



Men's Health Confidential: Last Longer in Bed: Your Guide to Overcoming Premature Ejaculation

By Editors of Men's Health

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Men's Health Confidential: Last Longer in Bed: Your Guide to Overcoming Premature Ejaculation By Editors of Men's Health

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 ("Thinking 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.

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