

**24**

# Hour Stamina Guide



**Michael Bonner**



## 10 Techniques To Last Longer In Bed

- ✓ Natural endurance Exercises
- ✓ Visualization Techniques
- ✓ Improve Sexual Confidence

## Table Of Contents

<u>Introduction</u>	<u>3</u>
<u>Optimizing Ejaculation Frequency</u>	<u>4</u>
<u>Training Ejaculation Resistance</u>	<u>6</u>
<u>Breathing For Control</u>	<u>8</u>
<u>Speaking To Your Partner</u>	<u>9</u>
<u>Improving Diet</u>	<u>10</u>
<u>Strengthening Kegel Muscles</u>	<u>12</u>
<u>Positions To Last Longer</u>	<u>13</u>
<u>Visualizing To Last Longer</u>	<u>14</u>
<u>Taking Your Time To Last Longer</u>	<u>15</u>
<u>Using Condoms</u>	<u>16</u>
<u>Summary</u>	<u>17</u>
<u>Disclaimer</u>	<u>18</u>

## Introduction

---

It comes as a surprise to many men that premature ejaculation is often experienced at the same time as other problems such as impotence and low libido.

The good news is that by treating premature ejaculation, male libido and erection strength can be improved as a side effect of the training methods used to conquer PE.

PE is a complex condition with both psychological and physical causes and needs to be treated as a priority. Men and their partners should also know that improving endurance can take some effort and some time.

For those men capable of controlling ejaculation, the following techniques will still prove to be highly beneficial for maintaining sexual health.



## Technique 1: Optimizing Ejaculation Frequency

---

Why and how is ejaculation frequency important and why should it matter?

There are 2 points that you should be considering in relation to ejaculation frequency and premature ejaculation:

1. Masturbating too often can result in a depletion of sexual energy or sexual exhaustion, the consequences of which can be impotence and a lack of ejaculation control.
2. When a man rarely ejaculates or rarely experiences sexual stimulation, his ability to resist early ejaculation can be poor due to the fact that the ejaculation control mechanism is not being trained regularly.

### How To Optimize Ejaculation Frequency

You should take into consideration your age when deciding how often to ejaculate. The below table is a recommendation to provide guidelines of the frequency you could adopt:

<b>AGE</b>	<b>FREQUENCY</b>
15-25 years	4-6 times per week
25-35 years	3-5 times per week
35-50 years	3-4 times per week
50-60 years	2-3 times per week
60-80 years	2 times per week

---



## Masturbating Before Sex

Some sexual health advisors recommend masturbating just before sex in order to avoid ejaculating too fast.

This may present men with another problem as masturbating before sex can reduce desire and erection strength.

A better solution would be to masturbate the day before having sex in order to permit your body to recover adequately.

## Technique 2: Training Ejaculation Resistance

---

Training your resistance is the cornerstone of your endurance improvement program. It consists of learning how to effectively resist and control ejaculation through masturbating either on your own or with a partner.

This training technique can help you to:

- ✓ Understand and feel your PTNR (point of no return)
- ✓ Train your body's nervous system to resist PE
- ✓ Strengthen your PC muscles (muscles that hold ejaculation back)

### How To Train For The Act

- › This involves masturbation: find a quiet spot where you can relax.
- › Create sexual images in your imagination and use your hand for stimulation (do not use adult films).
- › Each time you feel yourself nearing ejaculation, stop stimulating yourself and breathe deeply with your back straight. Then continue when you feel the urge subside.
- › Do this exercise around 5 times per week without ejaculating for over 20 minutes or over 30 minutes if possible.

- › You may ejaculate several times per week as long as you do not ejaculate too fast.

## Ejaculating Too Fast

You may end your training session by ejaculating or not. Always avoid climaxing too fast as this will disrupt your resistance training.





## Technique 3: Breathing For Control

---

Breathing correctly during sex is very important for optimal ejaculation control. As a young man I would ejaculate too fast quite regularly. Discovering that being conscious of my deep breathing helped enormously to control climax was an important breakthrough.

Some men who ejaculate too fast are simply not controlling their breathing correctly during sex.

- › Slow and deep breathing can reduce anxiety, helps you to stay firmly in control and even helps your penis to remain harder for longer.
- › Make every effort to breathe deeply and using your stomach to expand your diaphragm rather than your chest to breathe.
- › After 2 or 3 minutes of breathing this way, you should feel your breathing start to become natural – stay conscious and do not allow your breathing to become rapid or shallow and do not stop breathing.
- › Keep your spine as straight as possible to allow air into your lungs
- › If you feel yourself approaching climax against your will then slow down, breathe deeply and straighten your back
- › If you still have control problems then focus your attention on both breathing and the very base of your spine: you should feel your sexual tension move from your penis to the base of your spine

- › When breathing, be conscious of reducing tension in the chest area – relaxing your chest through breathing can help sexual excitement or anxiety to dissolve

## Technique 4: Speaking To Your Partner

---

This may not apply for all men but can yield surprisingly positive results for those with a particularly nervous disposition who are suffering from serious ejaculation problems.

Men find it difficult to talk and yet this refusal to open up can create further psychological blockages and can even worsen ejaculation control problems.

If you are in a relationship, talk about your problem openly and explain what you find so difficult to manage.

You should find that sharing the load provides you with some relief and that the tension you were feeling dissipates somewhat. This is already a first step towards controlling ejaculation for many men.



## Speaking To A Good Friend

If you are single, speaking to a friend that you can trust can lift the curtains of despondency and boost your confidence.

We all have friends that we can trust with secrets and you may be surprised to find out that a particular friend you have has also had ejaculation control issues in the past.

He may well be able to give you advice on how to resolve early ejaculation and could share his techniques with you.

Yet what is more important is that you will feel much better and far more positive as a result of having shared your problem with a friend who understands you and who may have experienced the problem himself in the past.

## Technique 5: Improving Diet

---

Don't be shocked - diet can have an important influence on sexual function and on ejaculation control.

Eating more of certain foods and less of others can accelerate recovery from sexual dysfunction, boost natural levels of hormones, reduce sexual anxiety and nervousness and improve feelings of wellbeing.

The correct functioning of the male libido is essential in order to resist premature ejaculation.

A balanced and healthy diet helps us to feel positive about ourselves and confident. When we feel this way our sexual confidence is also improved.

Foods containing high levels of white sugar and white flour generally provide little in terms of nutritional value.

Foods packaged in plastic, high in sodium content and additives do little to improve health and wellbeing and can disrupt the male endocrine system.

The above can fatigue the human body, cause weight gain, reduce levels of male sexual hormones and can lead to cloudy thoughts and concentration problems.

Following some simple rules regarding diet can make a great difference to sexual performance.

### What To Eat More Of

- › **Cruciferous vegetables:** Cauliflower, cabbage, bok choy, sprouts and broccoli.
- › **Organic:** It's not a myth; avoiding pesticides in foods helps to maintain optimal physical and mental health and hormone levels.
- › **Meat:** White meat such as turkey and chicken provides us with essential proteins and amino acids. Occasional steak is an effective libido booster.
- › **Fish:** Fatty acids that are in most fish help to improve blood circulation in the body.

## Technique 6: Strengthening Kegel Muscles

---

Another key technique proving to be very useful for men all over the world is Kegel exercises. This method of improving ejaculation control is also known as strengthening the PC muscles and consists of performing exercises to develop greater ejaculation resistance.

When the muscles are stronger, you should find it far easier to resist ejaculating. Furthermore, your erections should also become stronger and longer-lasting. Flexing the PC muscles regularly helps to improve erection strength and has been scientifically tested to prove the theory.

- › PC muscles can be strengthened by using the same mechanism you use for controlling urination
- › Contract these muscles 10 times in a row and hold them for 10 seconds at a time. Do those 5 times per day to begin with and increase to 10 sets per day when you feel capable.
- › Take rest days twice per week in order to allow muscles to recover and strengthen.

## Technique 7: Positions To Last Longer

---

Another breakthrough to to last longer in bed was discovering that certain positions are far better than others for lasting for longer.

These specific positions are those which reduce tension in the chest area, allow you to fill your lungs easily through deep breathing and do not over-stimulate the part of the penis which may lead to early ejaculation.

There are 2 sexual positions which help to reduce over-stimulation while allowing you to remain calm and in control of your ejaculation.

Starting off sex using these positions can help to boost confidence and endurance.

1. **Her On Top:** With her on top you can relax more easily, think about your breathing with less stress and avoid over-stimulation of your glands
2. **From Behind:** You find yourself with your back straight able to draw in deep breaths and avoiding excessive visual stimulation. If your partner's body excites you too much, you can easily look away. Keeping your spine straight is also effective for preventing early climax.

You may like to avoid the missionary position for lasting longer in bed. This can create tension and a lack of ejaculatory control.

## Technique 8: Visualizing To Last Longer

---

For most men, ejaculating too fast is about sexual anxiety or a lack of confidence in their ability to last the distance.

Positive mental visualization, when combined with other physical training techniques, can help you to improve your sexual confidence and reduce anxiety.

This technique is a kind of self-hypnosis which helps you to feel more at ease during sexual intercourse and to gain confidence in your endurance.

### How To Visualize

- › Find a quiet spot, lie back and relax then close your eyes and take a few deep breaths.
- › Create an image in your mind of you in a pleasurable sexual encounter.
- › Take your time to relax and imagine yourself becoming a high-performing lover, capable of lasting for over 60 minutes in bed.
- › Imagine details, feelings, sites and smells to strengthen the image in your mind.
- › You can combine this technique with masturbating and self-training to train your body and mind together.
- › This should be done a few times per week and even every day if possible.

- › Remain positive and optimistic at all times and never allow your thoughts to discourage you or your performance.

## **Technique 9: Taking Your Time To Last Longer**

---

This may seem obvious to some, but learning how to take your time can help to relax you and to avoid excessive sexual excitement at early stages.

Relaxing during sex can mean taking longer than usual during foreplay. This can result in greater pleasure for your partner, which boosts your confidence and reduces the pressure on you to satisfy your partner's needs immediately.

The longer foreplay lasts, the more confident and capable you should feel of providing satisfaction. Extending foreplay and avoiding penetration can help to relax you as time goes on.

When it eventually comes to penetration, you may still feel the urge to ejaculate too fast. If this is your case, simply use the stop/start method continuously until you feel that you can keep going for longer.

Remember at all times (including before penetration) to breathe and to be conscious of your breathing patterns. This will help you to remain calm.



## Technique 10: Using Condoms

---

Using condoms is really a means to an end or a way of improving your endurance and performance in order to gain in confidence.

If you are the kind of man that experiences occasional problems to control ejaculation and last for longer in bed then condoms can help you to reduce sensitivity and yet stay hard and still feel pleasure.

Recommending brands of condoms is not easy as every man has different levels of sensitivity. Furthermore, opting for a brand that reduces sensitivity too much may well result in reducing pleasure from sex.

Avoid choosing ultra-thick models of condom as you may not feel enough pleasure. Avoid choosing condoms which promise that you'll be able to feel everything. Try some standard models with a decent reputation that are quite simply reliable. Nothing more is required.



## Summary

---

Forget pills and creams that are meant to help you last longer. Herbal supplements can balance your body and boost hormones but they are no guarantee to lasting for longer in bed.

Creams and sprays may only work for some men but fail to control sexual excitement or anxiety and may lead to you depending on them.

By combining the physical and mental training techniques described here you can improve your sexual endurance and provide far greater pleasure in bed to your partner.

Lasting longer in bed helps to boost your confidence and to strengthen your relationship with your partner. You should treat sexual endurance as a priority and use these methods as a way of improving your life.

## Copyright And Disclaimer

---

Copyright 2011 [www.malelibidobooster.com](http://www.malelibidobooster.com) MRC.

The information in this ebook may not be reproduced without permission.

### DISCLAIMER AND/OR LEGAL NOTICES:

The information presented herein represents the view of the author as of the date of publication. Because of the rate with which conditions change, the author reserves the right to alter and update their opinion based on the new conditions.

The guide is for informational purposes only. While every attempt has been made to verify the information provided in this report, neither the author nor their affiliates/partners assume any responsibility for errors, inaccuracies or omissions.

Any slights of people or organizations are unintentional. This guide is not intended as for use as a source of medical advice.

The information contained in this ebook is for general information purposes only.

The information is provided by [www.malelibidobooster.com](http://www.malelibidobooster.com) (MRC) and while we endeavor to keep the information up to date and correct, we make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the website or the information, products, services, or related graphics contained on the website for any purpose.

Any reliance you place on such information is therefore strictly at your own risk.

In no event will we be liable for any loss or damage including without limitation, indirect or consequential loss or damage, or any loss or damage whatsoever arising from loss of data or profits arising out of, or in connection with, the use of this guide and the website.

Through this ebook you are able to link to other websites which are not under the control of [www.malelibidobooster.com](http://www.malelibidobooster.com) (MRC). We have no control over the nature, content and availability of those sites. The inclusion of any links does not necessarily imply a recommendation or endorse the views expressed within them.