



LAST FOREVER



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INTRODUCTION

In this short book I am going to teach you about stamina. More specifically, how to last longer and rid yourself of premature ejaculation.

I'll illuminate the root cause of stamina issues, and show you stamina boosting techniques you can use in and out of the bedroom. Including a powerful mental stamina technique that originated from the East.

My end goal is to equip you with everything you need for a more enjoyable sex life with your partner!

Before we go any further, I want you to know:

YOU ARE NOT ALONE IN YOUR STRUGGLE

Stamina issues are EXTREMELY common amongst men of all ages. This fact is important to remember. No matter who you are and how painful your struggle is, there are thousands of guys that deal with this issue.

The good news is Premature Ejaculation and other stamina issues are curable...

In fact, relief may be easier than you think. The techniques in this book have helped thousands of guys last longer, and enjoy the best sex of their lives.

I know the pain and humiliation that come from Premature Ejaculation and other performance issues. I've suffered from these issues at multiple stages of my life and know the corrosive effect it can have on your relationships, confidence, and self esteem. I also know firsthand that there is hope for struggling men. If you follow the advice on the coming pages you will see results.

If you do not suffer from Premature Ejaculation and are simply looking to last longer and spice up your sex life, this book will also help you. No matter what your situation is, the techniques here will show you how to increase your stamina and enjoy better sex than you've ever imagined.

WHY DO GUYS HAVE STAMINA ISSUES?

There are many reasons guys suffer from poor stamina. In this section, I want to outline the most common causes of premature ejaculation and other stamina issues so we can begin to understand the problem and how to solve it.

Cause 1: Biology

We did not evolve to enjoy long sexual experiences. Life for our caveman ancestors was fraught with danger, and competition for female partners was fierce.

If one of our male ancestors had a mating opportunity it was advantageous for him to finish quickly. This gave him the best opportunity to inseminate his partner and pass on his genes.

While much about sex has changed in modern times, we still have this primal pressure to finish quickly. This is especially true among less experienced men, and in high pressure situations such as when you're having sex with a new partner.

Cause 2: Social And Societal Shame

Growing up, many men have been conditioned to feel shame and embarrassment about their sexuality. Think of growing up and the shame surrounding sex, masturbation, and looking at porn.

Because these things are considered taboo, men are forced to conceal their sexuality. We can't let anyone else know, so when we're masturbating we've got to be quick and quiet. You don't want to last a long time because you risk being caught the longer that it takes, especially while growing up in your parents household.

So you keep your little secret. You go quick and clean it up so no one ever finds out. Now when you're a man, when you're out with a woman, you're used to coming quickly.

Cause 3: Psychological And Situational Factors

Psychological factors can play a major role in stamina problems, in particular issues like stress, anxiety, and depression.

Generally, the more anxious you feel in a sexual situation, the more likely you are to finish early... or to have the opposite problem of not being able to get or maintain an erection.

Performance anxiety is common in men. It's perfectly natural to be nervous in a sexual situation... especially with a new partner.

In the coming pages I'll show you helpful ways to deal with this anxiety so you can relax and appreciate a longer, more pleasurable sexual experience.

Cause 4: Health Issues

Physical health problems such as hypertension, diabetes, and thyroid issues can also lead to premature ejaculation.

If you have one of the conditions above, the techniques I'm about to share may be helpful. However, we highly recommend seeking the advice of a medical professional to see the best results.

TECHNIQUE 1: **BREATH**

As I mentioned in the previous section, premature ejaculation is often caused by stress and anxiety. One of the common physical manifestations of anxiety is the lack of breath.

When we get anxious we hold our breath. Breath is energy, without it your muscle become tight and tense. The more tense your muscles become, the more likely it is you'll finish quickly.

Next time you're having a sexual experience, pay attention to your breath. Make sure that your muscles are relaxed and that you are taking deep breaths throughout the process.

To relieve some of the pressure, practice breathing during foreplay when ejaculation is less likely. That way you can develop a solid breathing pattern before penetration.

If you would like, you can even practice by yourself when you masturbate. Next time you masturbate pay attention to your breath. If at any point you notice yourself holding your breath, stop, relax, and begin again when you've established a better breathing pattern.

TECHNIQUE 2: **PAY ATTENTION TO PHYSICAL SENSATIONS**

Another great way to reduce anxiety and last longer is to pay closer attention to the physical sensations of sex. Put yourself in the moment, take your time with it. Breathe, feel your feet on the ground, or your knees on the bed.

Really start noticing all of your senses and focus there. Focus on the stimuli coming into you. It's one of the best ways to increase your stamina overall because it really gets you in the moment. When you're in the moment, you're no longer feeling stress or anxiety. You're actually present enjoying the experience with your partner.

If you start training yourself to really live in those moments, you'll be able to last longer more consistently. This happens because your mind and body are beginning to fully embrace sexual situations instead of feeling embarrassed by it, or trying to rush because you feel nervous.

Sex is about the entire experience. It's about feeling what's happening around you. The penis isn't the star of the show anymore. If you put the spotlight away from just genitals and you put it over both you and your partner sexs feels way better.

TECHNIQUE 3: **GIVE YOURSELF BREAKS**

The next step if you're trying to last longer is to give yourself breaks. If you feel like you're going to cum in a specific position or situation, you don't have to remain there.

If this happens to you, be honest with your partner. She's going to appreciate you taking control of the situation. The overall experience will be enhanced even if you feel awkward during the moment. Plus, I often find that once I stop and relax, I am able to last a lot longer when I begin having sex again.

A way that you can make these breaks more exciting is to change locations. If you're in the bedroom go to the living room, if you're in the living room move things to the kitchen. Studies show that going to multiple locations with someone increases excitement and intimacy. This is true in both life and sex.

My last suggestion about taking breaks is to make them fun. Use the moment to try a new technique or position. If you've talked with your partner about what she likes sexually, use the moment to give her what she wants.

Sex isn't about lasting for as long as possible. It's about enjoying an experience with someone. If you feel comfortable, relaxed, and playful so will your partner. When your partner is having fun it puts pressure off both of you, and allows you to appreciate the experience. This in turn will make your sex longer and more pleasurable.

TECHNIQUE 4: **PRACTICE LASTING LONGER DURING MASTURBATION**

You can increase your stamina in many ways outside of the bedroom. One of my favorites is to delay climax when you're masturbating.

As we mentioned in "Technique 1", make sure you are relaxed and taking deep breaths when you masturbate. You'll find that when you do this during masturbation, it will carry over to bedroom and allow you to last longer with your partner.

Use your masturbation as a way to get yourself more in tune with your body. During sessions, become more aware of what your body feels like when it's going to climax and what you can do to relax and release tension.

If it helps, you can challenge yourself to last longer during masturbation. Make it a game or challenge to see how long you can last. While this may sound silly, it is a great way to increase stamina, and bring a more light hearted mood to your sexual experiences.

Lastly, use masturbation as a way to train yourself to "be present" and enjoy sexual experiences... even if the experience is with yourself. Don't think of climaxing as the goal, instead focus on your body, relax, and enjoy the experience.

TECHNIQUE 5: **KEGEL EXERCISES**

There are physical exercises you can do to increase your stamina. The most popular set of exercises are known as Kegel Exercises. They are designed to strengthen the pelvic or PC muscles. These are the muscle responsible for the male orgasm.

This muscle group is located behind the testicles. If you are having trouble locating it, try this:

Next time you are going to the bathroom, hold your pee in mid stream. When you do this you will feel your PC muscles contract. Relax your PC muscles and start urinating again.

Once you've located your PC muscles, practice tightening them and releasing them several times a day. Tighten them for 5-10 seconds and release. Repeat this exercise for several minutes 2-3 times a day and you will strengthen your PC muscles. This will help you gain better control of your orgasm and allow you to last longer.

TECHNIQUE 6: **MEDITATION AND VISUALIZATION**

Mental exercises such as meditation are great techniques to use. Eastern cultures have used this for generations. It is the cornerstone of Tantric Sex: a Hindu sexual technique designed to slow down sex allowing men to last for hours.

I know terms like meditation may seem “woo woo” or spiritual to some people, but they are a great way to practice relaxation and gain a greater control of your stamina.

If you don't know where to start, check out the technique below. It is one of my favorites that specifically helps with stamina.

Find a quiet room where you can sit down and focus. When you're seated, start breathing. With every inhalation that you take in, tighten up a muscle in the body. With every exhalation release that muscle, and feel what it's like to move the energy from that body part.

Start at the top of the head and move down, lower and lower, until you get to your groin.

When you get to the groin, tighten up the muscles in that region and breathe in. Usually you'll feel up your spine while you're breathing in and you reach the top of your head.

When you breathe out, feel the energy pour down over top of your head. Often times you can feel it come pouring down and run down your face, through your torso and into the stomach.

While you're breathing and tensing the muscles, picture yourself in a situation where you are strongly comfortable having sex. When you exhale and release allow that energy to spread throughout your body.

Imagine that yourself in a sexual situation. Really embrace the setup in your head. Feel the sexual energy in your body as your mind gets lost in your fantasy. This really preps you for the moment that you're actually in the heat of things. It will help you be calm, stay present, and last much longer than normal.

CONCLUSION

I hope you have enjoyed learning the techniques in this book. Before we finish, I want to leave you with some parting advice.

The best way to increase your stamina is to practice the techniques in this book consistently. It may even be helpful to pick one particular technique to focus on.

When you've found one or more that you like, schedule time every day or week to practice it. If it's one that requires your partner, be open with them and have them help you.

Finally...

I know how frustrating Premature Ejaculation and other stamina issues are. If you're struggling, my last piece of advice is to stop focusing on your stamina issue and focus on relishing the overall sexual experience with your partner.

Remember, there is more to sex than penetration. Instead of worrying about "how long you'll last", try to focus on your partner. Take the time to learn what she enjoys. Find other ways to please her using your mouth and fingers.

This may sound counterintuitive, but when you stop putting so much pressure on yourself to "last a long time", it will help you relax and increase your stamina.

I hope you've found these techniques helpful. If you consistently practice them I promise your stamina will increase and you will experience some of the best sex of your life!