

# SUPERCHARGING

*Your*

# EJACULATORY

# CONTROL

Secrets To

Enjoying

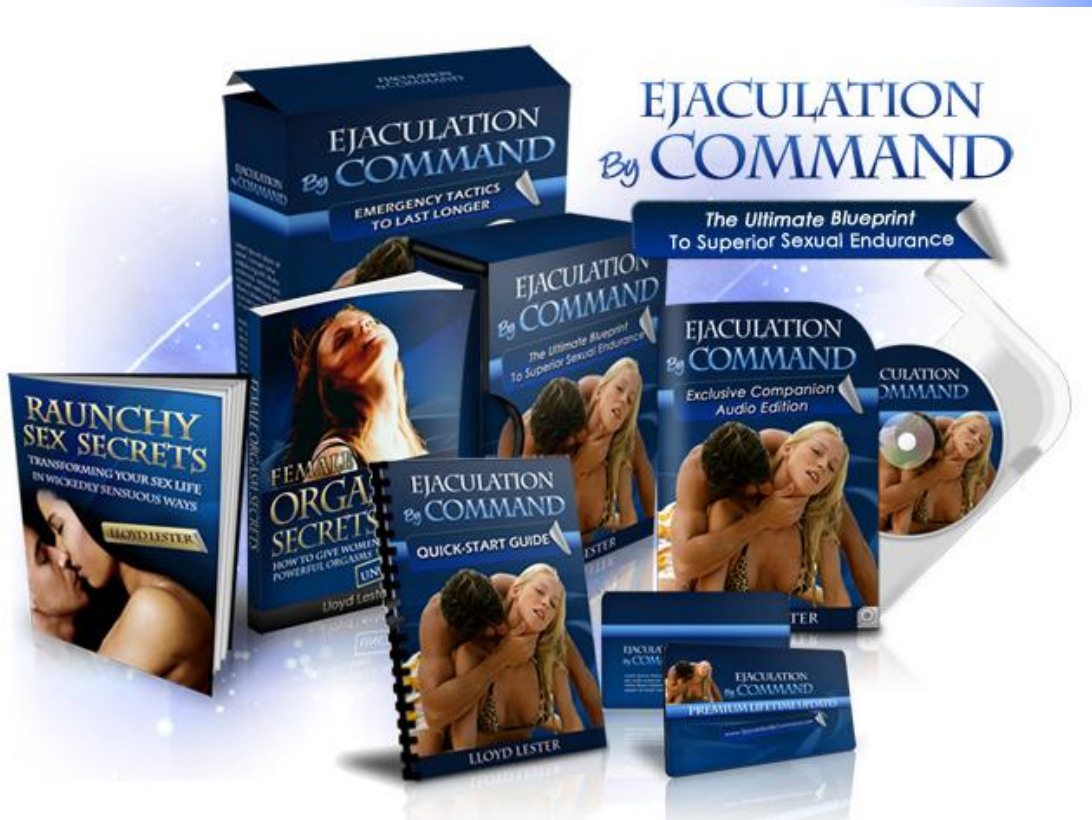
**SEX**

**THAT LASTS**

LLOYD LESTER

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**This report is a small preview of Lloyd Lester's  
"Ejaculation By Command"**



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"Well firstly I would like to say I am seeing a **massive improvement** already. I cannot believe how quick things have started to change. I always thought this was a problem I am going to be stuck with. I **feel a lot more confident now :-)** I felt like I was in control all the way from start to end, I have never lasted that long!

-- Wayne L., UK

## **Supercharging Your Ejaculatory Control** **- Secrets To Enjoying Sex That Lasts**

Lloyd Lester, Author, [EjaculationByCommand.com](http://EjaculationByCommand.com)

**P**icture this...

You were anticipating a night of great sex; you have planned everything you wanted to do, right down to the minute details. You set up the perfect lighting to create a sensual mood for her. But just 30 seconds into your "perfect lovemaking", everything was over.

Premature ejaculation had beaten you to it again.

7

You got up quickly to take a shower, when in fact that was just an excuse to hide your embarrassment. You promised you would do better next time. But it just never happens.

Sounds like what is happening to your sex life right now? Well, if you are like 40 percent of guys reading this, it probably is.

Let's face it. There is probably nothing in the world that gives a man greater pleasure than knowing he has the ability to satisfy any woman in bed. But for many guys, sex is often a short-lived affair (even an embarrassing one)



*About 20-40% of men around the world suffer from premature ejaculation*

that ends as soon as the heart starts pounding and the adrenalin gets rushing.

So what is it that you can do to cope with early ejaculation? Are you destined to come up short every time you have sex?

Not at all!

Unlike most male sexual dysfunctions, premature ejaculation can often be rectified without the need for long term medication or treatment.

*Anyone can learn to re-program his mental and physical abilities to last longer during sex*

But before we move on to examine the various alternatives and what makes a good cure for PE, it is important to properly understand what premature ejaculation really is - and if you are really suffering from it.

### **How Soon Is Too Soon? Here's A "Litmus Test"**

You could be a "premature ejaculator" if:

1. You routinely come to an orgasm within 2 minutes of intercourse;
2. You are unable to sexually fulfil your female partner more than 50% of the time; or
3. Your inability to last long enough is causing distress to you or your partner

But really, you do not need to feel embarrassed or humiliated if you are suffering from premature ejaculation. This is not a form of illness or disease, and the fact that you are among 20 to 40 percent of all men who have to deal with this issue means that you are NOT alone.

And the sooner you recognize that you need help, the sooner you will resolve this problem and enjoy the kind of long lasting sex that you know you deserve.

### **Are You At Risk?**

There are some men who are at higher risks of developing premature ejaculation. These include men who are suffering from some form of erectile dysfunction. Men who have problems with erection often subconsciously hurry through sexual intercourse for fear of losing their erections.

One of the biggest contributors to early ejaculation is stress or emotional strain. So guys who are often emotionally stressed out are also at a higher risk of ejaculating early during sex. This is just nature's way of releasing tension that has been pent up.

### **In Short, These Are 3 Things You Should Avoid...**

#### **1. The Effects of Stress**

Stress is your worst enemy, as far as your premature ejaculation goes. Whether it is related to your job or your



*Stress and performance anxiety are among the leading causes of premature ejaculation...*

performance in bed, stress can wreck havoc on your body. It leads to an increase in your blood pressure, a surge of adrenaline and a peaking of your sexual pleasure before you have had a chance to enjoy it fully. So what do you do about it?

Try to make a conscious effort to relax whenever you feel yourself go tense and stressed out. Take deep, thoughtful breaths and watch that tension ebb away.

## **2. Getting Emotionally-Charged**

Being angry or emotionally-charged before or during sex can also cause you to lose ejaculatory control in just a few moments. This can happen in 2 ways. First of all, it releases a surge of negative feelings within you. More importantly, it cuts out the communication that is so vital when you are making love.

Think about it. You are not looking into her eyes - they are glowering at you in all probability - and that is NEVER good for your arousal control. What's more, the surge of blood will make you lose control of your ejaculation reflexes very quickly, sometimes within seconds!

## **3. Using The Wrong Masturbation Techniques**

Strange as it sounds, the right masturbation technique can help you last longer. But the wrong way of self-stimulation can cause more harm than good. What are we



talking about? If you have been used to a quick fix when you are pleasing yourself, it will be reflected in bed.

The logic is simple. Your body becomes accustomed to a quick orgasm (and a weak one) when you masturbate quickly. The other problem is when you masturbate too frequently. If you are getting off by yourself three times a day, and getting off fast, you are spoiling your chances when the real thing hits in bed.

### **Do You Need To See A Doctor?**

If your lack of sexual endurance is causing great distress to you and your partner, it is recommended that you seek medical assistance. A doctor would be able to advise on the appropriate treatment to help you cope with the problem.



In some cases, the doctor may even suggest that you are not even experiencing early ejaculation, especially if it occurs only occasionally.

Likewise, if you can satisfy your partner even if you do not last more than 2 to 4 minutes during intercourse, there is no real cause for concern.

### **So What Is Considered A Good PE Treatment?**

When evaluating the treatment options best suited for you, I suggest you take these 2 criteria into consideration:

1. The treatment provides a PERMANENT cure instead of just a short-term solution
2. The treatment should be natural and relies on your body's natural responses to improve your sexual stamina.

So which PE treatments are recommended? Let's take a look below.

### **Common Premature Ejaculation Treatments**

1. Anti-depressants drugs - Most of these drugs and medications belong to the selective serotonin reuptake inhibitor (SSRIs) family of drugs. Are they worth your time? Well, these drugs do work, but they come with unintended consequences - such as the loss of libido or even difficulty in ejaculating. You have to consume these on a daily basis. Plus they don't work if you take them just before sex. Before taking on these drugs, it is best that you consult a doctor about the potential side effects and if they are the best option for you.
2. Numbing applicators such as creams, lotions and sprays - These are popular solutions among men suffering from PE. They do work, but these are more of temporary quick fixes that do not permanently cure your early ejaculation problem. They can be useful if you need extra endurance at a



*The vast majority of commercial solutions will NOT permanently cure premature ejaculation...*



moment's notice, but solutions such as desensitizing creams have the potential to dull or lower the sensations you and your partner will experience during sex.

Also, how would you like to run off to the bathroom to apply the spray each time you want to have sex? That is embarrassing, isn't it? Well, and it certainly does not look the least bit manly that you have to depend on a bottle of 'foreign assistance' to help you last longer in the sack!

3. Naturally "re-wire" your ejaculatory response - This is a permanent treatment and addresses the root causes of your premature ejaculation. It encompasses a natural, time-tested training routine that conditions your body to withstand mental and physical stimulation and prolong your ejaculation. You may not see results overnight, but given time, you will definitely experience permanent effects of lasting longer in bed.

*Because premature ejaculation is largely a conditioned response, you can permanently reverse this behavior with the right strategy...*

Let's take a look at one of the best natural conditioning techniques to improve your ejaculatory control and last longer in bed.

### **Managing Your Arousal Control**

Arousal is basically the sensations you go through when you become sexually stimulated. To be able to last longer during sex, you have to first understand the four stages of male sexual arousal. By paying close attention to how

your body responds and reacts throughout these four stages, you will be in a better position to control how long each stage lasts and enjoy sex to the fullest.

Briefly, stage one is when your penis starts to get an erection; stage two takes place when the arousal begins to increase, your erection becomes full but you are still in control. Stage three occurs when the arousal intensifies, your penis glans expands, become more sensitive and you are right on the edge of ejaculation. This culminates into stage four when your nervous system tips over, causing your pelvic muscles to contract and releasing ejaculation.



To last longer in bed, you basically need to stretch out the four stages for as long as possible. "Premature ejaculators" can go from stage one to four within a minute or less while those with **superior sexual endurance** can extend their lovemaking to an hour or more.

Among the four stages of arousal, stage two holds the key. This means you have to strive to remain in stage two for as long as you can. Once you hit stage three, there is practically no turning back - even if her granny suddenly trots into the room!

*Becoming aware of your own sexual arousal is the first key step towards beating premature ejaculation...*

So how do you achieve longevity in stage two? Simple - the key is to focus on GIVING rather than TAKING.

In this respect, the following 3 "P" techniques will help you greatly.

## **1. "Power Of Pleasing"**

The real purpose of sex should be in helping your partner enjoy the moment as much as you are (if not more!). One of the reasons why men are not lasting long enough is due to the fear or anxiety of not being able to sexually fulfill her. If this sounds like you, there is an easy way out. Instead of focusing on using your male anatomy to please her, why not use the "whole-body" experience instead?

A woman does not need sexual intercourse to be erotically fulfilled, although that would be the icing on the cake. A woman needs emotional connection and above all, attention to her body on the whole - and not just her genitals.

So what does this mean for you?

Simple! Tease her with words, and pay attention to the sensuous areas and hot buttons all over her body. This will get her all warmed up before the actual deed, and more importantly, help extend your time in bed too.

## **2. "Power Of Positioning"**

The next time you feel the uncontrollable urge to climax, think about what makes you feel good. This will help "debug" your quick orgasm reflexes. For many guys, the positioning of the hips plays a huge role in defining how long you can last. Thrusting with vigorous hip movements can push you to the verge of

*Many guys go thrusting right out of the gate and let their arousal escalate without control - a surefire way to climax quickly...*

*Women are "emotional beings" - they are biologically wired differently from men. To get her in the mood, you need to focus on HER first...*



climax very easily, especially if you engage in the conventional missionary position.

Also, pay attention to the positioning of your partner's legs during penetration. If her legs are closed tightly, more pressure and stimulation will be applied to your penis glans and if you aren't trained properly, you will likely last no more than a couple of quick minutes (or even seconds). Try spreading her legs apart during intercourse, thrust more deeply and press your pelvic area against her genitals. You will last longer and she will derive more pleasure at the same time!

*Many sex positions are known to cause quick ejaculation - the missionary position is one such "culprit"*

### **3. "Power Of Plateau-ing"**

There are four phases to a man's sexual arousal. In the "excitement" phase, you are just getting erect and still very much in control of your arousal. At the "plateau" phase, you are fully erect, very aroused, but still in control. At "orgasm" phase, your arousal builds up intensely and the amount of stimulation tips over into ejaculation. The last phase is the "resolution" stage where your breathing returns to normal and your erection subsides.

*The "plateau" stage holds the key to lasting as long as you desire...*

The key to controlling your ejaculation is to extend the "plateau" stage. This means you need to maintain your levels of arousal without allowing yourself to boil over to a climax.

So how do you prolong the "plateau" phase?

First, maintain a steady tempo during penetration. Allow your thrusts to slowly gain momentum and when you sense you are fairly close to a climax, slow down, and if need be, withdraw entirely. Resume penetration when the arousal tapers off. Communicate with your partner why you are doing this. Her support will help you build greater confidence in your performance.

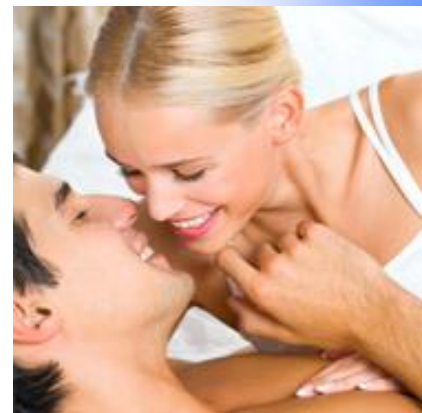
Second, try alternating between deep and shallow thrusting. Shallow penetration will stimulate the sensitive nerve endings within the first 2 inches of a woman's vagina. Deep thrusting will present less friction and stimulation on your penis glans and help you rock on much longer!

### **The Bottom Line Is This...**

Premature ejaculation need not become a lifelong problem- unless you choose to let it become one.

By learning and practicing the proper tips, techniques and strategies, you can turn around a lifetime of embarrassment and begin to enjoy incredible sex and finally give your woman the sexual pleasure that she deserves.

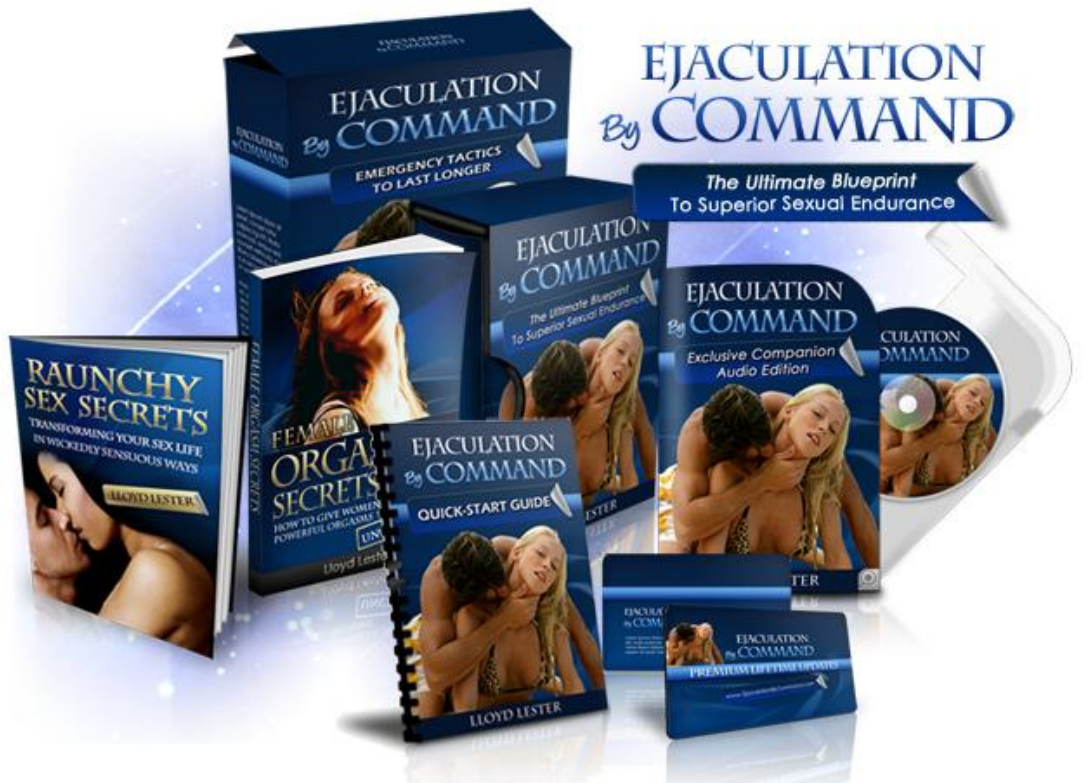
Don't be too hard on yourself when things don't go right at first. Developing ejaculatory control may not be the most natural thing to do initially. It does take time, patience and practice. But keep your spirits up and try to see the lighter side of things even when you 'accidentally spill' during sex!



*Premature  
ejaculation need  
not be a  
permanent fixture  
in your life... it  
CAN be cured.*

## Don't Be Embarrassed In Bed... Be Confident!

This report is just a small preview of my full course "Ejaculation By Command"



[Click Here To Download The Full Version >>](#)

Inside, you'll unlock all the BEST techniques to last longer in bed and get a MASSIVE edge to totally transform your sex life (and hers too!)

This is just a **small sample** of what you will learn:

- ✓ An easy mindset shift that completely changes your perspective about premature ejaculation... and the best thing is, your girl will see a new, confident you with this simple "tweak"
- ✓ How to use "self-gratification" to last longer during sex - there's a right way and a wrong way... I'll show you the right way

- ✓ A huge mistake guys make right before they have sex that actually kills their sexual stamina. (I'm amazed how many men do this... and if you don't know what it is, there is a good chance you're making this mistake now)
- ✓ How to prevent yourself from ejaculating when you are "on the edge"... and do so without having to "stop the action" (**this one tip can literally save your relationship**)
- ✓ An easy way to TRIPLE the intensity of her orgasms without requiring any extra "stamina" from you
- ✓ A proven penetration technique that will easily add minutes to your lovemaking... and you can easily do 100 thrusts of this without blowing early (It's taken me a long time, but I've finally figured out **a thrusting sequence that NO woman can resist.**)
- ✓ Four different sex positions that will give you superior endurance and INSTANTLY get a woman aroused to the point where she's filled with pleasure
- ✓ A simple but powerful breathing technique that instantly supercharges your ejaculatory control (and it takes only 5 seconds to do)
- ✓ How to lower a woman's threshold for orgasm so that she ALWAYS comes before you
- ✓ The single most powerful "sex tip" I've EVER discovered (This one is truly POTENT... and will **bestow upon you a sexual power and create a level of intimacy that you might be mentally unprepared for...** so save it for the women you really love)
- ✓ And much, much more!

Don't settle for lousy sex.

Get your copy of *Ejaculation By Command* and start enjoying the kind of sex you once only dreamed about!

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