

SUPERCHARGING

Your

EJACULATORY

CONTROL

Secrets To

Enjoying

SEX

THAT LASTS

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Supercharging Your Ejaculatory Control

- Secrets to Enjoying Sex That Lasts -

Free report courtesy of EjaculationByCommand.com

Picture this...

You were anticipating a night of great sex; you have planned everything you wanted to do, right down to the minute details. You set up the perfect lighting to create a sensual mood for her. But just 30 seconds into your "perfect lovemaking", everything was over.

Premature ejaculation had beaten you to it again.

You got up quickly to take a shower, when in fact that was just an excuse to hide your embarrassment. You promised you would do better next time. But it just never happens.



Sounds like what is happening to your sex life right now? Well, if you are like 40 percent of guys reading this, it probably is.

Let's face it. There is probably nothing in the world that gives a man greater pleasure than knowing he has the ability to satisfy any woman in bed. But for many guys, sex is often a short-lived affair (even an embarrassing one) that ends as soon as the heart starts pounding and the adrenalin gets rushing.

So what is it that you can do to cope with early ejaculation? Are you destined to come up short every time you have sex?

Not at all!

Unlike most male sexual dysfunctions, premature ejaculation can often be rectified without the need for long term medication or treatment.

But before we move on to examine the various alternatives and what makes a good cure for PE, it is important to properly understand what premature ejaculation really is - and if you are really suffering from it.

How Soon Is Too Soon? Here's A "Litmus Test"

You could be a "premature ejaculator" if:

1. You routinely come to an orgasm within 2 minutes of intercourse;
2. You are unable to sexually fulfil your female partner more than 50% of the time; or
3. Your inability to last long enough is causing distress to you or your partner

But really, you do not need to feel embarrassed or humiliated if you are suffering from premature ejaculation. This is not a form of illness or disease, and the fact that you are among 20 to 40 percent of all men who have to deal with this issue means that you are NOT alone.

And the sooner you recognize that you need help, the sooner you will resolve this problem and enjoy the kind of long lasting sex that you know you deserve.



Are You At Risk?

There are some men who are at higher risks of developing premature ejaculation. These include men who are suffering from some form of erectile dysfunction. Men

who have problems with erection often subconsciously hurry through sexual intercourse for fear of losing their erections.

One of the biggest contributors to early ejaculation is stress or emotional strain. So guys who are often emotionally stressed out are also at a higher risk of ejaculating early during sex. This is just nature's way of releasing tension that has been pent up.

In Short, These Are 3 Things You Should Avoid...

1. The Effects of Stress

Stress is your worst enemy, as far as your premature ejaculation goes. Whether it is related to your job or your performance in bed, stress can wreck havoc on your body. It leads to an increase in your blood pressure, a surge of adrenaline and a peaking of your sexual pleasure before you have had a chance to enjoy it fully. So what do you do about it?



Try to make a conscious effort to relax whenever you feel yourself go tense and stressed out. Take deep, thoughtful breaths and watch that tension ebb away.

2. Getting Emotionally-Charged

Being angry or emotionally-charged during sex can also cause you to lose ejaculatory control in just a few moments. This can happen in 2 ways. First of all, anger releases a surge of negative feelings within you. More importantly, it cuts out the communication that is so vital when you are making love. Think about it. You are not looking into her eyes - they are glowering at you in all probability, and that is NEVER good for your arousal control. What's more, the surge of blood will make

you lose control of your ejaculation reflexes very quickly, sometimes within seconds!

3. Using The Wrong Masturbation Techniques

Strange as it sounds, the right masturbation technique can help you last longer. But the wrong way of self-stimulation can cause more harm than good. What are we talking about? If you have been used to a quick fix when you are pleasing yourself, it will be reflected in bed. The logic is simple. Your body becomes accustomed to a quick orgasm (and a weak one) when you masturbate quickly. The other problem is when you masturbate too frequently. If you are getting off by yourself three times a day, and getting off fast, you are spoiling your chances when the real thing hits in bed.

Do You Need To See A Doctor?



If your lack of sexual endurance is causing great distress to you and your partner, it is recommended that you seek medical assistance. A doctor would be able to advise on the appropriate treatment to help you cope with the problem.

In some cases, the doctor may even suggest that you are not even experiencing early ejaculation, especially if it occurs only occasionally.

Likewise, if you can satisfy your partner even if you do not last more than 2 to 4 minutes during intercourse, there is no real cause for concern.

So What Is Considered A Good PE Treatment?

When evaluating the treatment options best suited for you, I suggest you take these 2 criteria into consideration:

1. The treatment provides a PERMANENT cure instead of just a short-term solution
2. The treatment should be natural and relies on your body's natural responses to improve your sexual stamina.



So which PE treatments are recommended? Let's take a look below.

Common Premature Ejaculation Treatments

1. Anti-depressants drugs - Most of these drugs and medications belong to the selective serotonin reuptake inhibitor (SSRIs) family of drugs. Are they worth your time? Well, these drugs do work, but they come with unintended consequences - such as the loss of libido or even difficulty in ejaculating. You have to consume these on a daily basis. Plus they don't work if you take them just before sex. Before taking on these drugs, it is best that you consult a doctor about the potential side effects and if they are the best option for you.
2. Numbing applicators such as creams, lotions and sprays - These are popular solutions among men suffering from PE. They do work, but these are more of temporary quick fixes that do not permanently cure your early ejaculation problem. They can be useful if you need extra endurance at a moment's notice, but solutions such as desensitizing creams have the potential to dull or lower the sensations you and your partner will experience during sex.

Also, how would you like to run off to the bathroom to apply the spray each time you want to have sex? That is embarrassing, isn't it? Well, and it certainly does not look the least bit manly that you have to depend on a bottle of 'foreign assistance' to help you last longer in the sack!

3. Naturally "re-wire" your ejaculatory response - This is a permanent treatment and addresses the root causes of your premature ejaculation. It encompasses a natural, time-tested training routine that conditions your body to withstand mental and physical stimulation and prolong your ejaculation. You may not see results overnight, but given time, you will definitely experience permanent effects of lasting longer in bed.

Let's take a look at one of the best natural conditioning techniques to improve your ejaculatory control and last longer in bed.

Managing Your Arousal Control

Arousal is basically the sensations you go through when you become sexually stimulated. To be able to last longer during sex, you have to first understand the four stages of male sexual arousal. By paying close attention to how your body responds and reacts throughout these four stages, you will be in a better position to control how long each stage lasts and enjoy sex to the fullest.



Briefly, stage one is when your penis starts to get an erection; stage two takes place when the arousal begins to increase, your erection becomes full but you are still in control. Stage three occurs when the arousal intensifies, your penis glans expands, become more sensitive and you are right on the edge of ejaculation. This culminates into stage four when your nervous system tips over, causing your pelvic muscles to contract and releasing ejaculation.

To last longer in bed, you basically need to stretch out the four stages for as long as possible. "Premature ejaculators" can go from stage one to four within a minute or less while those with **superior sexual endurance** can extend their lovemaking to an hour or more.

Among the four stages of arousal, stage two holds the key. This means you have to strive to remain in stage two for as long as you can. Once you hit stage three, there is practically no turning back - even if her granny suddenly trots into the room!

So how do you achieve longevity in stage two? Simple - the key is to focus on GIVING rather than TAKING.

In this respect, the following 2 "P" techniques will help you greatly.

1. "Power Of Pleasing"

The real purpose of sex should be in helping your partner enjoy the moment as much as you are (if not more!). One of the reasons why men are not lasting long enough is due to the fear or anxiety of not being able to sexually fulfil her. If this sounds like you, there is an easy way out. Instead of focusing on using your male anatomy to please her, why not use the "whole-body" experience instead?

A woman does not need sexual intercourse to be erotically fulfilled, although that would be the icing on the cake. A woman needs emotional connection and above all, attention to her body on the whole - and not just her genitals.

So what does this mean for you?

Simple! Tease her with words, and pay attention to the sensuous areas and hot buttons all over her body. This will get her all warmed up before the actual deed, and more importantly, help extend your time in bed too.

2. "Power Of Positioning"

The next time you feel the uncontrollable urge to climax, think about what makes you feel good. This will help "debug" your quick orgasm reflexes. For many guys, the positioning of the hips plays a huge role in defining how long you



can last. Thrusting with vigorous hip movements can push you to the verge of climax very easily, especially if you engage in the conventional missionary position.

Also, pay attention to the positioning of your partner's legs during penetration. If her legs are closed tightly, more pressure and stimulation will be applied to your penis glans and if you aren't trained properly, you will likely last no more than a couple of quick minutes (or even seconds). Try spreading her legs apart during intercourse, thrust more deeply and press your pelvic area against her genitals. You will last longer and she will derive more pleasure at the same time!

The Bottom Line Is This...



Premature ejaculation need not become a lifelong problem- unless you choose to let it become one.

By learning and practicing the proper tips, techniques and strategies, you can turn around a lifetime of embarrassment and begin to enjoy incredible sex and finally give your woman the sexual pleasure that she deserves.

Don't be too hard on yourself when things don't go right at first. Developing ejaculatory control may not be the most natural thing to do initially. It does take time, patience and practice. But keep your spirits up and try to see the lighter side of things even when you 'accidentally spill' during sex!

Now... don't you want to learn all the BEST techniques to permanently end the pain and embarrassment of premature ejaculation and have more fun in the sack?

If you're anything like the vast majority of guys reading this, I'm sure you do :)

Go here to unlock all the secrets to supercharge your ejaculatory control and enjoy sex that really lasts: EjaculationByCommand.com



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"Your book has delivered me from my embarrassment of finishing too fast. I was totally screwed when it comes to leading a normal sex life -I was lucky if I could last a minute. Those girls I had said it was not a big deal - I think they were being kind...BUT it sure does bothers me!! I like to know I can perform like "normal" men. Now with the techniques I get from your book, I am now enjoying at least 20 to 30 minutes of great sex every time!"

~ E. Bosbach

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