

Premature Ejaculation Trainer The Ultimate Guide To Last Longer In Bed And Cure Premature Ejaculation Mens Health Trainer Book 1

The Ejaculation Trainer - The Perfect Solution for Premature Ejaculation. Premature Ejaculation Cures | Best Ejaculation Trainer Review Premature Ejaculation Cures | Best Ejaculation Trainer Review [Ejaculation Trainer] Ejaculation Trainer Book Review - Ultimate Ejaculation Trainer Ebook - Rapid Ejaculation Cure Premature Ejaculation in JUST 2 WEEKS How to stop premature ejaculation premature ejaculation trainer 10 Min. Exercise Routine Last Longer in Bed [] Combat Premature Ejaculation 3 exercises to treat premature ejaculation #sexuality The Premature Ejaculation Miracle Point Check Out The BEST Cure Premature Ejaculation Book | Cure Premature Ejaculation Book Ejaculation trainer review book The Ejaculation Trainer Ebook Scam - Proof its not The Ejaculation Trainer By Matt Gorden-Premature Ejaculation Trainer Solution Books on Premature Ejaculation | The BEST Out of All the Books on Premature Ejaculation How to Last Longer in Bed (Premature Ejaculation) Kegels Are Bullshit - Do THIS Instead The Ejaculation Trainer Review How to beat Premature Ejaculation? - Dr. Anantharaman Ramakrishnan Pelvic floor exercises for men

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How to Overcome Premature Ejaculation

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Recover Your Sex Life and Improve Love and Romance on Your Relationship: Sex Guide, Sex Health, Marriage and Sex.

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MANual Guide to Ultimate Pleasure

Premature Ejaculation Trainer The Ultimate Guide To Last Longer In Bed And Cure Premature Ejaculation Mens Health Trainer Book 1

OMB No. 8917456232839 edited by

RAFAEL LACI

Aphrodisiacs Rodale Books

The planning and writing of this book has taken rather longer than I had originally intended; what began as a modest literary project for two second-year medical students has expanded over eight years to become a complete book. The subject matter lent itself all too easily to a sen sationalist approach yet, on the other hand, a strictly scientific approach would probably have resulted in a dull dry text of little interest to the general reader. I have therefore attempted to bridge the gap and make the book intelligible and entertaining to the non-special ist, but at the same time ensuring that it is factually correct and adequately researched for the scientist or clinician. I have always been impressed by Sir J .G. Frazer's introduction to his classic book The Golden Bough in which he apologizes for the fact that an article originally intended merely to explain the rules of succession to the priesthood of Diana at Aricia had expanded, over a period of thirty years, to twelve volumes. The present work cannot pretend to such heady levels of academic excellence.

How to Overcome Premature Ejaculation Atria Books

Since Dr. Brizendine wrote The Female Brain ten years ago, the response has been overwhelming. This New York Times bestseller has been translated into more than thirty languages, has sold nearly a million copies between editions, and has most recently inspired a romantic comedy starring Whitney Cummings and Sofia Vergara. And its profound scientific understanding of the nature and experience of the female brain continues to guide women as they pass through life stages, to help men better understand the girls and women in their lives, and to illuminate the delicate emotional machinery of a love relationship. Why are women more verbal than men? Why do women remember details of fights that men can't remember at all? Why do women tend to form deeper bonds with their female friends than men do with their male counterparts? These and other questions have stumped both sexes throughout the ages. Now, pioneering neuropsychiatrist Louann Brizendine, M.D., brings together the latest findings to show how the unique structure of the female brain determines how women think, what they value, how they communicate, and who they love. While doing research as a medical student at Yale and then as a resident and faculty

member at Harvard, Louann Brizendine discovered that almost all of the clinical data in existence on neurology, psychology, and neurobiology focused exclusively on males. In response to the overwhelming need for information on the female mind, Brizendine established the first clinic in the country to study and treat women's brain function. In The Female Brain, Dr. Brizendine distills all her findings and the latest information from the scientific community in a highly accessible book that educates women about their unique brain/body/behavior. The result: women will come away from this book knowing that they have a lean, mean, communicating machine. Men will develop a serious case of brain envy.

She Comes First Hay House, Inc

The Aphrodisiacs and Herbal Recipe book is an outstanding and easy to use guide to making various powerful and effective African Aphrodisiacs, Kayanmata, herbs and Local Agbo from the comfort of your home without side effects, also without spending much money. This book consist of easy ways and recipe to make; Herbs for pile, Bigger erection, Quick ejaculation solutions, Sweetener and Lubricant for women, Hips and Breast enlargement, Fertility, Infection solutions etc. Sex Positions Rodale Books

Amaze Your Partner - Become A Virile, Passionate Lover! What can this book do for you? With The Best Guide to Last Longer in Bed: Recover Your Sex Life and Improve Love and Romance on Your Relationship, you'll find out how to take care of your body and emotions. It's time to groom yourself to become the Casanova of these times. You really can give a woman intense and satisfying pleasure and be the best lover she's ever had! How can this book make you a better lover? You'll learn how the various parts of the male sexual anatomy work together during intercourse and how to avoid premature ejaculation. With the right information, you can last longer and give your partner the satisfaction she deserves! Also, at the end of this book, you'll discover more books from the same author that we are sure you'll love! Buy your copy of The Best Guide to Last Longer in Bed: Recover Your Sex Life and Improve Love and Romance on Your Relationship right away, and start being the bedroom dynamo you've always wanted to be! You'll be so glad you took the time to get this right!

The Ultimate Experience Lulu.com

What is this series about? This is a how-to series on sexual intercourse and intimacy for men who want more pleasure, fun, connection, and fulfillment from their sexual experiences with women

(and they from you!). This series will take you on a transformative journey of sexual-self discovery from a guy who fumbles around during sex, to becoming a multi-orgasmic man who understands the importance of building sexual energy, and who can maintain his sexual energy - and therefore his erection - for hours, days, and even weeks, while still experiencing toe-curling, non-ejaculatory, tantric orgasms the entire time. Sexual intercourse is the most powerful physical connection we know. It holds the promise of transcendent union between men and women. Unfortunately, intercourse is not fulfilling its potential. Find out why mastering control over your ejaculation - and therefore your masculine sexual energy - is the fundamental basis upon which having heated, fulfilling, intensely connected and orgasmic sexual interactions depends. In other words, you will learn the proper way to f*ck a woman. And when you can do this, you and your partners will discover the real magic of sexual intercourse, with its promise of connection, heat, passion, and transcendence, fulfilled. Your sexual self-discovery will include: - What does your authentic sexual expression look like? - How do you go from technical sex, to the erotic? - If orgasm is not the goal of sex, then what are you aiming for? - What is the connection between ejaculation control and orgasm - both yours and hers? - What is so important about having intercourse beyond the Magical 20-Minute Mark? - How to get to deeper levels of connection, intimacy, fun, fulfillment, and satisfaction with your female partners. - How to bridge the gap between your fantasy life, and what you are actually living. This series will help you if: - you have no control at all over your ejaculation while having intercourse - you regularly have unwanted/uncontrollable (premature) ejaculations - you think intercourse means pumping like a jackhammer - you expect her to orgasm within minutes of having intercourse - you feel insecure, lost, uncertain about what you are doing while having sex - you shy away from sex because you don't know what you are doing - your sexual encounters are usually less than 20 minutes in total, from first kiss to final ejaculation - your sex life is superficial, unsatisfying without feeling, unfulfilling, These books are easy to read, fun, funny, and chock-a-bloc with vital information necessary to a satisfying, fulfilling, heated sex life. What is in Book One - the importance of having intercourse beyond the Magical 20-Minute Mark - the 8 fundamental sexual misconceptions which ruin your sex life, clarified! - the first two Personal Milestones of Masculine Sexual Energy - complete set of 10 exercises for accomplishing the first two personal milestone, all of which can be done on your own. Start them today! Men Are Multi-Orgasmic What you will discover in this book is something few know: that men can separate

the process of ejaculation from orgasm. This kind of non-ejaculatory orgasm, also known as a tantric orgasm, can be just as intense as an ejaculatory orgasm, with one big difference: you do not release your sexual energy along with your ejaculation, and therefore you do not lose your erection. The Magical 20-Minute Mark Discover the importance – and the benefits! – of having intercourse beyond The Magical 20-Minute Mark. It is only beyond Magical 20-Minute Mark that sexual energy is built to sufficient levels to reach deeper levels of orgasm. It is at this point – after the couple has had intercourse (not just sex, but intercourse alone) beyond the Magical 20-Minute Mark, where the confluence of masculine and feminine sexual energies begin to join forces, and together you dance off to transcendent landscapes created by the sexual energy of your union. *CBD Oil for Premature Ejaculation, Effective Remedy for Erectile Dysfunction* Mark Bentley Cohen Your dreams of sexual pleasure are about to come true. No age, time, place, or body constraints can prevent you from becoming the lover you desire to be. A bestseller around the world, *Sex and the Perfect Lover* has become the definitive guide to improving your sexual experience. Inside, discover how to: Learn and develop sexual magnetism Become an irresistible, fascinating, unforgettable lover Overcome sexual blocks and inhibitions Achieve multiple orgasms Stimulate a woman's G-spot Practice Kama Sutra techniques with the help of amazing illustrations and personal tips from the author Make your relationship sacred and feel inner divinity while making love Find and attract your soul mate This book will become your eternal companion and trusted adviser -- all of your needs and doubts about eroticism will be eased by lam's tried-and-true advice. From your first kiss to sexual ecstasy, Mabel lam guides you along the path to an intense pleasure that only love and sex can bring.

Battlefield Revelations and the Making of Modern War Culture, 1450-2000 Alex Gibbons Viagra is used for curing erectile dysfunction in men as Cialis can be used for treating erectile dysfunction in males and symptoms of benign prostatic hypertrophy (enlarged prostate) which is simultaneously accountable for treating impotence in 90 percent of men and has helped save relationships and marriages from sexual impotence problem. Viagra enhances the comfort of the blood vessel muscle and raises the stream of blood into certain areas of the human body. There are plenty of things that a lot of people don't understand about this excellent pill and how it may be employed to efficiently treat erectile dysfunction. Viagra is a famous cure for men with erectile dysfunction (weak erection), that has helped to re-establish broken houses and brought joy to associations, it has saved more than 60 million men across the globe. The widespread usage of this drug is that it has treated 90-92% of people and guys with severe impotence.

The Herbal Path to Healthy Sexual Fulfillment and Vital Living Springer

There are things you can do to overcome the awful condition. There is no set time when a man should ejaculate during intercourse. But it is apparently too soon if you have an orgasm before penetration or less than a minute after you start. It is an issue because when you climax you lose your erection and can not continue having sex. You and your partner may feel there is not adequate time to enjoy it. Ejaculation is the ejection of semen from the body. Premature ejaculation (PE) is when ejaculation occurs sooner than a man or his spouse would like during intercourse. Intermittent PE is also known as rapid ejaculation, premature climax or early ejaculation. PE might not be a cause for worry. It can be disappointing if it makes sexual intercourse less enjoyable and impacts relationships. But if occurs often and causes problems, your health care provider can help. In the U.S., about 1 in 3 men 18 to 59 years old have problems with Premature Ejaculation. The problem is sometimes thought to be psychological, but biology may also play a role. Ejaculation is restrained by the central nervous system. When men are sexually aroused, signals are sent to your spinal cord and brain. When men reach a certain level of excitement, signals are then sent from your brain to your reproductive organs. Kindly grab a copy of this book to get yourself cure of Premature Ejaculation permanently. Timing can be everything in the bedroom. If you are ejaculating sooner than you and your partner would like, sex may not be enjoyable for either of you. It is a problem called premature ejaculation (PE). It can be discouraging and even disturbing. It can battered your relationship too. You do not have to live with it.

DEVELOPMENT & OPERATION GUIDE

KDPBONUS.COM

Last Longer in Bed is the breakthrough program for men who want to beat premature ejaculation (PE) and satisfy their lovers every time. Packed with cutting-edge scientific research and radical sexual techniques, this step-by-step action plan will help you train yourself to delay the point of no return during sex. Think of it as training for a marathon or weight lifting for size and strength,

except in this case instead of building stronger legs and bigger biceps, you will be building more sexual stamina and a stronger, more powerful arsenal of sexual tactics to guarantee her a mind-blowing orgasm. Because, ultimately, conquering PE isn't about your orgasm. It's about her's. The latest scientific research suggests a man can have PE whether he lasts 1 minute or 15 minutes. As one urologist explains in the book: "If you spend the whole time during sex thinking about not ejaculating, that's PE, and that's not the way sex is supposed to be." Sound familiar? The answer is Last Longer in Bed's multidisciplinary approach that helps you last longer so you can perform better. Included are physiological, biological, cultural, and neurological strategies that increase your ejaculatory threshold and supercharge your swagger between the sheets. (There's even a "Better Sex Workout" for training sex-specific muscles.) What you won't find are the "home remedies" we've all heard about and tried before: No distraction tactics ("Think about baseball"). No numbing creams. No shots of liquor. This is an intensely-researched, comprehensive plan that's probably unlike anything you've tried before.

[Perfect Solution for Premature Ejaculation](#) Createspace Independent Publishing Platform

[Ejaculation Trainer: the Ultimate Guide to Last Longer in Bed](#) Step by Step Instructions for PE Treatment

How to Last Longer in Bed During Sex Hours Harmony

How to Overcome Premature Ejaculation discusses male sexual response and the cause of its disorders, and provides advice on leading a more normal sex life. Based on the same therapeutic methods that have proven clinically effective for 90% of men suffering from premature ejaculation (PE), this straightforward volume describes a rapid, practical self-help program that can be used by single men or couples in the privacy of their home. Dr Kaplan first explains the nature of PE and its causes and then describes her effective treatment techniques. She also discusses the errors and resistances that can arise and provides suggestions on how to overcome them.

[Recover Your Sex Life and Improve Love and Romance on Your Relationship: Sex Guide, Sex Health, Marriage and Sex.](#) John Wiley & Sons

There is nothing more damaging to the male ego than feeling as if you are not as well endowed as you would like to be or feeling like you simply cannot last long enough in bed. Both problems can cause issues with self-esteem and it can wreak havoc with their social lives but that ends here and now. You will never have to feel as if you are not big enough or last long enough in bed to satisfy your partner. This book has two purposes, to help you build up your stamina and your endurance so that you can go longer and to help you grow bigger. Shelves are packed full of products all promising to give you an increased size and better endurance but no magic pill exists to magically make you longer and able to last longer. It is possible and this book has the answers that you need to be able to last longer and to be longer.

ORGASMIC BODIES

Springer Science & Business Media

Los Angeles magazine is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art and architecture, and news that define Southern California. Started in the spring of 1961, Los Angeles magazine has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian. *Increase Your Sexual Performance and Last Longer in Bed Tonight!* Routledge

The revised 13th edition of the essential reference for the prescribing of drugs for patients with mental health disorders The revised and updated 13th edition of The Maudsley Prescribing Guidelines in Psychiatry provides up-to-date information, expert guidance on prescribing practice in mental health, including drug choice, treatment of adverse effects and how to augment or switch medications. The text covers a wide range of topics including pharmacological interventions for schizophrenia, bipolar disorder, depression and anxiety, and many other less common conditions. There is advice on prescribing in children and adolescents, in substance misuse and in special patient groups. This world-renowned guide has been written in concise terms by an expert team of psychiatrists and specialist pharmacists. The Guidelines help with complex prescribing problems and include information on prescribing psychotropic medications outside their licensed indications as well as potential interactions with other medications and substances such as alcohol, tobacco and caffeine. In addition, each of the book's 165 sections features a full reference list so that evidence on which guidance is based can be readily accessed. This important text: Is the

world's leading clinical resource for evidence-based prescribing in day-to-day clinical practice and for formulating prescribing policy Includes referenced information on topics such as transferring from one medication to another, prescribing psychotropic medications during pregnancy or breastfeeding, and treating patients with comorbid physical conditions, including impaired renal or hepatic function. Presents guidance on complex clinical problems that may not be encountered routinely Written for psychiatrists, neuropharmacologists, pharmacists and clinical psychologists as well as nurses and medical trainees, The Maudsley Prescribing Guidelines in Psychiatry are the established reference source for ensuring the safe and effective use of medications for patients presenting with mental health problems.

[MANual Guide to Ultimate Pleasure](#) Independently Published

The penis is a sex organ which is partly inside and outside of the body and used for sex as well as urinating (going to the toilet). The penis reaches its full size during puberty and all penis vary in shape and size. We admit it, vaginas are tough to figure out, even for those of us who have one. But penises? As straightforward as it may appear, the male member can be pretty damn mysterious. Why is it always hard in the morning? What's with circumcision? What makes it go soft in the middle of sex sometimes? And why is size such a huge issue among otherwise secure guys who should be rocking BDE? To help you get a handle on all things penis health-related, we consulted doctors who specialize in male sexuality and urology and asked them to shed light on the questions and topics you just don't want to ask about. For more information about Penis; how to take care of it, its concitions and so on. The foreskin is a sleeve of skin that surrounds the head of the penis. When you get an erection, the foreskin stretches. The head of the penis is then completely exposed. In some cases, the foreskin can be tight. If there seems to be a problem and it is uncomfortable when the foreskin stretches you should consider talking to a doctor. Circumcision is the removal of the foreskin, it is a simple operation and may be done for religious or medical reasons, but it doesn't affect the way the penis works.

[The Aphrodisiac and Herbal Recipe Book](#) Routledge

KEGEL EXERCISE FOR MEN Ultimate Manual to Improve Sexual Performance, Prevent Premature Ejaculation and Bladder Control Kegel exercise it is an exercise that have to deals with monotonous withdrawal of the pelvic muscles that control the stream in pee with the end goal to quality these muscles particularly to control or avert incontinence or to improve sexual responsiveness amid intercourse. It is practice that is completed with the end goal to make the muscles of our pelvic floor more grounded. Our pelvis is the territory between your hips that holds your conceptive organs. The pelvic floor is extremely a progression of muscles and tissues that structures a sling, or lounger, at the base of your pelvis. This sling holds your organs set up. A feeble pelvic floor may prompt issues, for example, the failure to control your insides or bladder. When you comprehend Kegel works out, you can do them whenever and anyplace. This book will teach you how to carry out kegel exercise, the benefit of kegel exercise, the use of kegel exercise in the treatment of urinary incontinence, erectile dysfunction, and premature ejaculation. How consistent performance of kegel exercise increase sexual satisfaction. Get this book today and understand how kegel exercise will be of great help in treating urinary incontinence, erectile dysfunction, and premature ejaculation, and to increase sex power.

John Wiley & Sons

★★★ Buy the Paperback Version of This Book and Get the Kindle Book Version for FREE ★★★ If you want to spice up your sex life and learn a lot of simple yet tantalizing sex positions, then get comfortable and keep reading... According to the most recent research in the sexology field... Among American couples, over 50% are dissatisfied or highly dissatisfied with their sex life; Around 37% of them feel that their life would be happier if they had more sexual intercourse; Women are 20% more sensitive to their partner's shortcomings; Almost 50% of them faked an orgasm at least once in their life, keeping the male in the dark; 100% OF THEM FEEL THAT THE ROOT CAUSE OF THEIR SEXUAL DISSATISFACTION IS A LACK OF FUN & VARIETY IN THEIR POSITIONS! As you probably know, this can lead to countless problems in couples. Cheating, crises and ultimately divorces are a daily occurrence in modern society. Luckily, there's a simple yet effective solution... In Sex Positions for Beginners you're going to discover: Over 50 beginners' sex positions. With detailed pictures and accurate descriptions. Having fun with those positions will be a piece of cake, even if you're an absolute beginner with sex; The easiest way for a woman to get satisfaction. All the positions to let her have an orgasm in few minutes and without any stress. She will thank you forever and ask for more sex; How to last more, more and more without any pill. Premature ejaculation will just be a distant memory for males. Lasting more, obviously equals more delight for

both partners; The ultimate guide to a better sexual life. All the positions you need to know to start and have fun with your partner. Having sex has never been so easy, even if you're 50+; AND MUCH, MUCH MORE. PLEASE CLICK ON THE BOOK COVER AND LOOK INSIDE THE TABLE OF CONTENTS. YOU'LL BE AMAZED! But maybe you're having some more doubts right now... I'M 50+. I'M NOT SO STRETCHY ANYMORE. AM I TOO OLD FOR THIS BOOK? No! This book does not suggest any fancy Kama Sutra sex positions that requires years and years of training and experience. All the positions discussed are easy to perform for older couples too. DOES THIS BOOK INCLUDE PICTURES? THERE ARE TONS OF BOOKS ABOUT SEX POSITIONS OUT THERE, BUT WITHOUT ANY PICTURES. THAT SOUNDS WEIRD... Of course! A sex positions book without pictures is a joke and will lead you nowhere. All the positions described in this book have a detailed picture attached to let you perform it in a couple of minutes. IS THIS JUST A THEORETICAL BOOK? I'D LIKE TO HAVE FUN IMMEDIATELY. I NEED IT... You will be able to start having fun with your partner in just 5 mins. Open the book, choose the position you like, look at the picture, read the description and have fun. No theory allowed here. This is not the average sex positions book. This has been crafted on purpose for beginner couples who want to enjoy the beauty of sex with ease. Having fun with sex has never been so easy. Are you ready to start and change your sex life forever? Scroll up and click the "Buy Now" button!★★★ Buy the Paperback Version of This Book and Get the Kindle Book Version for FREE ★★★

Grow Bigger, Stronger and Last Longer Naturally: The Ultimate Man's Guide to Stamina and Growth Ejaculation Trainer: the Ultimate Guide to Last Longer in Bed Step by Step Instructions for PE Treatment #1 Solution for Curing Premature Ejaculation Today on, get this #1 Amazon.com bestseller for just \$17.90. Regular priced at \$29.90 As a professional psychotherapist, in the last few years, through various mediums, I've shared my advice with literally hundreds of thousands of men. With the experience I've gained in successfully teaching my methods to many other men, I've created Ejaculation Trainer that covers the exact process of how any man can learn to have sex for 30 minutes or more before orgasm and become an exceptional lover as a result. Now, I couldn't possibly cover every distinction, approach and technique you'll get inside Ejaculation Trainer, so here's a quick overview of some of the things you'll learn. Inside Ejaculation Trainer, you will get: - A complete walk-through of which sex positions to use to help you last longer (including some you've probably never heard of) and which to absolutely avoid to never orgasm prematurely again. with this you'll never have to make the mistake of using the wrong positions again.- A unique thrusting method that increases how long you last, while giving her unbelievable pleasure at the same time; this one's especially great because she won't even know you're using it to last longer.- A surprising technique you can use before even starting sex that will dramatically shorten how long it takes for your woman orgasm during sex; so you can practically guarantee

she'll orgasm before you do (after you learn this, you'll be using it every time you have sex)- Exactly what to do when you're about to orgasm earlier than you want so you can buy yourself an extra couple of minutes and often much longer; I'll give you a hint on this one, it's a special breathing technique almost no one knows about.- If you do it in the right way, masturbating can actually re-condition your body to last longer naturally; so inside I share my secret method of masturbating to help you last longer. - Full step by step breakdown of the secret trick many male porn stars use off camera to last longer while shooting a scene; this is top secret stuff they don't want you to know about; you will be loved for this one- And of course you will get many more highly effective techniques to give you control over how long you last that you can start implementing tonight. FAQ 1. How do I know Ejaculation Trainer will work for me? Quite simply because it has already worked for thousands of guys (of different ages and backgrounds) from all over the world. This system has dramatically changed their lives and elevated them to an unworldly level of sexual performance levels that they had previously thought was impossible. Does the system use any drugs? Absolutely Not! Whilst some drugs may be effective in the short-term, they are not only very expensive, but also have adverse side-effects and long-term health implications. Did you know that prolonged use of creams can permanently ruin the sensitivity of your penis... and do you really want to be popping a pill every time you're about to have sex? Then join the hundreds of other men who have already beat premature ejaculation -- drug free! 3. How quickly will I see results? Immediately! Ejaculation Trainer contains step-by-step instructions, techniques and methods that you can begin to use as early as tonight. 4. Is This a Permanent Solution? Yes. Unlike other available solutions (such as drugs and creams) this is permanent solution - saving you thousands. You will not be required to continually repurchase expensive medication. So take advantage of this zero risk offer and discover how to last longer in bed starting tonight. You'll have the security of knowing you gave her the best sex she's ever had and she has no reason to go looking for satisfaction anywhere else. Men's Health Confidential: Last Longer in Bed Your Guide to Overcoming Premature Ejaculation In The Erectile Dysfunction Cure, you will first learn what erectile dysfunction is - both the psychological and physical aspects - and then zoom in on your specific issue. With the laser-like focus provided in this guide, you will find out exactly what is causing your erectile dysfunction and the steps needed to regain your raw masculine strength. The important thing to understand is that erectile dysfunction is NOT something that defines your worth as a man. Every single man has been struggling to get an erection at one time or another. It doesn't matter how many "failures" or "embarrassments" you've encountered - none of that matters. What truly matters is your willingness to apply the steps laid out in this guide to overcome this issue. 99,9% of the time, erectile dysfunction is a psychological problem. One that can easily be overcome. The first step is

have the confidence to admit that you have an issue - by reading this, I know you're one of those few who are truly honest with themselves.

HANDBOOK OF SEXUAL AND GENDER IDENTITY DISORDERS

Springer

Did you know that the clitoris has 8000 nerve endings, twice as many as the penis? Here is everything you've wondered about the female orgasm and how to make it happen. A witty, well-researched and revealing guide to giving your lover an orgasm every time. More than just foreplay, Ian Kerner argues that oral sex is the key to a great sex life for both partners. Short sections cover philosophy, technique, step-by-step instructions and detailed anatomical information, essential to both beginners and experienced lovers. It's time to close the sex gap and create a level playing field in the exchange of pleasure, and cunnilingus is far more than just a means for achieving this noble end; it's the cornerstone of a new sexual paradigm, one that exuberantly extols a shared experience of pleasure, intimacy, respect and contentment. It's also one of the greatest gifts of love a man can bestow upon a woman.' Ian Kerner

YOUR GUIDE TO OVERCOMING PREMATURE EJACULATION

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From the co-founder of one of the world's most respected herbal education websites: recipes, rituals, practices, and personal stories to help you live a more sexually fulfilled and vital life. Plants are the great healers of the earth, and their capacity to support healthy sexuality is just as powerful. This beautifully written and illustrated book brings you into a relationship with herbs for sexual fulfillment and empowerment. Drawing on her own knowledge of herbalism and sacred sensuality, along with intimate stories from students who implemented her teachings, Kimberly Gallagher guides you on a personal journey of growth aided by the aphrodisiac properties and sensual uses of healing herbs and flowers such as damiana, cacao, and rose. Kimberly is an author and co-founder of LearningHerbs, a widely respected herbal education website. In Aphrodisiac, you'll find thoughtful, soulful rituals and dozens of recipes for putting the herbs to use, such as Autumn Blush Cordial, Rose Massage Oil, and Cardamom Chocolate Mousse Torte. You'll read user-friendly and well-researched monographs that teach you everything you need to know about every featured herb. And you'll find a wide range of practices for inviting erotic energy flow into your life - including creating an inviting environment, nourishing your body, and simply slowing down so there's time to savor pleasure. When people are sensually alive and sexually fulfilled, they are more confident, creative, and joyful. They are also more likely to share their unique personal gifts with the world. Aphrodisiac is an essential resource for anyone wishing to live a more vibrant life.

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