



## **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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#### **Carolyn Treece:**

The book Men's Health Confidential: Last Longer in Bed: Your Guide to Overcoming Premature Ejaculation will bring someone to the new experience of reading a new book. The author style to spell out the idea is very unique. In case you try to find new book to learn, this book very suitable to you. The book Men's Health Confidential: Last Longer in Bed: Your Guide to Overcoming Premature Ejaculation is much recommended to you to learn. You can also get the e-book from the official web site, so you can more easily to read the book.

#### **Cecil Andrade:**

This Men's Health Confidential: Last Longer in Bed: Your Guide to Overcoming Premature Ejaculation is great book for you because the content and that is full of information for you who also always deal with world and still have to make decision every minute. This book reveal it info accurately using great coordinate word or we can claim no rambling sentences inside. So if you are read it hurriedly you can have whole details in it. Doesn't mean it only gives you straight forward sentences but tricky core information with lovely delivering sentences. Having Men's Health Confidential: Last Longer in Bed: Your Guide to Overcoming Premature Ejaculation in your hand like having the world in your arm, facts in it is not ridiculous a single. We can say that no reserve that offer you world within ten or fifteen moment right but this publication already do that. So , this can be good reading book. Hey Mr. and Mrs. busy do you still doubt that?

#### **Rodolfo Odum:**

The book untitled Men's Health Confidential: Last Longer in Bed: Your Guide to Overcoming Premature Ejaculation contain a lot of information on that. The writer explains the woman idea with easy technique.

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