

A Great Way To Last Longer In Bed - That 99% Of Men Have Never Even Tried!

Ever heard of arousal step-down techniques?

How about the PC muscle and Kegels?

If you're like most guys, you probably haven't. And as such, most men - unaware of the numerous ways they can boost their sexual skill and 'lasting' power - regularly produce mediocre performances in bed, leaving themselves disappointed and the women they're with disillusioned and usually orgasmless. It's a real shame.

In a poll, 93 of men asked, said they'd like to last longer in bed before ejaculating - but 100 of those men were unaware of how they could achieve such a seemingly impossible feat.

The truth is, it's not impossible (or even difficult) to maximise your sexual performance and attain complete control over how long you boogie for and generally get on down with the ladies.

So, let's take a look at one sexual method that'll allow you massive control over your arousal levels and always give you the choice of when to cum or when to continue.

During sex, most men begin to lose control of themselves (in terms of ejaculation!) at around the 2 or 3 minute mark - which is usually midway through the first sexual position. And what a letdown ejaculating at this point would be! So, that's usually the first point at which you'll use this technique. It involves two steps. The first takes place in your mind - which is the root of many a male's sexual performance troubles.

1. When you first feel those telltale sensations in your penis (the heightened sensitivity and energy that let you know that if you carry on doing what you're doing you'll soon explode) don't panic! Too many men are pushed over the edge, right to ejaculation, because they mentally begin to panic when they feel they're close to orgasm. Panic phrases rush through their heads, like: "Uh oh, I'm gonna blow!" and "Not again, this is going to be embarrassing." Instead of letting these counter-productive thoughts fill your mind and quicken the onset of orgasm, instead calmly say in your head: "Okay, I'm close to ejaculating. Time to use an arousal step-down technique." Then move onto step number two.

2. The most sensitive part of your penis is the top of the shaft and especially the head. To decrease its stimulation (without stopping the 'action') slowly and deeply thrust into your partner, as far as you can go and she can pleurably take.

Then, gently grind your hips, wiggling your pubic bone (the hard area above your penis, about 8 inches down from your belly button) on her vagina. To her, this seems and feels like a wonderful stroke variation, which gives her external clitoral stimulation (the number one way to make any woman orgasm).

However, behind the scenes, it's momentarily decreasing your stimulation, enabling you to last longer. This happens because when you plunge deep into her, your penis enters a wider area of her vagina, which lessens its contact and stimulation.

Then, to cap it off, you grind and wiggle, instead of thrusting in and out, which further decreases the intense sensations of sex. After 30 seconds or so, your arousal levels will have dropped enough for you to restart your thrusting.

By using this technique, you're able to control your urge to pop without stopping sex and while giving your partner extra sexual stimulation. Now how much better a technique is that for tackling premature ejaculation when compared to what most people consider to be effective techniques? Things like: "Count backward from 100" and "Think of dead puppies!"

Sex, as you well know, is all about fun. Using the 2-step technique above, you can fully enjoy the experience -

without the worry of it all being over too soon!

Short note about the author

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