

LAST FOREVER



**HOW TO HAVE COMPLETE CONTROL
SO YOU FINISH AFTER SHE DOES**

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Chapter

1

Introduction

What's better than sex?

Not much. Sex is what excites us and even motivates us to do things. Hell, many of the big conquests in history started with sex!

So how can we make it better? Before I answer that, I'm going to ask you another question.

You've likely heard of the legends Casanova, Warren Beatty, Hugh Hefner. These are a few of the men who have bedded some of the most beautiful women in history. Rumor has it, Hugh Hefner had 5,000. Warren Beatty had 12,000.

What else do these men have in common? How is it possible that they could take so many women to bed?

With the ability to *Go Forever*.

And this, my friends, is the same way that we can make sex better.

Because what's better than sex? The answer... more of it!

In this book, I'll show you exactly how to go forever. I'll show you how to give your partner more pleasure than she's ever had.

So are you ready?

You may be thinking, "Wait, I thought we've already figured out how to go forever?" Yes, Viagra, that little blue pill that is on the bedside of many a man who wants to go forever. It's given many a man legend status.

But we're not going to do that.

We're not going to give you any weird, painful exercises. Or breathing instructions. Or numbing creams. Or Alcohol. Even drugs.

We're not even going to go there. Because none of those "solutions" will actually make you a better lover. Nor will they make sex more enjoyable.

We're going to show you how to Go Forever in bed. Once you have this secret in your hands, premature ejaculation won't be a part of your vocabulary. You'll have complete control over your erections and your ejaculation. You'll come exactly when you want to come. Not a moment sooner.

I want you to follow my program. You'll notice that your sex life is infinitely better, and you're lasting longer, in as little as 7 days.

And what's best is that this approach is all natural. There is no need to pop a pill with side effects.

Viagra Dangers

Did you know that Viagra sales are \$1.2 billion each year? So if you want a long-lasting erection, it will cost you \$10 each time. And there are side effects. I'm going to go over them once again:



Viagra Side Effects

| | | |
|-------------------------------------|--|---|
| Aches and pains | Flushing of skin | Stomach discomfort |
| Bloody nose | Headaches | Trouble sleeping |
| Bloody urine | Heart problems and chest pains | Nausea |
| Convulsions | Rectal bleeding | Anxiety |
| Cold sweat | Ringling in the ears (tinnitus) | Vision problems, including sudden vision loss |
| Confusion | Sexual problems, including failure to reach orgasm | 4-hour erections |
| Deafness and other hearing problems | Skin lesions and paleness | Even death! |
| Diarrhea | Sneezing | |
| Difficulty breathing | Sores in the mouth and on the lips | |

Plus, to top it off, many women have complained that these longer erections aren't as exciting. So why would you go to the trouble, when the natural way to Go Forever is so damn easy.

I'm going to start by sharing the secret.

All without alcohol, numbing creams, or even Viagra.

Before you start this program, it is crucial that you master the #1 Rule.

The #1 Rule

Relax.

Constantly worrying about how you are in bed isn't going to make you a better lover. You are most certainly not going to perform well if you're too focused on how you're performing.

Worrying takes up a lot of your time and headspace. It turns you from a cool and collected human to an anxiety-ridden human. Do you think Casanova got anxious about bedding women? Do you think Hugh Hefner even hesitates? No. So you won't, either.

You need to breathe deeply and feel confident and secure before you even get near the bedroom. When you breathe deeply, you take your body from a stressed state to a relaxed state. So it's crucial that you master breathing deeply and relaxing before you go anywhere else.

Got it? Great. Now I want you to take all the time and energy that you were using on worrying, and apply it to your personal development. Here are the three proven tricks to letting yourself Go Forever.

Chapter 2 Strengthen Your Sexual Muscles

You would do sit ups to tone your abs, and bicep curls to tone your arms, and lunges to strengthen your legs, but would you ever think of exercising the muscles in your pants?

Does it sound impossible? Do I sound crazy? Well I'm telling you that it's not impossible and I'm not crazy.

These exercises have been around for years and have been only practiced by a select few men who are in the "know."

By doing these exercises, you will have stronger, longer erections. You'll be able to please your partner like never before. You'll have heightened sexual pleasure. You'll have stronger ejaculate. You'll even have better prostate health.

Does this sound like something that you want? Thought so.

So what are these exercises all about?

These exercises will strengthen the muscles involved in your erections. When these muscles are strong, you'll have stronger erections and even more control over your penis.

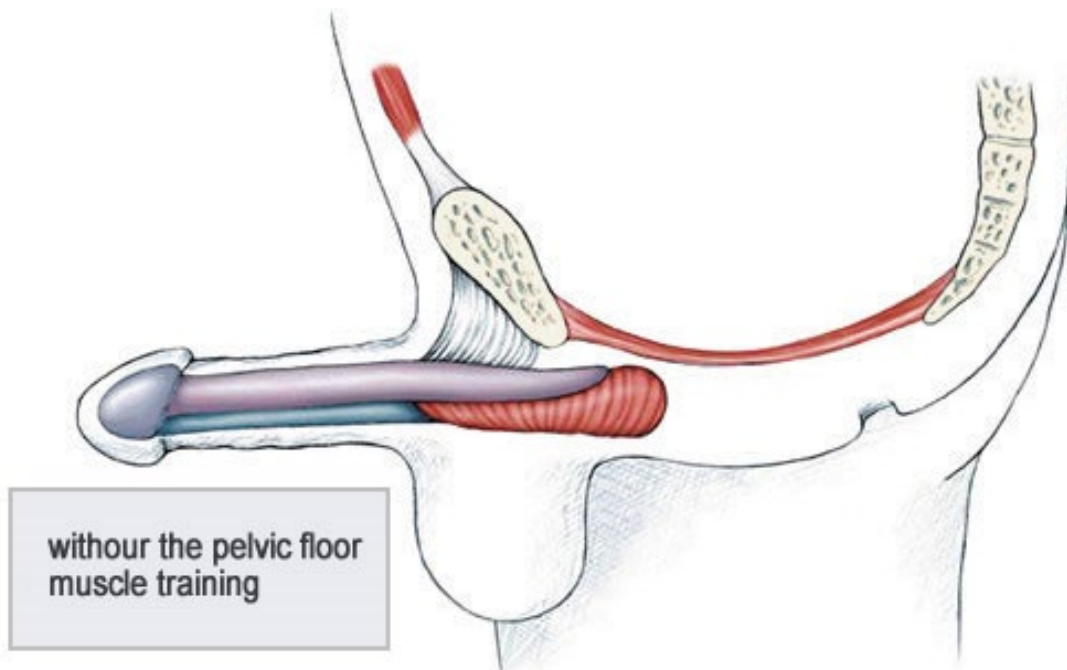
And best yet, there are no side effects. And you can do them anywhere.

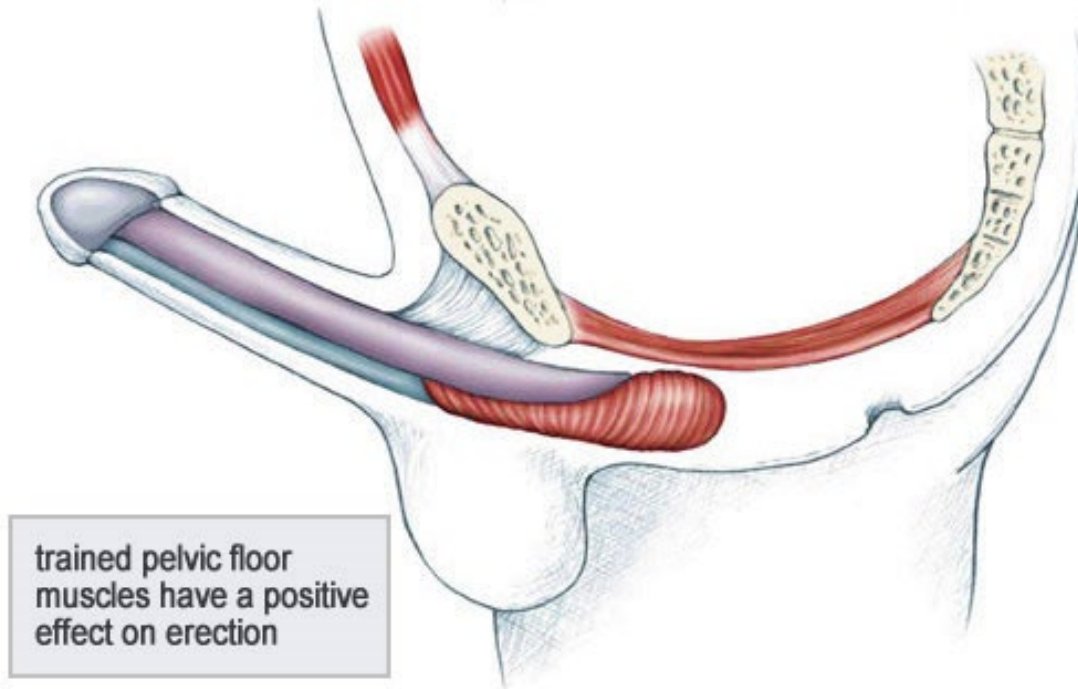
The exercises are called Kegel exercises. And they strengthen your pubococcygeus (PC) muscle, also known as the pelvic floor muscle. Now, I bet you're thinking that you've already heard of these exercises and these muscles. Aren't these the muscles that women exercise after they've had a baby?

Yes. But stay with me here.

Both men and women have this muscle. It stretches from the tailbone to the pubic bone, and forms a sort of hammock that supports the organs in your pelvic region.

Kegel exercises will help you tone and strengthen your pelvic floor. These are the muscles involved in sex and urination. One of the main muscles is the *bulbocavernosus* muscle, which helps the penis expand with blood during an erection.ⁱ





And as I've said, strengthening them will improve your sex life in ways you've never imagined.

Let me repeat the benefits of doing these exercises. You will have stronger, longer erections with more control. You'll have more sexual pleasure. You'll be able to please your partner like you never have before.

Ok, so ready to start?

Step 1: Find Your Muscle

The easiest way to find these muscles is to start when you are urinating. Stop the flow of urine. Or imagine that you are trying to hold in some gas. Now you've found the muscles. And you've just done one rep.

Step 2: Make Sure You're Isolating the Muscle

Stand naked in front of a mirror and try once again to activate your PC muscle by pretending to hold in gas or stop the flow of urine. Your penis should move a little. Good!

Make sure that you aren't using any other muscles when you activate your PC. You don't want to be using your abdominals or glutes. It may take a few times to learn how to just use your PC muscle.

Take a few minutes and practice using just your PC muscle to lift your penis. It's hard, I know. But hang in there. It will get easier and your sexual muscles will get stronger and stronger with each rep that you practice.

Step 3: Practice

- A. Contract your muscle as though you are stopping the flow of urine.
- B. Repeat up to 20 times per day.

Work your way up to holding each contraction for at least 10 seconds. Try to hold on for as long as you can, but don't hold so tight that you begin to shake.

Basic Workout

Once you've found your PC muscle and are comfortable with the exercises, you can begin the basic workout. You'll do the work out 6 days a week with the 7th day being a rest day. It's best to do the exercises sitting upright on a chair or standing. The goal after 4 weeks is to be able to life a towel with your erected penis.

Basic Workout Routine:

| | |
|--|--|
| Warmup 5 Sets | <ul style="list-style-type: none">• Contract PC muscles for 5 seconds• 5 second rest |
| Standard Contractions 10 Sets | <ul style="list-style-type: none">• Contract your PC muscles firmly 30 seconds• 1 minute rest |
| Flex & Hold 3 Sets | <ul style="list-style-type: none">• 1 minute rest• Contract your PC muscles firmly and hold for 1 minute• (In week 3, increase hold time to 2 minutes) |

After 4 weeks your PC muscles will be much stronger. If you like the results, you can start practicing the Start/Stop technique.

Start/Stop

Now that you've mastered PC Exercises, I want to share another important technique that you can apply in order to Go Forever. It's the Start/Stop Technique, where you practice taking yourself between arousal and the point of no return. This will effectively train you to go longer each time you practice.

This technique will help you get better control over your arousal. With practice, you'll learn to lengthen your erection (and time that you can have sex) by starting and stopping.

Note: if you're over the age of 35, don't attempt this right before you have sex. As we age, our recovery period is longer and we need longer in between

erections. It's ideal to practice this at least one day before sex to ensure maximum success.

To practice the Start/Stop Technique:

1. Masturbate with a dry hand. The pace is not important. What is important is that you DO NOT let yourself go past the point of no return.
2. When you feel yourself climbing and getting close to ejaculating, stop touching yourself. You want to take the pot off the burner, so to speak.
3. Once you have regained control over your erection and no longer feel the urge to ejaculate, start masturbating again. When you feel yourself building, stop before you reach the point of no return. Repeat once more.
4. Allow yourself to ejaculate on the fourth try.

Tips

- You may get turned on while doing these exercises, that's ok. Go with it.
- Remember to breathe. You want oxygen moving throughout your body. That's the point.
- These exercises may be hard at first but don't give up! Do the best you can. You'll notice that each day, they will get easier and easier.
- If you are finding these exercises too hard, scale back a bit to suit your own strength. You can gradually work your way up.
- It's a good idea to take one to two days off per week to allow your muscles to rest. Just like regular exercise.

- You can do these exercises while you're brushing your teeth, driving to work, or even at your job! But I recommend when you start, do these exercises somewhere private so you can give them your full attention.
- Don't overwork yourself. Much like overworking a muscle can become counterproductive, you don't want to overwork your PC muscle. Stick to the routine and be sure that you don't overwork. The key is consistency over quantity.

Try to Exercise Your Whole Body, Too

We live in a couch potato society. The problem is that as humans, we're actually designed to move. Our species survival has depended on us getting off our butts!

Regular exercise helps to lower cholesterol, increase circulation and blood flow. More blood will flow to your genitals, and exercise helps you to lose weight. Exercise is also a powerful mood elevator, helping to lift stress and anxiety. And, exercise increases Nitric Oxide, the chemical responsible for erections. So what are you waiting for?

A great and safe introduction to working out is walking. And it's one of the most effective exercises for weight loss. Walking requires nothing but a comfortable pair of shoes, and it can be done anywhere.

The most important factor in getting maximum benefit from exercise is making it enjoyable! Can you recruit some of your buddies to do activities with?

Chapter

3

Sexual Techniques

The point of all these exercise is to know yourself so well that you can literally start and stop on command. Understanding what it takes to control your arousal and harness it so that you can Go Forever.

Once you've strengthen your PC muscle, you can begin to practice the techniques outlined in this chapter.

But before you step into the bedroom with your partner, I want to cover a few important things.

Before Sex

Sure, maybe you're used to a little warm up before you start the main event. But now, it's important that you delay the main event. In a marathon, you wouldn't sprint the whole time, would you? You'd start slowly, pacing yourself, before sprinting to the finish line.

What does this mean, exactly? It takes a woman between 10-20 minutes to reach orgasm. It takes a man 7-14 minutes. Before you even think of penetrating her, start some foreplay.



You've probably been with the same woman for some time now. If that's the case, it's easy to find your way into the same old routine. Maybe you know what works for each other, so you just do that. But I'm asking you to go above and beyond here. Be bold. Do something you've never done, or haven't done in a while.

I want you to take your time with everything that you do. Focus on HER pleasure. Don't rush. Take 30 minutes in this stage.

Some ideas:

- Start with a very heavy make out session – take your time with kissing and have fun
- Warm up some oil and give her a massage
- Touch her everywhere except the obvious places – explore her body and find new erogenous zones
- Start kissing her from one end of her body to the other
- Use your mouth or hands to stimulate her
- Tease her by rubbing your hard cock against her

Are you getting excited yet? Great! Now it's time to get into the main event.

The Techniques

1. "Squeeze" Technique

If you are almost there, here's what to do to hold on.

When you feel close to ejaculation, squeeze the end of the penis where it meets the shaft. Stop and squeeze for 30 seconds until the urge to ejaculate goes away. Repeat until you want to ejaculate.

For bonus points, do this while you're kissing her. But if you feel that kissing or playing with her will pull you over the edge at this point, focus on bringing your pleasure down so you can hop back on the ride.

2. No Jackhammer

During sex, go super, super slowly.

This works in two ways. First, it will help to delay your orgasm. Secondly, remember when I told you that it can take women almost twice the amount of time to climax? So by going slowly you're delaying and prolonging both her and your pleasure. It's a win/win.

If you feel like you are going to come too soon, go more slowly. Pull out. Play with her. Focus on her pleasure until you have regained control (she won't mind!).

3. Change Positions

There are a few positions that are pretty much guaranteed to make you come quickly (Doggystyle and Missionary, I'm looking at you). So try to avoid these guys until you're ready to pull the trigger.

Instead, let her be on top. Reverse Cowgirl. Side by side. Have her sit on a table while you stand. The point is to not let yourself get too aroused in any one position. Play with her while you're inside of her (if she's on top, this is a perfect opportunity).

If you really want to go forever, read the bonus section below for two more techniques to further prolong pleasure.

4. 1-4 Technique

Use this it when you're becoming very turned on and fear that you may be getting close to orgasm. It works because it varies the sensations that you feel and helps you hang on a little longer. You're also potentially hitting some highly sensitive spots inside your lady's secret garden.

In the 1-4 Technique, you'll penetrate her deeply, once, followed by four shallow, lighter strokes that don't go as deep. You'll keep using this rhythm, in different positions.

Chapter

5

Conclusion

So are you ready to Go Forever?

All you have to do is follow the simple steps outlined in this book and you will be on your way to being a legend in the bedroom.

Remember, it will take some time to train your body and gain the discipline to last 30 minutes or more. But don't give up, keep practicing and I guarantee, your wife or girlfriend will be thrilled with your new abilities.

We can't wait to hear from you. Please remember to drop us a line and let us know how long you went. Enjoy the ride.

¹ G Dorey, "Pelvic Floor Exercises for Erectile Dysfunction," *BJU International*. 96(4): 595-597.