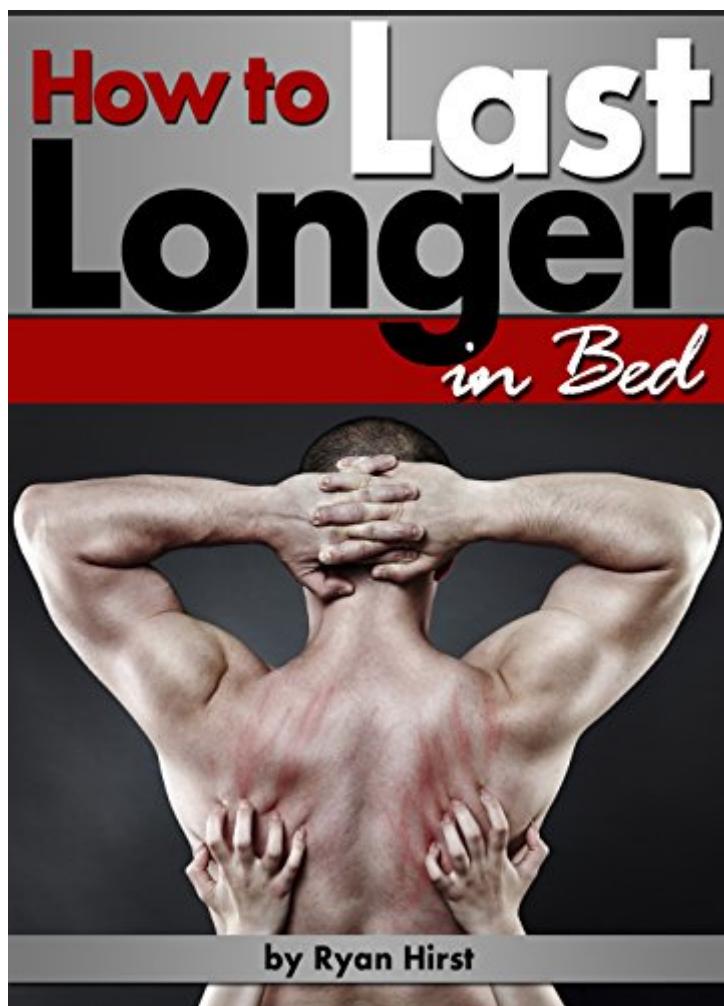


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# How To Last Longer In Bed: Discover How To Increase Stamina And Last Longer In Bed



## Synopsis

If you're ready to learn how to increase your staying power in bed, then this book is for you! Read on your PC, Mac, smart phone, tablet, or Kindle device. Since time immemorial, men have had two major insecurities: the first is about themselves and their place in the world, while the second is about their lasting power in bedâ | especially when with another person. As a man, our sexual prowess and ability to go the distance plays a major role in (1) our very identity as men, (2) our (perceived) ability to satisfy our partner, (3) our ability to hold on to our partner, and (4) our ability to attract othersâ | either by boosted confidence or by reputation. An increased sexual stamina can also be incredibly satisfying. While orgasms are wonderful things, itâ ™s what happens before an orgasm which makes sex so pleasurable. Fortunately, this book will explain all the things you can do to increase your own staying power, as well as some of the surprising findings by the medical and scientific community. I'm also going to share some of the common myths about sex, why they get spread, and explain what the research shows to be true in terms of how long most people actually last. Finally, weâ ™ll discuss the problem of minute men and the options available if you are one. So if you're ready to be surprised, intrigued, and entertained all while learning how to increase your sexual stamina, let's get started! Here Is A Preview Of What You'll Learn... Stop Comparing Yourself to Porn Acknowledging the Real Numbers Being Present in the Moment Taking Advantage of Foreplay Mastering Your Pubococcygeus Muscle How to Master the Churning of Butter Five Other Tips to Last Longer Getting Control of Premature Ejaculation Much, much more! Download your copy today!

## Book Information

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## Customer Reviews

I bought this book out of curiosity and I was not disappointed. It explains techniques, foreplay and how the specific muscles works. It also has some interesting sections about medical explanations, muscles, blood flow etc. I felt this book is very practical, not some wild theories, its something you can use and apply when it comes to prolonging the act, probably with good results. I can recommend this valuable book.

This guide provides a well rounded introduction to increasing sexual stamina. Most notable is the mention of how male orgasms are separate from ejaculation and that certain exercises can afford a man the ability to separate the two. While the author provides an introduction to these exercises I would like to read more and i would have appreciated the titles of the Indian and Chinese texts mentioned that contain these instructions.Definitely a good start

This book teaches how to last longer in bed using various techniques, some natural while others are not. This is important, because there are methods that will help you, but may not be as effective as certain medications that help men overcome premature ejaculation. There are also many tips that men will find helpful in prolonging their sexual experience. Overall this was a fun book to read and gave me some tips in bed to avoid premature ejaculation.

Simple and down to earth advice. The book is very short, and I did not find most of what I encountered in this book to be earth-shattering, but there were several key concepts that I was missing, and for that I am grateful. The biggest takeaway for me was that it's not about me...

Not impressed. It's a decent book if it's cheap but to be honest I didn't come away feeling like I learned much. Not what the title insinuates. It's talks about a few things that are helpful but this book

is more for high schoolers who are starting to have sex.

Very good book! Valuable infromations! As i am interested about this issue some of them i have already read them so i can say that all of them are 100% accurate! Must read for someone who has got ejaculations problems!

Decent, practical tips for lasting longer.

"How to last longer in a bed" is a book I really benefited from. My girlfriend as well of course :D Highly recommended, full of great tactics!

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the most in-depth research. Coconut Oil & YOU: 10+ Recipes For A Beautiful, Healthier, Leaner, More Energized YOU! Weight Loss, Youthful Skin, Beautiful Hair, Anti-Aging, Increase ... Psoriasis, Increase Energy & Brain Power) Taoist Breathing for Tai Chi and Meditation: Twenty-Four Exercises to Reduce Stress, Build Mental Stamina, and Improve Your Health Running Motivation and Stamina: Train Your Brain to Love Running with Self-Hypnosis, Meditation and Affirmations Vegan Instant Pot Cookbook: 200 Healthy Delicious vegan Recipes That Promote Longer Lifespan, Lose Weight Fast Reduce Risk Of Cancer & Increase Energy Level Vegan Instant Pot: 200 Healthy Delicious vegan Recipes That Promote Longer Lifespan, Lose Weight Fast Reduce Risk Of Cancer & Increase Energy Level Adaptogens: Herbs for Strength, Stamina, and Stress Relief

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