then you know your affirmations are working and your life is bound for a change.



Visualize Your Goal:

You should also visualize your Goal. Mental preparation for success is nearly as good as physical action so start to use your imagination to visualize the life that you want.

See yourself in your mind's eye, having the size penis that you desire. See how big it is when you urinate, and how pleased you are with your size. See how big it is when you have sex and how pleased your lover is with your size.

Don't think of it as something that is going to happen but as something that has already happened or that always was.

What all of these mental techniques and exercises are doing is that they are opening you up to new possibilities and actually opening your neural pathway to give you the best results possible.



Chapter 5

MONSTER TITAN: GETTING THE PENIS YOU ALWAYS WANTED

I hope that you will benefit from the knowledge contained in this manual and would like you to share your success stories with me at www.pornstarsexlife.com

I want to know how:

- » You've lasted longer
- » Gotten harder
- » Been a better lover
- » Turned all of your sexual fantasies into reality

As a sexual expert I'm also always interested to hear of any variation on the techniques that you might have had success with, or any new techniques that you may know about that we did not cover, so drop me a line to Isabella@pornstarsexlife.com to share!

Until next time, remember you reap what you sow! Keep practicing, stay dedicated, sexy and you will last longer, get harder, become bigger and transform into the lover that you've always wanted to be!

To your sexual future,

Isabella