



How to Last Longer in Bed: Discover How to Increase Stamina and Last Longer in Bed

Ryan Hirst

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If you're ready to learn how to increase your staying power in bed, then this book is for you!

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Since time immemorial, men have had two major insecurities: the first is about themselves and their place in the world, while the second is about their lasting power in bed... especially when with another person. As a man, our sexual prowess and ability to go the distance plays a major role in (1) our very identity as men, (2) our (perceived) ability to satisfy our partner, (3) our ability to hold on to our partner, and (4) our ability to attract others... either by boosted confidence or by reputation. An increased sexual stamina can also be incredibly satisfying. While orgasms are wonderful things, it's what happens before an orgasm which makes sex so pleasurable. Fortunately, this book will explain all the things you can do to increase your own staying power, as well as some of the surprising findings by the medical and scientific community. I'm also going to share some of the common myths about sex, why they get spread, and explain what the research shows to be true in terms of how long most people actually last. Finally, we'll discuss the problem of minute men and the options available if you are one. So if you're ready to be surprised, intrigued, and entertained all while learning how to increase your sexual stamina, let's get started!

Here Is A Preview Of What You'll Learn...

- Stop Comparing Yourself to Porn
- Acknowledging the Real Numbers
- Being Present in the Moment
- Taking Advantage of Foreplay
- Mastering Your Pubococcygeus Muscle
- How to Master the Churning of Butter
- Five Other Tips to Last Longer
- Getting Control of Premature Ejaculation
- Much, much more!

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Jeffrey Blough:

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Allen Barnett:

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Isaiah Owens:

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