

**11 BRILLIANT
(& SLIGHTLY BADASS)
WAYS TO LAST LONGER**

↑
UP ALL NIGHT



UP ALL NIGHT

CONTENTS

Introduction	3
Common Treatments & Techniques	4
The Distraction Method.....	4
Prescription Pills.....	5
Delay Creams.....	5
Our Approach: The 3 Step Resolution Process	7
Step 1: Identify.....	8
Step 2: Understand.....	8
Step 3: Solve.....	11
11 Brilliant Techniques for Lasting Longer	12
#1: Study the Kamasutra.....	12
#2: Change Positions During Sex.....	16
#3: Slow Down & Vary Your Pace.....	16
#4: Pelvic Floor Exercises.....	17
#5: Foreplay.....	18
#6: Masturbation (Reformation).....	19
#7: Meditation.....	20
#8: Breathing Techniques.....	21
#9: Think Positively.....	22
#10: Lifestyle.....	23
#11: Communication.....	25
Conclusion	26

INTRODUCTION

Just about every man at some point in his life wonders to himself, **do I last long enough in bed?** Many cringe with unease as they scramble to answer. No one wants to be a one-minute-man or a two-pump-chump.

For some, premature ejaculation is temporary. Others get caught in a pattern of quick sex and never learn how to control their reflexes. An unimpressive performance in the bedroom can really disappoint and frustrate your partner, leaving them unsatisfied, and you defeated.

This book will provide you with an array of hands-on, core skill sets to help you achieve greater sexual control, and make way for long-lasting, quality sexual experiences.



COMMON TREATMENTS & TECHNIQUES

There are several common (but flawed) treatments and techniques traditionally recommended for those struggling with premature ejaculation. Here we will discuss the following three:

1. The Distraction Method
2. Prescription Pills
3. Delay Creams

1. The Distraction Method



Men generally have their go-to mental distractions — thoughts to divert their attention off of sex to keep themselves from ejaculating too fast. Whether that's thinking about baseball, reciting the pledge of allegiance, counting backwards, or picturing “unsexual” things that turn you off (and possibly even gross you out), everyone has their methods.

While this may do the trick for some, mentally distracting yourself is counterproductive.

Zoning out into space with your eyes glazed

over, more often than not leads to you no longer paying attention to your partner. A woman can sense this, and it might even turn her off in the process. In addition, losing yourself in a daze can't help but degrade the quality of your performance and the experience as a whole. It certainly does not take you any closer to being a better lover.

2. Prescription Pills

In more serious situations, taking prescription pills may be advised. However, these drugs are commonly overprescribed. Doctors often resort to pharmaceuticals right away without exploring natural options, indiscriminately prescribing drugs to anyone complaining about issues with sexual performance. Meanwhile, there are many natural remedies that are both safe for the body and often lead to more valuable, long-term results.



Doctors will sometimes prescribe an antidepressant like an SSRI (selective serotonin reuptake inhibitor) for patients struggling with premature climax. Unfortunately, these often come with the risk of side effects. The most frequently experienced are nausea, fatigue, brain fog and dizziness. SSRI's can also have unwanted sexual side effects. These include low or complete loss of sex drive, inability to orgasm, and erectile dysfunction.

Prescriptions also get expensive. Between the frequent doctor visits and recurring trips to the pharmacy, you could end up spending a ton of money trying to fix your problem. Not to mention, discussing premature ejaculation — even with a doctor — can be awkward and embarrassing for many.

3. Delay Creams

Many men try their luck at topical delay creams or gels to extend lasting time. The problem is, these products end up numbing you, or even worse, your lover, to the point that you could both barely feel any sensation at all.



This weakens the entire sexual experience, diminishing pleasure and enjoyment for everyone. Plus, you never really learn how to control your body. You are literally relying on *numbing* your genitalia in a desperate attempt to stop premature climax.

These methods certainly address the symptoms of premature ejaculation, but they do not address the cause. They only provide temporary solutions, and unfortunately, those solutions do come at a price.



OUR APPROACH

Treat the Cause, Not the Symptoms.

This guide isn't just a temporary cure or quick fix. Meaning, you won't turn back into two-second-Tom as soon as the clock strikes midnight. You are going to walk away with real, valuable skills that will stay with you for the rest of your life, and help you to become the virile man and dynamite lover you were born to be.

THE 3 STEP RESOLUTION PROCESS:

Just about any problem that comes your way in life can be resolved by following this very basic 3 step approach.

Step 1: IDENTIFY

Step 2: UNDERSTAND

Step 3: SOLVE

It might sound overly simple, but breaking down the “what’s,” “why’s,” and “how’s,” really helps you get to the bottom of the issue, not just put a bandaid over it and call it a day. **What** lies at the **root** of your problem? **Why** is it that way? And finally, using the tools of knowledge and understanding, **how** can you address the root of the problem, in order to solve the problem as a whole?

The ultimate goal here is to **treat the cause, not the symptoms**. Start by asking, what is at the core of your predicament? Retrace your steps. Go beneath the surface. Don't sweep your issues under the rug. Lift up that rug, and vacuum those shortcomings away.

IDENTIFY

Premature Ejaculation: What is it?

Premature ejaculation is defined as the inability to control climax, leading you to orgasm earlier than you or your partner would like. As many as 1 out of 3 men say they have experienced this at some time.

Premature ejaculation is a very real and debilitating concern for many men. It could cause insecurity in your relationships, possibly even damage them beyond repair. It might make you nervous to initiate new relationships. It could make you feel inferior, emasculated. Premature ejaculation often becomes a vicious cycle. The constant anticipation and fear of failure sets you up for self-sabotage every time.



UNDERSTAND

Premature Ejaculation: What Causes it?

Premature ejaculation can affect men of all ages. Young or sexually inexperienced men, men in new relationships or with a new sexual partner, men who don't have sex regularly, men who struggle with anxiety or low self-esteem, even attractive, successful men who get lots of attention from women but fear performing poorly and disappointing them — all face issues with premature ejaculation.

There are 2 types of premature ejaculation:

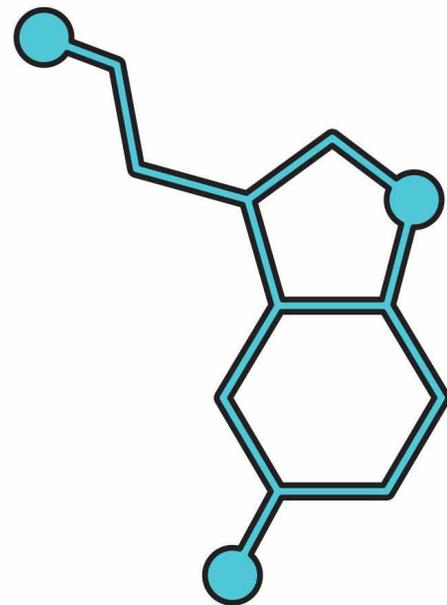
1. **Lifelong** (primary)
2. **Acquired** (secondary)

Lifelong means that premature ejaculation has been a problem since your first sexual experience and remains a problem for the rest of your life.

Acquired means you may have had previous success in sexual experiences, but developed premature ejaculation later in life. It is not completely understood what causes premature ejaculation, but it is generally believed to be a combination of physical, psychological and behavioral factors.

THE PHYSICAL

It is possible that hormonal imbalances such as low testosterone or lack of serotonin could be to blame for your premature ejaculation. Aging might also be a factor. The nervous system changes as you get older. It often becomes less efficient, not letting you last as long as you used to. Medical conditions such as high blood pressure, extreme physical hypersensitivity, an overactive nervous system, abnormal ejaculatory reflex, and inherited genetic traits could be responsible. Excessive consumption of drugs or alcohol might also play a role in occurrences of premature ejaculation.



THE PSYCHOLOGICAL

Oftentimes, premature ejaculation stems from psychological issues, such as anxiety. Though it begins in the mind, anxiety can manifest physically. It excites the nervous system, enhancing arousal and sensitivity. This can cause you to orgasm earlier than you'd like.

Early sexual experiences also pave the way for how future encounters pan out. One negative experience can lead to a lifetime of insecurity.





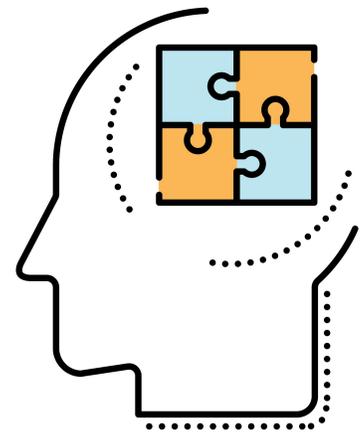
The anticipation of ejaculating too fast — and the fear of facing subsequent shame and humiliation — can quickly turn into a self-fulfilling prophecy. You become bound to this expectation. Self-doubt ends up governing your sexual identity for the rest of your life. An embarrassing sexual history generally makes you more inclined to feel nervous on occasions to follow, locking you into a pattern of performance anxiety and premature ejaculation.

THE BEHAVIORAL

Quick ejaculation is not just a product of anxiety or physical ailments. It did at some point serve an evolutionary purpose. The theory is that ejaculating fast ensured the male's sperm would efficiently and successfully fertilize the female egg, to further the propagation and survival of our species.

However, since then, this behavior has developed beyond its initial purpose of ensuring survival. Men have been socially conditioned to climax as fast as possible. A young boy first experimenting with masturbation has to finish his business fast if he wants to avoid getting caught in the act. He trains himself to masturbate and climax within an extremely short time frame. This encourages an increasingly sensitive and responsive ejaculatory reflex.

Another example is porn. It might sound funny, but porn has pretty much become the leading source of sex education for men. It's basically free, it's available 24-7, and you can watch it in the privacy of your bedroom. The problem is that porn is not teaching sex correctly. It is virtually laser focused on penetration. Attention is concentrated entirely on the penis, an organ that is frankly too sensitive for that level of stimulation. Porn neglects the playful, full-body sensuality that spreads arousal all over, that takes the pressure and stimulation off the penis. This without a doubt perpetuates the issue of premature ejaculation.

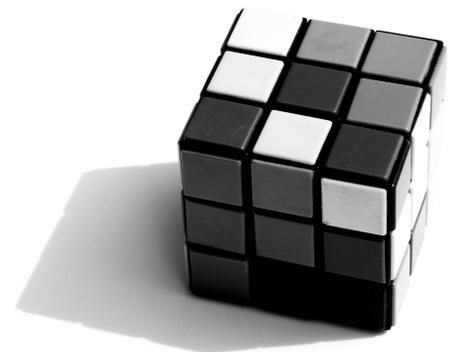


SOLVE

Your goal, and what you will get out of this book, is to discover how your body works and how to master control of it. You will learn to be more relaxed and not overly-eager. If you are in a relationship, your significant other will feel more satisfied sexually, and therefore happier in the relationship. If you are single, your game will improve. You will be more comfortable approaching women and initiating new relationships. You will gain confidence that will trickle down to all aspects of your life. This will impress women and draw them to you.

In order to get real, long-term relief from premature ejaculation, you will need to engage all 3 components in your treatment regimen — the physical, the psychological, and the behavioral. You will see, these things often overlap. By getting in tune with and bridging the connection between your body and mind, you will learn to master the art of sexual control.

Are you ready? Let's begin.



**11 BRILLIANT
(& SLIGHTLY BADASS)
WAYS TO LAST LONGER**



#1

Study the Kamasutra

The Kamasutra didn't earn its reputation as "bible of human sexuality" for no reason. In fact, this sacred text has been helping men and women improve the quality and novelty of their sex life since ancient times.

From creative sex positions to tantric breathing, the Kamasutra offers a wide variety of techniques to enhance pleasure and extend lasting time.

EXPLORING NEW POSITIONS

Spicing up sex lives since 400 BCE (est), the Kamasutra has truly traversed the breadth of human imagination when it comes to sex positions.

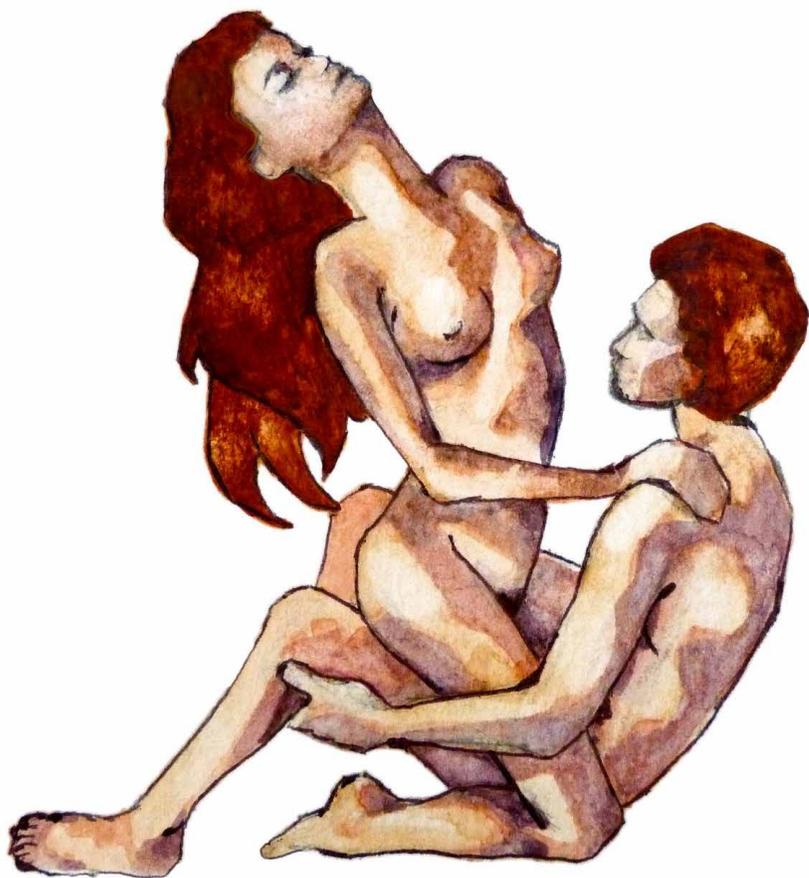
Whether it's sitting, standing, laying, or even squatting, there's really no end to the titillating variety of unique erotic postures you can try to send you and your lover into new dimensions of sensual pleasure.





REVERSE MISSIONARY

This is the classic missionary position, but with the woman on top instead. When in this position, the man is completely relaxed. His body is virtually still, helping him to delay climax. In this case, the woman controls the pace, depth, and rhythm of penetration. She will be able to get all the right angles to please herself just how she wants. She might even reach orgasm first.



THE HAMMOCK

To get into The Hammock position, sit on a hard, flat surface with your legs flexed, feet flat on the floor. Grab the back side of your knees. Let the woman straddle you. Press your knees against your partner's body to draw her closer to you, and help ground your bodies as you sway in a hammock-like rhythmic motion. The nature of this position slightly hinders penetration, making it easier for the man to delay orgasm.



THE MEDUSA

The Medusa is notorious for helping you boost your lasting power. The rate of friction is slower than other positions. Start by squatting on the floor, balancing with your feet. Let the woman straddle you, with her legs flexed and feet flat on the floor. Hold her up using the resistance of her body weight. This position requires strength, focus and balance. Superior endurance is also necessary to be able to hold this position. Your whole body is engaged, taking some of the attention away from the penis.

THE SPOONS

Simple, romantic, sexy, and one of the most helpful at increasing lasting time, is the spooning position.

Start by lying on your sides.

The woman will be your little spoon. Let her lie in front of you. Fit her snugly into to the mold of your body, like connecting two pieces of a jigsaw puzzle. In this position, your motions are forced to be softer and more coordinated. Penetration is deep, but slow. The way in which the woman's legs are pressed together can result in a squeezing effect on the penis, putting just the right amount of pressure to both delay your ejaculation, and create a pleasant stimulation for her on the clitoris.



THE TIGRESS

You might know it as the “reverse cowgirl.” The Tigress improves lasting time because it allows the woman to be in control of the movements.

In addition, the nature of this position generally requires slower, more careful motions, and can add several minutes to your lasting power.



TANTRIC BREATHING



The Kamasutra also teaches the art of tantric breathing. Tantric breathing works to engage the body and mind, and bring you closer with your lover.

One exercise to try is breathing together with your partner in unison. Inhale and exhale simultaneously, in harmony with one another. You could also do the opposite, inhale as she exhales, and vice versa, as if you are breathing in each other’s energy. The important thing is to do it in unison. Do this for 5 minutes, either before, during or after sex.

While it might seem silly (and feel free to laugh, laughter is healthy), it actually puts you in sync with one another. Additionally, this practice helps lead to simultaneous orgasms.

Feel free to further explore this enlightening ancient text, as it might help illuminate your path toward becoming a better lover.

#2

Change Positions During Sex

Actually switching positions while you're having sex can help prolong lasting time. It will give you a chance to pause before reaching climax, letting the urge subside as you reposition your bodies. When you feel you're starting to get close, take a minute to stop and regroup. You can also switch to mouth or fingers to give your penis a chance to desensitize.

#3

Slow Down & Vary Your Pace



First of all: **slow down.**

Let me repeat: **slloooowwww doooowwn.**

Regardless of what porn has taught you over the years, it's time to eighty-six the jackhammer. It does not feel good for her, and it certainly won't help prevent your urge to climax.

Upon penetration, don't just start pumping like a crazed rabbit. Stop for a moment. Kiss her. Slowly rotate your hips. Gently swirl around. Gradually transition to long, slow thrusts. Then work your way toward faster ones. Be sure to vary your speed and rhythm. Alternating pace is a very helpful method for both improving her pleasure, and increasing your lasting time.

THE 7 - 9 TECHNIQUE

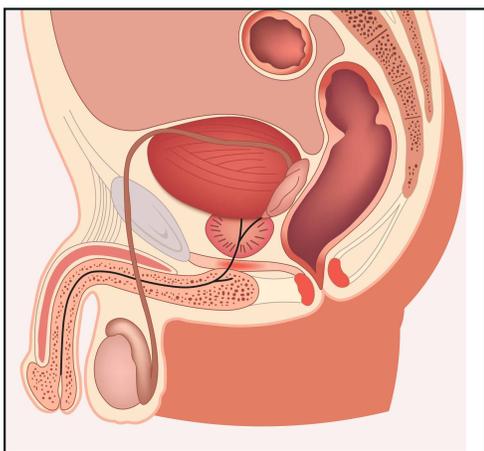
Once you've gotten into the groove, try the "7 - 9" method. Start with 7 fast thrusts in and out, followed by 9 slow ones. Repeat. This helps keep your climax at bay, while still maintaining a steady rhythm for your partner.

Try alternating between shallow and deep thrusts. This will both help you last longer, as well as enhance the pleasure felt from deep penetration. Since it isn't constant, when you do go deep, the pleasurable sensation is enhanced.

Don't forget, if you orgasm too quickly, you can always go for round 2. As soon as your refractory period is up, get back at it. Men pretty much always last longer the 2nd time around.

#4

Pelvic Floor Exercises



One of the most effective ways to increase lasting time is to practice pelvic floor exercises, also referred to as “kegels”. These work to strengthen your pubococcygeus (PC) muscles. Learning to tighten up and strengthen those PC muscles will make it easier for you to pull back during sex when you’ve reached the “point of no return.” Not only do they help you learn to control climax, PC muscle exercises can also improve the quality of your erection, as well as intensify orgasms.

PC EXERCISES AND HOW TO DO THEM

Start by locating your PC muscles. Next time you're in the bathroom, try to cut off the flow of your urine. Those are your PC muscles working.

Kegel exercises generally involve a clench, followed by a release. You want to isolate the PC muscles, relaxing the surrounding muscles. Clench. Release. Don't forget to breathe. In through the nose, out through the mouth. Here are a few exercise routines to get you started.

Exercise #1: Clench your PC muscles and hold for 1 or 2 seconds. Release. Do this 20 times. Then, try adding 10 slow squeezes to each set. Squeeze as tight as you can. Try to hold for a

full 5 seconds, then gradually release. Experiment with how long you can clench for. The PC muscles work like any other muscle in the body, growing and getting more proficient with use.

Exercise #2: Put a small towel over your erect penis. Clench your PC muscles to lift up the towel. Hold that for 2 to 5 seconds, then release. Try doing that 30 times.

Exercise #3: Hover your hand 1 or 2 inches above your erect penis. Tighten your PC muscles to lift your penis up to your hand. Hold that for 2 to 5 seconds, then release. Repeat 30 times. To add a little more challenge, gently push your hand down while lifting your penis up. Press your penis up against the resistance created by your hand.

#5

Foreplay



One sure-fire way to prolong your sexual experience is to get into a little old fashioned foreplay. Slowly build up the arousal. Touch her whole body. Kiss down her neck. Make her toes curl with your slow, sensual caresses.

Much of the anxiety surrounding premature ejaculation stems from the fear that you are incapable of pleasing a woman. Men are conditioned both socially and biologically to focus on penetration. Women, on the other hand, prefer the attention be paid to their entire body. In fact, many women say they are less likely to achieve orgasm from penetration alone.

Take time to focus on her pleasure. Figure out what makes her moan, what takes her breath away. This is actually what makes sex memorable for women, and nominates you as contender for best lover she's ever had.

Mastering this will ultimately make you feel more calm and relaxed. Knowing you can send her into orgasmic bliss will help you slow down, control the involuntary urge to ejaculate, and enjoy sex even more.

#6

Masturbation (Reformation)



There's no doubt that it helps to masturbate before sex. I mean, you don't want to be going in with a loaded gun. But that is not what we are focusing on here. This technique has to do with reforming the way in which you masturbate.

Since males are trained from childhood to masturbate with the intent to climax as fast as possible, your penis has essentially been pre-programmed to set you up for quick ejaculation.

While it is not such an issue when pleasuring yourself, when it comes to sex with a partner and lasting long enough to satisfy her, fast ejaculation is extremely inconvenient.

The idea here is to essentially re-program your body. You want to shift your focus off reaching orgasm. Take the time to really feel and experience the sensations, instead of just trying to quickly bust a nut. This will help you begin to identify your triggers and gauge your tolerance to stimulation.

THE START-STOP METHOD

One technique to try is the “start-stop” method. Gradually stimulate your penis until you feel you are about to orgasm. Stop the stimulation and immediately start clenching your PC muscles. Pause for 30 seconds to 1 minute, and don't start again until the urge to ejaculate has subsided. Repeat 4 to 5 times before finally letting the ejaculation happen.

Pausing when you feel the urge to climax helps you get used to sexual stimulation, as you learn to control your physical response to it. It might be useful to practice the “start-stop” technique with self pleasure toys that simulate the real feel of a vagina. The Tenga egg or Fleshlight can help your penis get accustomed to the vagina's stimulating sensations, while teaching you to control arousal during actual penetration.

#7

Meditation

Meditation is an incredibly helpful tool that can improve many areas of your life. Meditating engages the parasympathetic nervous system, known to promote calmness and well-being. The parasympathetic nervous system is activated when you are relaxed.

The sympathetic system, on the other hand, is activated under stress. It sends your body into fight or flight mode and can trigger untimely ejaculation. Practicing meditation helps you strengthen your parasympathetic nervous system, reducing the debilitating anxiety that sets you up for premature ejaculation.

Meditation is also about learning how to clear the mind. Instead of it being dominated by thoughts and emotional reactions, you are teaching it to remain neutral. You learn to **perceive** experiences by changing your internal reaction to external stimuli. This is a particularly invaluable insight and approach to living. While you cannot change the world around you, you can change your perspective. This gives you total power and control over what constitutes your reality, and you can shape it in any way you wish.



#8

Breathing Techniques



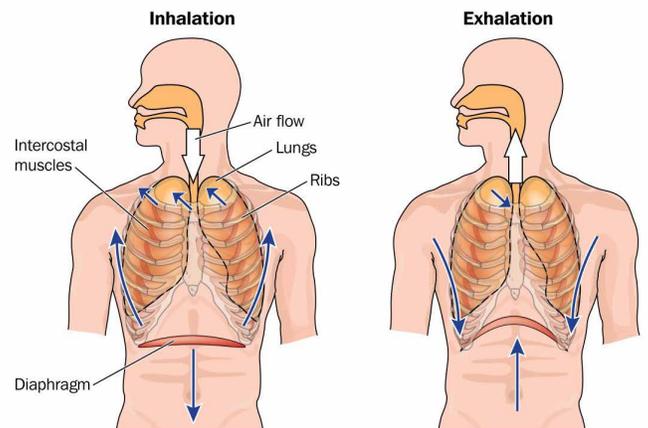
Essential to meditation is the practice of deep, **diaphragmatic breathing**. This method can be implemented anytime, anywhere. Diaphragmatic breathing encourages relaxation and reduces tension and feelings of stress. It is common for us to breathe shallowly, especially during sex. In contrast to diaphragmatic breathing, shallow breathing (or chest breathing) activates the sympathetic nervous system. It causes anxiety, nervousness, accelerated heart rate and tightness in the chest, and makes you more susceptible to premature ejaculation.

DIAPHRAGMATIC BREATHING: How to Do it

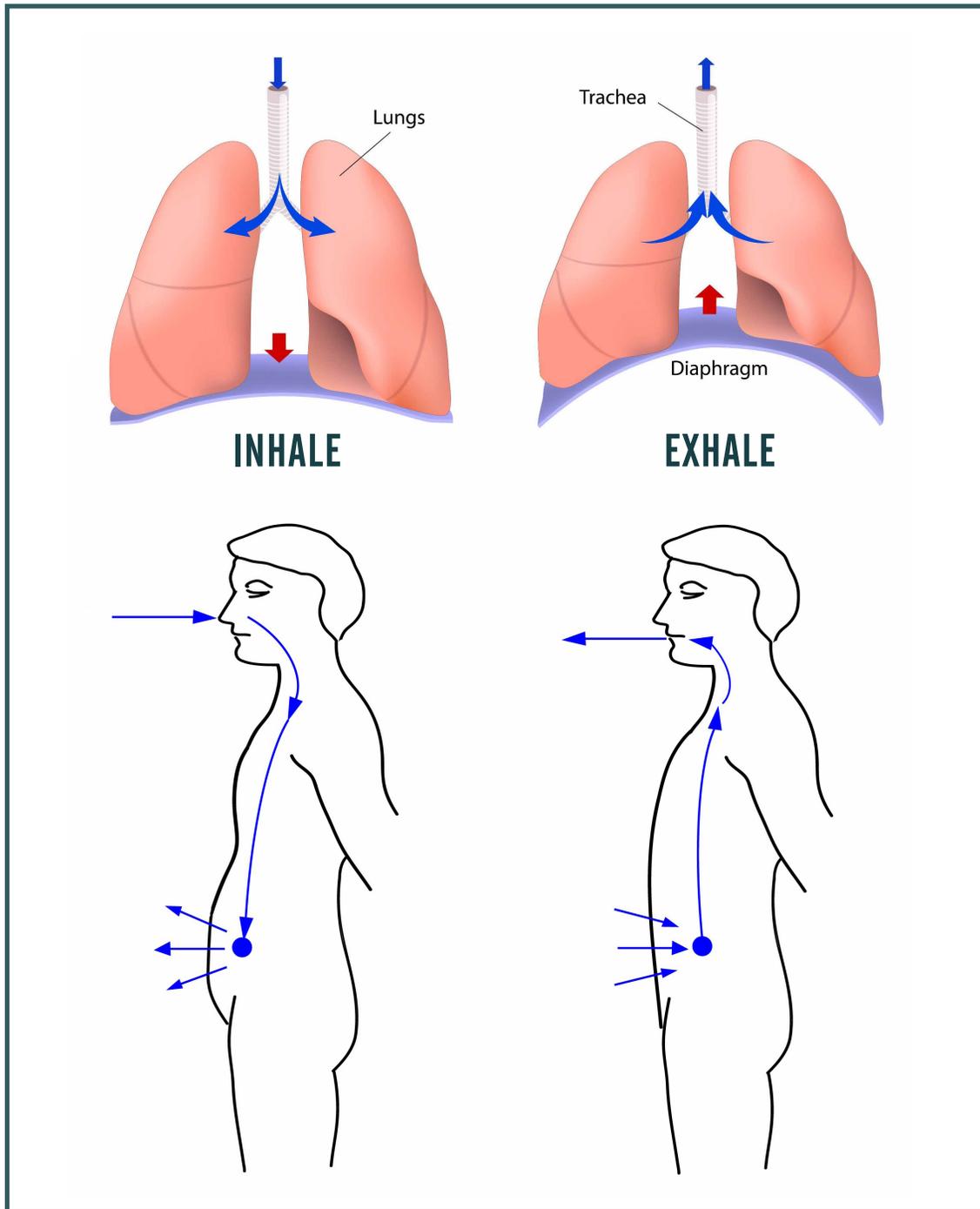
To practice diaphragmatic breathing, start by placing your hand on your belly. You can do this lying down or sitting. Feel your belly expand out as you inhale through your nose, and recede as you exhale through your mouth. Breathe slow and deep, into the diaphragm, not the chest.

Make sure your chest and shoulders are not lifting toward the sky. Your shoulders should be relaxed, all the air flowing directly to the diaphragm. In through your nose, out through your mouth.

This relaxes the muscles, soothes the mind, and calms the nerves. Breathing through your nose also helps you produce nitric oxide. Nitric oxide works to send fuel and oxygen to your whole body, filling you with life and vitality, and improving sexual performance.



Try doing this next time you're having sex. When you feel you are on the verge of ejaculation, quickly avert your attention to focusing on your breath. Diaphragmatic breathing is easy and convenient. Best of all, it can start making a difference immediately.





#9

THINK POSITIVELY

Meditation will help get you to this step, as it teaches you how to clear the mind. But beyond learning to perceive instead of react, you want to understand the importance of being positive. Free your mind of fears and useless “what-if’s.”

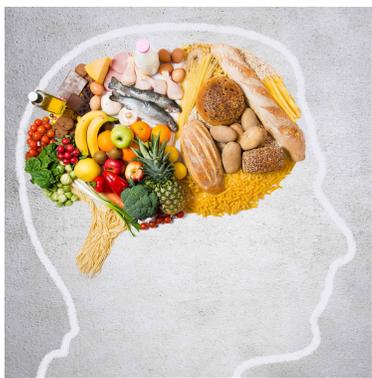
If you believe that whatever can go wrong will go wrong, and whatever can go right will most likely go wrong too – whatever it is – will probably, indeed, go wrong. Try to ignore thoughts driven by self-doubt. Just because something happened in the past, does not mean that outcome will govern the entire fate of your future.

Adopting a positive outlook will not only boost your confidence as a man. It will make you more comfortable with yourself and your sexuality. This in turn makes others, especially women, drawn to you and want to be around you.

#10

Lifestyle

Are you taking care of your body? Do you eat clean, exercise, get enough quality sleep? Remember, you must give your body the attention it needs to stay healthy, and keep you strong and virile.



EAT WELL

It's true, you are what you eat. No, I don't mean you are *literally* a cheeseburger. I mean that every parcel of food you consume impacts the health of your entire body. If you want to stay healthy and strong, you have to eat well.

In order to achieve maximum sexual health, it is recommended to eat lots of fruits and vegetables. They provide your body with nutrients and antioxidants to help improve energy, bloodflow, sexual performance and lasting power. Nutrients are better absorbed when eaten through food, which is why it is recommended to eat whole fruits and vegetables.

Some healthy and delicious foods you should incorporate into your diet to promote sexual health and support testosterone production include: spinach, bananas, fatty fish like salmon, garlic, pumpkin seeds, watermelon, figs, avocado, chili peppers, apples, ginger, and nuts.

It is recommended to avoid processed and refined sugars as they are known to reduce stamina and throw off metabolism. They can also pose risks to reproductive health. Their impact on insulin levels could hinder testosterone production.

Artificial sweeteners are no better, as they too may cause a spike in blood sugar. It is best to avoid refined sugars and fake sweeteners if possible. If you have a real sweet tooth, natural sugars like those found in fruits, honey or maple syrup are preferred.

EXERCISE

Exercise increases endorphins, and endorphins make you feel good. Strength training, cardio and stretching are all necessary for improving sexual health and performance. Be sure to build up your arms and abs. You have to be strong if you want to hold positions for long periods of time (and you don't want to crush your lady)!



Building muscle helps take the pressure off your joints, which unfortunately become weaker and more sensitive with age. Cardio strengthens the heart and lung capacity. It also improves circulation and endurance, naturally enhancing your performance in the bedroom.



Yoga is another excellent way to support sexual health. It increases blood flow to the genital area, sending oxygen and nutrients to your whole body. Holding poses for long periods of time also improves your strength, balance, flexibility and endurance. If you want to last, you will need superior stamina to make that happen.

SLEEP

Alas, let's not overlook the essential, yet often forgotten, phenomenon of sleep. Sleep is imperative for maintaining sexual health and healthy testosterone production. Lack of sleep affects every aspect of your life, both physically and mentally. It is important you get 7-9 hours every night to achieve optimal performance.



#11

Communication

Lastly, I cannot stress enough the importance of communication. Talk to your partner. Be honest. Honesty is a very attractive quality. It will make her trust you more, and feel more comfortable around you.

Chances are, she will not judge you. In fact, she will probably find your honesty charming. Sharing your concerns with your partner will prove you care, and you aren't just complacent. A little truth and sincerity go a long way.



CONCLUSION

I hope these techniques will help guide you through your journey toward becoming a better lover. Put these methods to work and see what they can do for your sex life.

Remember, don't be so hard on yourself. Stay confident. Focus on being the best man you can be. Hard work, dedication, and sincerity always pay off.

