



PREMATURE EJACULATION GOODBYE

**THE 14 MOST EFFECTIVE EXERCISES SEX
THERAPISTS USE TO MAKE YOU LAST 60
MINUTES OR MORE IN 60 DAYS OR LESS**

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NOTE FROM THE AUTHOR

If you are a man and reading this, it's probably because you are fed up with postponing a decision to solve a problem you have been troubled with for a long time. So, here it is again...You are out with your friends for drinks, when a beautiful, sexy woman enters the bar. You see how hot her curves look in that tiny little cocktail dress and her amazing high heels. Immediately, you feel your heart racing and you know there is no chance in hell to let that opportunity pass you by without regretting it later. You stand up and walk to her direction; you penetrate her with your look and you start flirting with her; she is fully into you and you two hit it off very quickly. Within 15 minutes, you grab her by the hand and lead her to some other place (read: your place). At last you have her on your bed, kissing and touching her everywhere. Things get really hot, so you put on a condom to penetrate her when all of a sudden you feel your sperm rapidly and uncontrollably rise through your penis and boom...! You ejaculate seconds after entering her. You feel defeated, disappointed, and ashamed, you think she thinks of you as a lesser man, and then you do nothing about it, believing that next time with another girl it won't happen. Eventually, it will be fixed by itself, you believe.

Well, this **is the vicious cycle you decided to break** by reading this e-book. I know it because I experienced the exact same situation again and again until I decided to solve my problem once and for all. After trying innumerable methods on my own without any success, I visited a close friend of mine who is a professional sex therapist. When I told him I suffered from premature ejaculation, he reassured me that this is a very common problem troubling one third of men world-wide. He also told me that if I followed his instructions and **systematically practiced the exercises he gave me**, I would overcome my problem within **60 days**. The content you are about to

read corresponds more to a manual than to a classical book. What I am giving you here, is not theoretical knowledge about your anatomy, nor is it some boring list of what **doesn't work**; this is pure, practical information, a sex therapist's manual, if you wish, which I **followed personally** to cure my own premature ejaculation in **60 days**.

I made it short and I am cutting to the chase to give you the **14 exercises given to me by my sex therapist friend**. I practiced them under his instructions at least 3 times a week for 60 days and I managed to go from lasting 2 minutes in bed to 60 minutes!

I wholeheartedly wish you to enjoy this self-improvement journey as much as I did and bring to your sex life the results you so much desire and deserve!

S. H. Alexander

Sex: False Expectations and Reality

Being a man is not an easy ride. Whether you live in today's developed Western world or elsewhere, chances are you are hard-wired to believe that a man is all about building, creating, and achieving; building your CV, creating your life, achieving your goals. We are taught to be ambitious, to aim high, and to bring the best possible results to our lives as well as to the lives of others. We are indoctrinated to pursue perfection, professional and personal, and if we fail to do so, we think we are "losers", a "failure" or a "disappointment".

The irony is, **perfection doesn't exist**, so what's the point in chasing something inexistent? Even worse, what's the point of bringing this perfectionist mentality in areas of your life which are meant to be about pleasure, joy, and carelessness? As you might have guessed, your sex life is one such area; it is an area where the "responsibility to achieve" and the burden "to succeed" should be left aside...

Your goal in sex cannot and should not be an egocentric one; your goal cannot and should not be how to perform, how to be perfect in bed or how to prove that you can give your partner an orgasm through penetration. Your goal should be to develop a satisfactory way of making love, so as to both get pleasure.

Accept that you are not a perfect sex machine, but a man who can give **and take** pleasure through a sexual encounter. Sexuality and sex are more about desire and satisfaction rather than arousal and orgasm.

Sexual skill VS Sexual Performance

There is a difference between **wanting** to be a better lover and **demanding** from yourself to be one. It's only natural to have the desire to improve your sex life, but if you put pressure on yourself to perform "perfectly" and you regard premature ejaculation as a "disaster", then you will achieve the exact opposite result! On the one hand, you will suffer from performance anxiety, a feeling which is based on the false belief that you "SHOULD" be really good in bed, and on the other, you will lose your spontaneity and pleasure to have sex. This state of mind has nothing to do with your legitimate desire to develop your sexual repertoire.

Your goal as a man is pleasure, not performance. Having sex with a beautiful woman you successfully seduced is all about pleasure, not about responsibilities and duties. Ask any woman you want and she will tell you exactly that; **if you have fun, she will have fun...** If, however, you make it an obligation of yours to please her, then you will not have fun, and neither will she!

It's a myth that sex should be always rapid and automatic and that it will always be perfect without any sort of effort and time. Every skill requires practice (e.g. when you first learned to ride a bike, it took some practice before you managed to feel comfortable and learn how not to fall). Sex for reproduction can be done easily, but if you want to receive joy and pleasure, to have sexual self-confidence, and to create a high-quality sexual relationship with your partner, then you need to learn some techniques. Honing a skill means to do the exercises again and again until you develop the necessary level of familiarity. Just like it's not enough to be told how to ride a bike, but you also need to try several times until you

learn, when it comes to your sexual skill you must repeat the exercises of this book many times as well.

It's a myth that sex should last for hours. The woman herself will get tired of being railed for such a long time. Many women will even feel unpleasant pain after a point and they will ask you themselves whether you are close to coming. How uncomfortable...

It's a myth that mind-blowing sex is exclusively a man's duty. Tell me something... How many times did you get a LAME blowjob by a woman? How many times were you rock-hard inside her mouth and saw your boner withering in seconds because you felt her teeth scratching mercilessly the head of your penis? Or maybe, you remember some other times when you asked a woman to play with your dick and she somehow thought you gave her permission to uproot it altogether. Good. Now that you remember, I can proceed with destroying another false idea, that about being alone in sex. The woman plays a significant role in your learning process to control your arousal as well as in the quality of sex you are having in general. **It takes two to tango.**

You need to dedicate 20 to 30 minutes in foreplay. This will help you adapt to your body's physical and emotional signs. This way, you will have time to recognize and observe the physical signs of your sexual arousal. You will become able to test the techniques you are about to learn during the arousal at your own pace. Eventually, you will have enough time to practice and acclimatize yourself with controlling even high levels of arousal under conditions much easier than those of an actual penetration.

During foreplay, in order to lower the level of your arousal, get away from the point-of-no-return, and stop the arousal of your penis, you need to **relax your muscles and breathe from your belly**. What do I mean by foreplay? I mean sexual massage (not common massage, unless you want to sleep) when you are touching and caressing both her erotic and non-erotic zones of her body.

Understand that the most important sex organ you have is **your brain**. During the exercises, you need to **be aware of your thoughts**. You must pay attention to where your mind focuses. Negative or pessimistic thoughts will not help you. If, however, you focus on each and every exercise at a time, you will have a great progress. It is crucial to learn how to focus your attention and discipline your mind.

Have a positive attitude towards sex. Sex is good, pleasure is good. You don't need to numb your joy to control ejaculation. Take personal responsibility to develop your very own sexual repertoire. **Commit to the exercises and DO NOT QUIT**. You also need to find a balance between learning the techniques I am about to teach you here and still feeling free to express yourself sexually.

Prepare yourself to relax. First, you will learn relaxation techniques, and in the process you will learn to be mentally flexible, patient and cooperative in your sexual relationships.

From the Sex Therapist's Textbook: 14 Exercises for 60-Minute Sex

Exercise: Become aware of your body while seated without moving

Sexuality starts from hearing your body and knowing how it feels. The goal of this exercise is to learn how to recognize automatically what you feel in every given moment. This is an exercise of awareness, an opening to yourself.

While you are sitting, bring your attention to the different parts of your body. Begin with having awareness of your touch. Feel the sense that your cloths give on your skin and understand the difference in how you feel the naked parts of your body. Observe your muscles. See if there is tension in the muscles of your face, neck, back, chest, belly, hips, hands, legs and feet.

Welcome the sensations you receive from the different parts of your body. Last, see if you can spontaneously detect any feeling or emotion you might have within you. If you can't, it's ok. You will become able to recognize your emotions at a later stage of this program. You will progressively be able recognize and understand your emotions. Your emotions are demonstrated in the area of your belly, chest, face, shoulders, neck, breath, as well as in your entire body. Emotions have a life cycle which grows and is expressed before it disappears. A sigh as we breathe out often shows us that an emotion has completed its life cycle.

Exercise: Become aware of your basic breathing and belly breathing

The goal of this exercise is to learn how to recognize the type of your breath; to understand when you breathe from your chest and when from your belly. Eventually, you will become able to change at will your breathing from chest breathing to belly breathing. This will allow you to relax your body and mind during sex, especially when your breath becomes automatically chest-induced and increases your arousal.

Pay attention to the air which comes through your two nostrils, it comes down your throat and fills your lungs. Observe the minor motion of your chest as you breathe in and out for 2 minutes. Then, observe whether your abdominal muscles are tightened and relax them. Check if there is a minor motion of your belly as you breathe. If there is no motion, allow progressively for more air to come to the lower part of your lungs. This way, your belly will start to inflate like a balloon every time you inhale. Make sure that you don't force your breathing. It's important that your body remains relaxed and that your in-breathing is almost equal to your out-breathing. With every in-breathing, feel your belly as it gets slightly inflated. With each out-breathing, feel the organs of your belly area as they relax. Have the sensation that your belly deflates. No need for pressure. As your body relaxes, you automatically start breathing from your belly.

Your breath is demonstrated in different body parts and at different speed depending on your activity, your emotions and the arousal you are experiencing. During your day, if you get anxious with something, pay attention to your breathing and how it changes from belly-induced to chest-induced. Try to change it back to belly-induced.

Without interrupting the flow of this technique, go on to the next exercise in order to relax your entire body.

Exercise: Relax your body

The relaxation of your body helps you to fight anxiety and focus on the pleasure of sensations. Furthermore, it helps you reduce your sexual arousal. If you do the exercise separately from the previous exercises, start with 2 to 3 minutes belly breathing. Sit comfortably on your chair/couch/bed. Close your eyes and relax. Start breathing from your belly, counting to 3 as you inhale and again to 3 as you exhale.

Observe your toes, feet, calves, and thighs. As you observe each part one by one, feel the tension leaving from your body. It would help, if during the exhalation you imagined that a burden leaves from these body parts and goes down to the floor. Feel your two legs completely relaxed. Breathe calmly and deeply. Feel the air as it goes in and out of your body.

Pay attention to your thighs and then to your pelvis. Let your muscles relax. Then, allow this sense of relaxation to go to your belly and the lower part of your back. During the exhalation let the tension move from the lower part of your body to the floor. You might feel that your body sinks into your seat. Make sure that the entire area of your pelvis is relaxed.

Your abdominal muscles, chest, and neck are the areas where anxiety appears. Start to relax the upper part of your body as well: chest, shoulders, neck, and arms. As you observe these areas, feel how any kind of tension leaves. Feel how each and every one of these areas sinks into your seat and goes down as well. In the same fashion, observe the muscles around your head. The squeezing of your muscles reflects your emotions. If you relax your facial muscles, you will see that the tension of your emotions is reduced. As you exhale, feel how your jaw, cheeks, lips, eyes, and forehead become relaxed.

Feel how your entire body has relaxed. At the same time, see how your mind becomes calmer and more focused.

Exercise: Reverse your breathing when aroused, slow and rapid speed

Goal: To learn to understand how you breathe during your arousal.

In a relaxed state, you breathe from your belly. However, during the sexual arousal your breath comes from your chest because the muscles of your belly get tightened automatically. The result is that your breath doesn't reach your belly, but instead it remains "trapped" into your chest. Some minor muscular tension is needed during your arousal, but you can control it to avoid being too much turned on. In the near future, you will become able to control your muscular tension through the reversal of your breathing from chest-induced to belly-induced.

Flex your abdominal muscles and let yourself breathe from your chest. Feel the tension rising in your tightened belly. Now, take 3 breaths and relax the muscles of your belly. Observe that your breath becomes automatically belly-induced. Take 3 belly-induced breaths. With each exhalation you relax both your chest and your belly. Repeat this exercise 3 times from the beginning.

Repeat these exercises at least 3 times this week when you are alone, relaxed, and focused without being aroused. Do these exercises in a quiet environment. Then, do these exercises during masturbation.

You need to start to understand the reactions of your body during the pre-ejaculation phase and the point of no-return (the point of no-return is the peak of your arousal just when you are about to come). During masturbation, observe yourself. See whether your belly is flexed and whether you breathe from your chest. If you detect something like that, try to reverse your breathing in order to breathe from your belly. Observe the effect of this reversal on your arousal. You don't have to breathe from your belly all the time during sex or masturbation. This, however, is the best tool to control your arousal.

Try sometimes to make slow moves, and when you reach the pre-ejaculation phase stop for a while and start breathing from your belly until your penis is relaxed. After this, start again.

When you feel that you manage well to control your arousal during masturbation, you can try it during sex when you are laid back and she is on top, while you are the one who adjusts her speed. Tell her to move at a slower pace or to stop if you feel very turned on. Tell her also to move less up and down and more in a cyclical fashion in order to avoid too much friction (and excitement) on your penis. You will not see a great difference in your ability to control your arousal during sex in this initial stage. **DO NOT GET DISAPPOINTED!** Repetition of this exercise is a **MUST**, and together with the next exercises you are about to learn you will bring about the results you desire.

If you don't have sex for some time, it is possible that your sexual arousal will be rapidly increased and you will come fast. It is very important that you keep a steady frequency for your sexual release depending on your very own personal needs.

Sex is like a sport. It requires systematic learning and practice. Just like the athlete who practices a lot before he plays, you, the lover, must practice your technique and be in shape. Masturbation can be used as a training ground for you through which you will experiment and hone your skill without any fear or anxiety on whether you will satisfy your partner or not. In a nutshell, **masturbation is your personal care-free sexual gym.**

Many men make a huge effort not to come, when they reach their point-of-no-return. They tighten their thighs and belly, they hold their breath, they clench their fists, and they bite their lips. This is only

natural when we try to stop a function of our bodies and not give in to a physical urge. Ironically, the efforts to stop this specific urge to ejaculate by tightening our muscles and holding our breath have the exact opposite effect! As you reach your point-of-no-return, you **MUST LET GO** and relax your muscles. Don't try to hold back. Relax your belly, thighs, and jaw. This way, you will manage to reduce your arousal. You will decrease your arousal to a level you can handle. You will regain control and avoid ejaculating.

More Exercises...

You continue the breathing exercises you learned. Your breath is the fundamental tool of control. Control your breath and you control your arousal. Breathing from your belly gives you a very good way of control, but it also plays a role in your eroticism and the pleasure you get during sex. I will teach you how to feel your eroticism later.

Exercise: Reverse your breathing FAST (and at will) during your arousal in the pre-ejaculation phase

Goal: to reverse your breathing fast and effectively before you feel the urge to ejaculate.

First, as you sit, tighten your belly and start breathing from your chest fast just like the way you breathe when you are about to reach the pre-ejaculation phase. Now, FAST relax your belly. Let your next breath inflate your belly like a balloon and let the air come down to the bottom of your stomach. As you breathe out let loose your belly and chest. **Breathe like this 5 times.**

Second, as you are laid back, repeat this exercise using your imagination in order to enter a state similar to that of a sexual encounter. Try to reach your highest level of arousal, **taking 8 to 10 fast breaths**. Observe the sensations around the area of your penis and in between your thighs. Observe your breath as it becomes faster and coming from your chest. See how tightened your belly is. Reverse FAST your breath. NOW. Inflate your belly like a balloon. As you breathe out let loose your belly and chest. **Do this 5 times.**

Third, repeat this exercise during masturbation.

Emotions

First of all, learn to distinguish between your emotions and your behavior. Being aware of your emotions is one thing, but expressing them is another. If you express negative emotions, then there is danger to step back in your progress instead of going forward. **Don't express negative emotions during or after sex with your woman.** If you come fast, instead of getting angry or disappointed in front of your partner, ask her for a few minutes to relax and then offer to satisfy her in any way she desires. Accept your negative

emotions, learn from them, but **don't allow them to influence negatively** what you learned. Exercise some emotional self-control and don't let immobilizing emotions derail your progress.

Accept, at the same time, your partner's emotions. Listen to her, showing her your appreciation and warmth even if you don't agree with her. For instance, you can choose to accept the fact that she became angry, even if you don't agree with her interpretation of what happened. Don't try to change how she feels. Interestingly enough, listening to her potential complaint or anger after your fast ejaculation is the only thing you can do to help her feel differently.

Exercise: Observe your emotions

Observing your emotions creates distance between you and your emotions. Imagine you are a little explorer who enters your body and looks for the areas where each emotion is expressed. Where in your body do you experience joy? In your face? Eyes? Mouth? Chest? Legs? Where do you experience anxiety or fear? In your stomach? Chest? Maybe, in your cold hands? How about anger? Can you feel it in your cheeks, ears, neck, and stomach? And what about anger? Doubt? Eroticism?

When you feel the urge to express an emotion (e.g. at times when you are very angry, sad or scared, or when you feel anxiety on whether your woman will eventually come), observe carefully the position of your body, pay attention to the reactions of your muscles, of your breath, and every other change you experience in your body. Once you detect them and feel them, **let your body relax and overcome the tension**. Now, imagine that you build a protective wall around you. This wall is so STRONG that nothing can penetrate it!

Feel the safety in this wall and start to relax even more. Take a few deep breaths, and with each exhalation let any muscular or mental tension go away from you. Inside the wall you feel INVINCIBLE and FEARLESS. You are the man who is afraid of NOTHING and conquers ALL. Observe the emotion you want to erase. Tell yourself “I am not my emotions! I am myself and I am safe in this situation no matter how hard it seems!” Now, relax even more and let the sense of safety fill your entire body completely.

Repeat this exercise every time you experience a negative emotion.

With this exercise you can start controlling your reaction towards a negative emotion you are feeling. It's important to learn NOT to express them, especially in front of your woman/sexual partner because such an attitude will impede your progress. Accept your negative emotions, calm down, and DO NOT let them overwhelm you. Most importantly, DO NOT let any negative emotion make you pessimistic about the effectiveness of these new techniques and behaviors. Remember always that you are the one who CHOOSES his emotions, positive or negative, and you are the one who CAN CHOOSE the way you think. Focus on your physical sensations every time you are worried about ejaculating prematurely.

Exercise: Move your pelvis with support (cat position)

Breathing

Now, you will start practicing your skill to control your arousal, working on the **tension** and **speed** of your pelvic movement. These two characteristics play a huge role in the development of your arousal. You really need to work on these two elements.

Tension

Your goal should be to learn how to move your pelvis with as little muscular tension as possible. As we already know, muscular tension encourages ejaculation. Later, you will be able to change the levels of your muscular tension during sex; you will learn to move more sensually, which will also make you experience greater pleasure. You don't have to use a lot of strength during sex. You can do it softly.

The technique we are going to use here is called **contrast**. It's important to feel – through the contrast – the difference between intense movement and calm movement. If you feel the difference, it will be easier for you to recognize the level of your muscular strength during sex and therefore change it at will!

Now, drop to your knees and put your hands on the floor. Yes, you read correctly. Men too must sometimes do it. In this position, raise your back breathing out (like a scared cat would) and imagine you are lifting up a huge weight and that you need a lot of effort to actually do it. Now, lower your back to the floor and raise your head up, while breathing in, and imagine you are resisting the weight.

Raise your back and lower it down once while you are really tightened. **Do this 3 times.** Now, do this again, imagining you lift a feather, not a weight, this time. Raise your back in a very relaxed fashion. Lower your back in the exact same way. **Do this 3 times.**

Repeat this exercise 4 times.

Speed

Tightening your muscles causes tension, and tension causes ejaculation. Tension, however, is not the only factor leading to ejaculation; speed is also very important. Your goal here is to move your pelvis **very, very slowly**. The speed in which you penetrate your woman/sexual partner (the speed of your ins and outs) is crucial. The faster you move during penetration the faster you will come. You need to unlearn “fast” and learn “slow”; slow movements of your pelvis will give you much more control on your own sexual arousal and ejaculation. Again, you will use the **contrast technique**. First, you will do the exercise as fast as you can. Raise your back breathing out, lower your back breathing in. Little by little, start increasing the speed of your movement. Do it as fast as possible. Now, **reverse the process**. Reduce the speed of your movement. Move as slowly as possible. Count to 5 (5 seconds) when you raise your back, then count to 5 when you lower your back. **Do this 3 times.**

Moving slow during sex increases your ability to control your sexual arousal, but it also increases the eroticism and communication between you and your woman.

Repeat this exercise 4 times.

Exercise: Move your pelvis while standing

Goal: to move your pelvis without moving your back.

Here, you will learn to distinguish between the movement of your back as a whole and the specific movement of your pelvis alone. This exercise is more difficult than the previous one because you have no support. Before, you had the support coming from the doggy-style position, as you put your hands on the floor; now, you will learn to control your movement without it. When you move your pelvis independently from your back, you are using fewer muscles. On top of that, you get more pleasure and you can also control your arousal. You control it by letting it go up and down **whenever you want.**

The technique

While standing, keep your legs at a distance, the same distance you keep between your shoulders. Keep your feet parallel to each other and slightly bended.

Move you pelvis forward and then backwards. **Do this 30 times.**

You can put your hands on your waist to help your pelvis move. Use a mirror to make it easier. You must isolate the movement of your pelvis. Observe that when you move your pelvis forward, it also moves upwards. The same happens when you move your pelvis backwards. You MUST NOT move your entire body, nor to bend forward or backwards.

Breathing

You will synchronize the pelvic movement with your breath. A trick here in order not to get confused is to remember to breathe out when your penis goes forward (i.e. during penetration) and to breath in when your penis withdraws (i.e. when it gets out of the vagina).

While standing, **do 30 pelvic movements.**

Repeat this exercise, while remembering to breathe from your belly and make a big move with your pelvis. This will help you spread the arousal of your genitals to your entire body, reducing its tension.

Breathe out, while doing a big pelvic movement forward. Breathe in, while doing a big pelvic movement backwards. **Do this 30 times.**

Start again this exercise making sure you keep your chest area relaxed when you breathe out and bring your pelvis forward. This will allow you to reduce even further your muscular tension. **Do this 30 times.**

Exercise: Feel your gluteal muscles (buttocks) while standing

Goal: To understand, tighten, and relax your buttocks.

Many men use consciously or unconsciously their buttocks to make the pelvic movement during penetration. These muscles, however, are the biggest ones in your body and can create a lot of muscular tension and arousal. Every time you tighten your buttocks and move your pelvis forward you actually get self-aroused (i.e. you make yourself horny for no good reason). With this exercise you will learn the difference between the feeling of tightened and relaxed muscles; you will learn to understand when your muscles get tightened **in order to relax them immediately and at will.**

Stand up, keep legs open, hands on your buttocks. Tighten your buttocks. Feel the contraction of the muscles. Now, slowly relax them. Feel the relaxation. Observe the difference between these two

phases. What are the sensations you feel in your buttocks when you tighten them and when you relax them? **Do this 30 times.**

Exercise: Move your pelvis while standing (tension)

Goal: To move your pelvis with as little muscular tension as possible during sex.

While standing, breathe out as you bring your pelvis forward, tightening your buttocks. Feel them tightened now. During sex you will have to avoid the tightening. **I am just telling you what NOT TO DO.** Breathe in when the pelvis goes backwards. **Do this 10 times.**

Now, make the same movement with your buttocks relaxed. You will have the impression you are making a smaller move, but in fact the movement is reduced slightly. Feel your buttocks **relaxed**. This is how they **SHOULD BE** during sex. **Do this 10 times.**

Repeat each step 3 times.

Exercise: Move your pelvis while standing (speed)

Goal: to make the pelvic movement really slow.

Move your pelvis while standing REALLY SLOW. You need to focus. If you like, count to 5 as you make the move forward; then, count to 5 as you make the move backwards. Alternatively, you can synchronize the pelvic movement with your breath. Move your pelvis forward as you breathe out and backwards as you breathe in. **Do this 10 times.** Then, accelerate your movement. Start moving your pelvis as much as you can, letting loose your breathing. **Do this 10 times.** Now, slow down and make a few really slow movements. **Repeat at least 3 times.**

Exercises with Arousal

You already learned to recognize your breath during sexual arousal. You also know how to recognize the moment when you enter the pre-ejaculation phase. Now, you will start to understand the sensations in your entire body during your arousal. While you are aroused, are your belly muscles tightened? Does your breath come from your chest? Does it become faster? Are your movements faster? Are your muscles tight? Are you focused on the sexual stimuli? Do you feel increased pleasure? If you answered “yes” to all these, it means you understand well the signs of your arousal. You have the ability to discern the signs and apply these techniques at the right moment. Realize your body’s reactions and familiarize yourself with them. This is a very interesting exploration, a very personal journey with one destination: **knowing yourself and controlling your arousal.**

Try to satisfy regularly your natural needs for ejaculation. When you feel that, don't hesitate to satisfy yourself. This way, you will not accumulate sexual tension. During the point-of-no-return don't try to stop it; let go and enjoy it, instead.

Opening Your Body

To have better control over the timing of your ejaculation, you'd better keep your eyes open, your mouth half-open, and your thighs at a distance during sex. When you keep your eyes closed, you tend to focus on the sensation of your penis, to not move your pelvis independently from your back, and to clench your muscles, which leads you to ejaculate much faster.

When your mouth is open, the air can come in and out freely from your lungs. This way, the pressure on your lungs is reduced faster and it's easier to relax your muscles. Moreover, your jaw muscles

and lips are not clenched, and the relaxation of your whole body becomes easier.

Your thighs tend naturally to touch each other when you are aroused and sometimes tremble. When, instead, you keep your thighs at a distance, you avoid this natural effect and you increase your control over your ejaculation.

Exercise: Reverse your breathing when aroused in the pre-ejaculation phase - the “let loose” principle

Goal: To be able to breath again from your belly and relax ALL your muscular tensions just before you reach the point-of-no-return without trying to prevent your ejaculation if it comes. If you manage to relax all muscular tension and reduce your arousal, fine; if, on the other hand, you ejaculate, let it be so and enjoy it.

Sit normally on a chair. Put in your belly and keep it clenched. Breathe from your chest and accelerate the pace of your breath, just like you do when you reach your pre-ejaculation phase. **Take 8 breaths like that.** Now, fast, relax your belly and body. With the next breath, you let your belly inflate like a balloon and you allow the air to go deep down into your lungs. When you breathe out let your belly, chest, shoulders, neck, jaw, arms, and legs relax. **Take 5 breaths like that.** Repeat 3 times.

Clench you belly again. Start breathing from your chest and accelerate your breath. Imagine you are having sex. You enter the

pre-ejaculation phase. **Take 8 to 10 breaths like that.** You feel the sensations in your penis and pelvis. You observe that your belly is clenched and you breathe from your chest. You reach the point-of-no-return. Now, immediately, you reverse your breath and you relax your body. Let your belly inflate like a balloon, as you breathe in. As you breathe out, you relax your belly, chest, shoulders and all other clenched parts of your body. **Do this 5 times.** Tell yourself “I am letting myself free”. Repeat 3 times.

After you do this exercise 2-3 times in normal mode, you **will do it during masturbation and sex as well.**

Exercise: Move your pelvis in the cat position (knees and hands on the floor) – eroticism

Goal: to make the pelvic movement, not mechanically, but erotically.

Your goal here is not to learn some “cold” techniques; it is to feel pleasure, while doing them, so they become natural and erotic.

From this point on, you will combine your technical knowledge with your sexuality. The first step for you is to understand the sensations you receive from your own movements and get pleasure from them. You will, thus, think less and less about techniques and become more and more erotic. As you control your arousal, you will get more pleasure. You will understand your sexual stimuli and you will taste them without reaching the point-of-no-return.

While you are in the cat position, move your pelvis in slow motion. Receive the stimuli from your back, and chest. Improvise.

Move your pelvis and back very slowly. Now, accelerate. Now, make a little pause. During the entire movement, but also during the pause, FEEL YOUR BODY. Start again. Make big moves, then very small ones. Taste the sensations coming from the various movements of your body. These sensations are not very special, nor very intense, but you still receive some kind of pleasure. This exercise teaches you how to acquire an acute sense of your body; to understand every little reaction or feeling; to eventually learn to enjoy these reactions, as you move erotically.

Improvise for 3 minutes. Take a break for 3 minutes. Rinse and repeat.

Exercise: Move your pelvis while standing (eroticism)

While standing and having your hands on your waist, start moving your pelvis. As your pelvis moves forward, feel the little clenching of your belly and buttocks. As your pelvis moves backwards, feel the lower part of your belly. Pay attention to every reaction in your body, as you move. **Do this 3 times.** Now, improvise. Move your pelvis backwards, but very slowly. Accelerate. Make a pause. Feel your body. Start again. Embrace the sensations coming from your various moves.

Conclusion

Most men will choose to stay in their comfort zone, unwilling to take responsibility for their sex lives, and not daring to break the vicious cycle of premature ejaculation. Some others will not believe it's even possible to overcome it, while many will think "it's too much work". Fortunately, you are not one of them. You dared to recognize a very common problem that's troubling you and you decided to finally deal with it. You are a fixer who takes control of his life, not a complainer. I am exactly like you and it was my desire to share how I did it, so that other men will benefit from my story.

The information you read above come directly from the sex therapy program I personally followed under the instructions of my sex therapist friend. As you might have understood, there are two components in overcoming premature ejaculation, both of which are part of the program I followed; **controlling your mind and controlling your body**. Let's face it: we are what we think. The ideas we have shape our emotions, and our emotions shape the world we live in. Wrong ideas and false expectations will lead to negative perceptions on sex, women, and your role as a man. Your mind can be either your friend or your worst enemy. It depends on what you feed it.

Most men who suffer from premature ejaculation share **a common ground of false ideas** on what great sex is; they think great sex is a marathon competition which "should" last for hours. They think that their partner's orgasm is one of their sacred duties and obligations. Ultimately, they experience sex not as their own masculine pleasure, but as another ground to prove themselves. This is how I used to think before I learned to rewire my thinking patterns and before I practiced the 14 exercises I shared with you in this book. This was the kind of pressure I used to put on myself; the pressure of false

ideas. Ironically, putting pressure on your sex life can only lead to the exact opposite effect. So, do you believe you “should” last for hours? No wonder you end up lasting two minutes. Do you consider women your judges and interviewers, rather than the objects of your desire? No wonder you end up “not performing”. False ideas no more. Myths no more. In the first chapter, I shared with you the reframing I learned to impose on my thoughts to change the way I thought of sex, women, and me. The faster you get rid of these ideas yourself, the faster premature ejaculation will become a distant memory.

However, men who suffer from premature ejaculation have also another thing in common apart from the way they think. It's their **lack of awareness of their basic body functions**. I was exactly like that. I was oblivious to my breathing patterns and I had no idea how much I clenched my muscles during sex. No wonder how “automatic” my ejaculation felt! I had no control of it because I was not mindful of my short and rapid breathing, my tightened muscles and my fast heartbeat. My complete ignorance of my own body during sex was eradicated thanks to the 14 exercises I religiously practiced and I shared with you in the second chapter. I practiced again and again for 60 days. I managed to gain control over my breathing and muscles. I learned to feel tension and relax at will. I learned to control my sexual arousal and therefore my ejaculation.

So, you have it all. All you needed to join the club with the men who changed their minds and understood their bodies; men who managed to go **from 2 minutes in bed to 60 minutes in 60 days or less**; men who defeated fear and self-doubt and rediscovered their way to give and receive pleasure during sex.

This book was about how I made it happen for me and how you can do the same yourself!

And if you enjoyed reading this book and got value out of it, I would

be grateful if you could write your honest and fair review below.

This way you will help millions of other men just like you benefit from its content as well.

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