

# **The Top 7 Secrets of Lasting Longer in Bed Transcript**

Thanks again for ordering this Free CD - the 7 secrets of lasting longer in bed.

Now, before we get into the top 7 secrets of lasting longer in bed, let's talk about why you ordered this CD in the first place.

As a man, there are two main reasons why you may have ordered this CD. First, you might be suffering from premature ejaculation (also called "PE" for short)-- which is a very common condition among men, and we'll get into the details of that in a bit.

Or, on the other hand, you may not technically have premature ejaculation, but you might be looking for that "edge" -- for that ability to last 5, 10, 15, 20 or even 30 minutes longer in bed. To have total control over your performance in the bedroom.

Just to be clear, whether you suffer from premature ejaculation or whether you're just looking to last longer, this CD will unlock the doors for you -- and together with my 17-week training program, you'll have all the knowledge, tricks, and techniques you need to become a great lover and to really be the man you've always wanted to be.

OK, so let's set the foundation for the 7 secrets. Let's define premature ejaculation. Premature ejaculation is a condition that affects a lot of men -- different estimates and surveys put it at anywhere from 20% to 40%. That is, 20% to 40% of men experience premature ejaculation at some point in their lives. While that's not happy news, if you're suffering from PE, it might calm you a little bit to know that this is actually a pretty common occurrence.

There are actually different definitions of PE. Some people define it as only lasting a set amount of time -- such as less than 2 minutes. Other experts say that you have PE if you fail to satisfy your partner 50% of the time. But the most general definition, and the one that I think is best is this: You have PE if your inability to control your sexual performance is negatively affecting your enjoyment of sex, your partner's enjoyment of sex, or if it's negatively affecting your emotions or negatively impacting your relationship. It's just that simple.

And if you fall into that category, if you have premature ejaculation, I want to congratulate you for taking this important step of ordering this CD. Far too many men silently suffer with premature ejaculation, and never do anything about -- they fall into a rut, so to speak, and they just assume that this is how their sex life will be forever. But your life doesn't have to be like that. You can fix this.

If you've been worried about PE - you'll be relieved to know that it IS curable. Most men who suffer from premature ejaculation can improve their endurance with the right techniques and advice, and consistent practice.

And before we get into the 7 Secrets, I should be clear on one more thing. If you're one of those guys who may not have PE, but you're just looking to last longer, you should know that you're not alone either.

According to a recent Men's Health survey, 70% of men said they wanted to last longer in bed. And this is also the number #1 question that Men's Health receives year after year.

So if you're not suffering from PE, but you're looking for that edge, this CD and my 17-week training program is for you. The same methods for beating PE also work for taking you from 10 minutes to 30 minutes -- so stay with me.

You might be curious why I'm doing this. So I should probably give you some background.

Well I'm doing this because I've been in your shoes. Not too long ago, I suffered from premature ejaculation, and over the years, I've sifted through tons of books and tried all sorts of different products and techniques and moves - - I sifted through all of the information available and arranged the best, most effective techniques. And based on my own experience, I found what really works.

I even talked with some of my friends who were dealing with similar issues, and I began to share my advice. Turns out, my advice was really helping my friends out, so I decided to share my knowledge with guys like you, so that you too can know what it feels like to experience that feeling when you gain total control over your sex life, and literally become a whole new man.

So that's what I've done. I've organized all of my knowledge and techniques for you in a step-by-step fashion that is designed to help you achieve the results you want, quickly and permanently. Let me explain that, real quickly. There are a lot of books and programs out there that promise you quick results. But if you want to have permanent, lasting success, you need to take a different approach.

Unlike a lot of other teachers, I won't just abandon you and hope that you find your own way - instead, my program is designed to both deliver QUICK results - and to deliver PERMANENT results. That's why, in addition to this CD, you'll also get access to my 17-week audio training program - called "Endurance Made Easy" - to guide you in making *permanent* progress, so that you don't slip back into bad habits and lose control again.

So, I'm looking forward to guiding you along on this journey -- and I'm really happy for you. It's a great feeling when you gain total

control, especially after weeks, months, or years of not having the control you want.

Alright, so let's get into some of the material here. I've defined premature ejaculation, so let's talk a little bit about the causes of premature ejaculation. You might be wondering, how come so many men have trouble lasting longer in bed? There are many reasons for this. And they range from your genetics, to your past experiences with sex, to your masturbation habits, to your thoughts and emotions about sex, to your general stress levels, as well as what sex positions you use, and how you deal with foreplay and arousal in the bedroom. Really, the list is quite long. And I'll go into more of the details later.

But if I were to boil it all down, and simplify the main reason why you finish too quickly during sex -- and how to unlock your potential - - there are 2 parts you need to focus on: your mind and your body.

On the mental side - you need to learn to relax, change the way you think about sex, and have a positive attitude.

On the physical side - you need to learn how to control your breathing and how to strengthen and use certain muscles that will give you control over your sexual performance. We'll get into more of the details in just a few minutes.

OK, so, I wanted to just give you a broad overview, so that you can understand what premature ejaculation is, why it exists, and to understand some of the major causes, and how to start tackling them.

So now that we've established that, let's dive straight into the Top 7 Secrets of Lasting Longer in Bed.

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Secret #1 is to create your DMG, which stands for your **Definite, Meaningful Goal** that you want to achieve.

The reality is that if you don't have a goal, you'll never achieve your goal. It's as simple as that.

But now let's take this a step further and explore each piece separately.

D stands for Definite - which means that you need to have a definite, specific goal in terms of how long you want to last in bed. The very act of setting a specific goal changes your whole mindset - it anchors you and sets you in the right direction.

Think about it - If you say you want to last 5 minutes in bed, you'll gear your thinking and your actions towards that goal. But if you say you want to be able to last an HOUR in bed, your

thinking and your actions will be totally different.

Let's me use another example. Let's say you're training for a 100 meter sprint. You're going to train your body in a certain way right? and you're going to envision the finish line in a certain way. Picture that for a moment. And now let's say you're training for a marathon. Wouldn't you approach your training completely differently?

You would, and you would also think about the finish line differently. And once the race started, your pace right out of the gate would be totally different.

So, now you can probably see how important it is to create a specific goal in your mind, in terms of your endurance. The existence of a goal helps to determine your whole mindset and approach.

The next part is equally important, and that's to have a "Meaningful" Goal. In other words, you need to have a REASON WHY -- or several reasons why you want to achieve that goal, so that you're emotionally invested in achieving your goal. This is important, because it's your emotions that are going to really drive you through to make sure you succeed.

If you want to have total control, to be the real master of the bedroom, then it's going to take some consistent training. Not that it's really hard - it's not difficult if you follow my steps -- but it will take some commitment to fix your old bad habits and replace them with good habits.

And the key to maintaining commitment is to be emotionally invested in your goal. In other words you must determine your REASON WHY.

Do you want to have greater confidence? Do you want the confidence to approach an attractive woman and know that you can satisfy her? Or, are you afraid that your girlfriend or wife isn't satisfied with your performance, and you want to make it right? Or maybe you're afraid that your relationship is in trouble because of your performance in bed?

Whatever your goal is, it's important that you form a vivid picture in your mind of exactly what you want to achieve. Imagine what it's going to look like, and what it's going to feel like to achieve your goal. You want to have a white hot burning desire to achieve your goal, and enough determination to see it through.

I will give you all the tools you need and I will make it as easy for you as possible, so that all you have to do is to follow my steps. But in the end, how much improvement you experience is really up to you and how badly you want this.

So, to recap Secret #1 - you need to have a DMG  
- a Definite, Meaningful Goal.

Now let's move on to Secret #2

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Secret #2 is what I call "**Break to Build.**" What I mean by this is to break bad habits, so that you can build good habits.

Now if you watched the free video on my website, you remember I talked about breaking bad masturbation habits. That's a critical point, so let's quickly review that concept.

Let's think back to my earlier example of training for a 100 meter sprint versus training for a marathon. Well, when most men masturbate, they are typically training themselves for a sprint, rather than a marathon.

This is true for many reasons. You may sprint to the finish because you're anxious that somebody might interrupt you. Or you also finish quickly because there's no reason not to finish quickly. An orgasm feels good, right? So why delay?

Well the problem is, if you've been masturbating like this for years, then what you've really been doing is TRAINING yourself for a sprint, rather than a marathon. So it should come as no

surprise that you're great at sprinting. But you can't run a marathon yet.

So the first step is to break this bad habit, completely. Instead of thinking about masturbation as a way to pleasure yourself quickly, approach it as an opportunity to get to know your body, and get to know how you respond to stimulation.

You don't want to stop masterbating altogether. You should actually replace your "sprint" training with "marathon" training.

Next time you have the urge to go into the bathroom and have a quickie with yourself, resist the urge. Instead, only masturbate if you can really set aside at least 10 to 20 minutes, so that you use masturbation as a way to improve your endurance, rather than just quickly pleasuring yourself.

And in my weekly training program, I'll give you more specific advice on exactly how to structure these training routines so that you systematically improve your endurance every week.

But in addition to fixing your masturbation habits, it's also important to break other bad habits that may be preventing you from lasting longer in bed.

For example, stress can play a major role in premature ejaculation. If you're really stressed

out, then take action to reduce your stress. Identify what's causing you stress, and either cut it out of your life or add in other things - like proper diet and exercise - that can help offset the stress in your life.

Here's an example. Let's say you typically come home after a stressful day at the office and you're in a bad mood. Well if you're all tense and your mind is focused on negative thoughts, then it's easy to see how this will lead to a bad experience in the bedroom. If that sounds at all familiar, then you need to change your bad habits.

One thing you can do is squeeze in a quick workout in between the office and coming home. Then, when you walk in the door, you won't be thinking about work and you'll have a clear head. Then, when you get in the bedroom, that mental clarity and the lack of tension will improve your endurance.

You'll recall that earlier on this recording, I mentioned that there are two key parts to retraining yourself to last longer - your mind and your body. Well, in addition to changing your masturbation habits, you also need to change your mental habits.

I'll give you another example. Think back to the last time you had sex, and you didn't last as long as you wanted to. See if you can remember what you were thinking about right before you came too fast. If you were thinking

about the PAST, then chances are, you were thinking about something NEGATIVE. Maybe about another time when you came too fast.

Or, maybe you weren't focusing on the past and you were focusing on the FUTURE. In this case you were probably picturing yourself finishing too quickly, and thinking about what that's going to be like and how you're going to be embarrassed..

In other words, you need to be aware that negative thoughts play a big role in you coming too fast.

Now, let's compare that to the last time you did something successfully. Think about something that you did well or accomplished in your life.

It can be anything - even something simple. Well, when you did that thing, what were you focusing on and what were you thinking about? If you were thinking about the PAST, chances are you were thinking something POSITIVE such as, "OK, I've done this before, I can do it again"

Or, if you were thinking about the FUTURE, you were probably thinking something positive, like "This is going to be great when I accomplish this" - in other words, you were focusing on the future UPSIDE, rather than the downside.

Well, the same is true with sex, and sexual endurance. If you focus on the negative, you're just going to increase the likelihood of that negative thing happening. Over time you'll create a self-fulfilling prophecy. But the good news is that you can also do the opposite. you can create a POSITIVE self-fulfilling prophecy.

All you need to do is replace those negative thoughts with positive thoughts and I'll show you exactly how in my step by step program.

So, to recap Secret #2 - you need to "Break to Build." You need to break your bad physical habits - in our example, your bad masturbation habits - and you need to replace them by building good habits.

Instead of training for a sprint, train for a marathon.

And you also need to break the bad mental habits of focusing on the negative, of envisioning a negative outcome - and you need to replace those negative thoughts with positive thoughts, of achieving the goal you've set for yourself.

And you accomplish that positive mindset by achieving real, tangible, and measurable progress, as a result of your new training program.

OK, moving on to Secret #3.

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Secret #3 is to Keep Yourself in Check.

What I mean by this is to pay attention to how aroused your getting, both when you're masturbating and when you're having sex.

Let's say you're in bed and it's going great, but then suddenly you feel like you're about to lose control. And you know you're not going to be able to hold it any longer...

You try to turn back but it's like you're falling over a cliff.. and there's no turning back? That's the Point of No Return.

Think of it almost like a black hole in space. You don't want to get too close to it, or you'll be sucked in.

If you want to improve your endurance, then your goal is to stay away from the Point of No Return. You want to keep a safe distance until you're ready to dive in and end it.

What I'm really talking about is to have an awareness over your Level of Arousal. Everybody has different levels of arousal - or sexual excitement - ranging from being totally un-aroused to be ready to explode.

If you were to score arousal on a score from 1 to 10, with 1 being having lunch with your grandparents, to 10 being the wildest sex experience you can imagine. - then you want to

make sure you stay safely around 6 or a 7 for the majority of the time you're in foreplay and having sex.

Arousal is a tricky thing, because it can sneak up on you. It's important to stay aware of your arousal from the very beginning of sex, otherwise you may be surprised at how quickly you get excited and hit the Point of No Return.

So here's some advice:

First of all, don't get too excited too soon. Actually make an effort to hold yourself back a little bit when you're starting foreplay, as well as when you start having sex. Again, think back to the sprint versus marathon. Picture how sprinters start out on the track and don't be that guy. Relax a bit, and start out nice and easy. You'll last much longer.

Secondly, to make sure that your arousal doesn't just sneak up on you, make a habit of checking in and asking yourself, "How aroused am I right now, from a scale of 1 to 10?" If you tell yourself that you're at an 8, then you should pull in the reins a bit and slow down, so that you don't end up in the Point of No Return. Again, your goal should be to stay at around a 6 or a 7.

So, to recap this secret - your goal is to avoid the Point of No Return, or the Sexual Black Hole, and you do this by making sure you don't get too close to its gravitational pull. To

safeguard against the Black Hole, make sure you keep your arousal at a level of 6 or 7 - max - until you're ready to end it.

At this point, you're probably wondering, "What's the best way to keep your arousal in check?" Glad you asked. That's Secret #4...

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Secret #4 is to Focus on Your Breathing. Sounds simple enough right?

Well, as essential as breathing is to life and good health, you'd be surprised how many people do it wrong. some people even forget to breathe, and end up with all types of disorders and problems as a result.

Remember when I was listing a lot of the causes of premature ejaculation earlier? Well, one of the major causes I listed was stress. And there are many types of stress, but two big types of stress are mental stress (including anxiety, and performance anxiety), and physical stress (or, bodily tension).

Now, as I explained earlier, negative thoughts and anxiety directly contribute to poor sexual performance because they create self-fulfilling prophecies. When you're afraid that you're going to finish too quickly, and you focus on that, then you get all wound up in your negative thoughts, and - low and behold - you end up coming too fast.

So if you are all high-strung with performance anxiety, you must take measures to counter this, and the best way is to reduce your stress. One of the best, most reliable, and most convenient ways to reduce stress is through proper deep breathing techniques.

I'll explain what I mean by proper technique in a minute.

I also want to make sure I explain physical stress, or bodily tension, because that's just as important for improving your endurance.

If your body is full of stress when you're having sex, and you're all tense, your body is going to be looking for a way to release that stress. And guess how you'll release that stress? Well, by orgasming.

So you can do two things about this. You can take preventative measures to reduce bodily stress before you have sex, by keeping your general stress levels low. And you can also practice proper breathing techniques WHILE you have sex, to keep your body nice and relaxed while you're in bed. This also has the added side benefit of keeping you calm, happy and focused on the present moment, so that you get more enjoyment out of sex. So it's really a no-brainer.

OK, so what do I mean by proper breathing technique?

Here's a simple test you can do right now. Put your hands on your stomach and take a few deep breaths. Do you feel your stomach expanding?

A lot of people take deep breaths with their chests rather than their stomachs. But it's critical that you are expanding your stomach when you do deep breathing, otherwise you won't experience the same calming benefits. This is also known as diaphragmatic breathing, and it's the type of breathing that you do when you're meditating or doing yoga.

Now, I'm no yoga instructor or meditation guru, but I can tell you that if you just make sure to expand your stomach when you breath, and you breath in for about 4-5 seconds and out for about 5-6 seconds, you will feel instantly calmer in just a few short minutes.

If you can find 10 or 15 minutes a day to practice your deep breathing, you will notice a profound change in your overall stress levels. And these decreased stress levels will directly help you keep your arousal in check when you're in bed, and help you last longer.

The best part about this is that it's super easy and convenient because you can do it anywhere. Even while you're having sex. This is important to remember because deep breathing during sex will keep you calm and focused, and it will help you regulate your arousal, so that you can avoid the Point of No Return.

I'll get into more of the details of breathing and some advanced techniques in my weekly training. But for now, here are 2 great tips that you can try and get immediate benefit from tonight:

So here's the first one:

It's called "Synchronized breathing"

When you're having sex, you're obviously going in and out. The breathing trick here is to exhale when you're thrusting in, and inhale when you're pulling out. I find this works great because your body naturally calms as you exhale. Plus, when you synchronize your breathing and your thrusting, it helps you stay focused.

Technique #2 is actually a specific type of breathing called "Triangular Breathing"

Here's how it works. You breathe in for 4 or 5 seconds, then you hold your breath for 4 or 5 seconds, and then you exhale for 4 or 5 seconds, and then repeat the process.

It's called Triangular Breathing because there are 3 equal sides: inhale, hold, and exhale. I find that this one really helps me stay calm and focused. And when you're looking to improve your endurance, that's exactly what you want to be: Calm and Focused.

So, to recap, Secret # 4 is to focus on your breathing. You want to use proper breathing techniques when you're in bed, to keep your mental and bodily stress to a minimum, and to keep you calm and focused so you stay away from the Point of No Return.

OK, moving on to Secret #5..

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Secret #5 is what I like to call "**The Gate Keeper.**"

Here's where we're going to get into some specific strength-training routines to give you the extra edge you need to last longer.

Specifically, I'm talking about strengthening actual muscles in your groin that can help you last longer.

Now, if you don't strengthen these muscles, you can still do OK in bed. But if you properly train these muscles, then it's like having your own personal bouncer at the door - aka "The Gate Keeper" - who can literally fend off the Point of No Return.

This is something that 90% of men never learn, and if you follow my tips and advice with these exercises, you'll be way ahead of most men.

So what's the "Gate Keeper?" I'm talking about your "perineal" muscles. You probably have never

even heard of these muscles before, so let's make sure you're focusing on the right ones.

These are the same muscles that you use when you stop yourself from peeing. If it's not immediately obvious to you which muscles I'm talking about, then the next time you go to the bathroom, start peeing and then physically stop yourself, and notice which muscles you use. THOSE are your perineal muscles. Those are the muscles that you want to strengthen.

So, how do you strengthen them? Well all you have to do is hold that position - keep them clenched just as if you were stopping yourself from peeing.

Hold that for a few seconds, and then release. Now, this is probably going to feel totally weird and foreign to you, but I promise if you stick with it you will see amazing results.

I have specific exercises that I'll share with you that will give you incredible strength and control over these muscles, which in turn will give you even more control in the bedroom than you ever thought was possible. This isn't something that you acquire overnight. It's going to take some time for you to build up your muscles and get them strong, but it's well worth the effort.

Now, the great thing about exercising these muscles is that you can do it anywhere, any time, and nobody will even know! And that's

exactly what I recommend you do. Take a minute or two, each day, to just practice clenching for a couple seconds, and then relaxing for a few seconds. And do that 5 or 10 times, just to get a better sense of the muscle. And because you've probably never exercised these muscles before in your life, if you just do that a few times a day, you'll start to see that they will quickly get stronger.

Again, it might feel weird to be clenching them, and maybe you don't fully understand how this is going to help you last longer in bed. Just stick with me. I don't have time right now to go into all the details of how exactly you can use these muscles to avoid the Point of No Return. It's some pretty advanced stuff. To do this requires you to be able to flex these muscles hard for at least 15 seconds straight - which is pretty darn hard to do if you've never flexed them before. However, you CAN do this with proper training.

In my weekly training program, I'll be giving you specific exercises to do, week after week, to get you to that level of strength and control. And at the end, you'll be glad you stuck with it, because you'll have truly unbelievable control over your ejaculation. And that's totally worth it.

So, Secret #5 is about the Gate Keeper, and secret #6 involves some more specific tricks and moves to enhance your endurance in the bedroom.

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Secret #6 is the **Power of Positions**.

The key here is to be strategic about what positions you use when you're having sex.

Did you know that some positions actually make it harder for you to last longer, and other positions make it easier? Well it's true.. Positions can play a big role for the simple reason that some of them require more thrusting than others. And the more you thrust, the more likely you are to ejaculate before you're ready.

So, here's a rundown of some of the most common positions, and how they stack up in terms of allowing you to last longer.

Position #1 - The Missionary Position - is the most common position, and you might want to avoid this one if you're looking to last longer. This one typically makes men ejaculate the fastest, because it involves a lot of thrusting.

Position #2 - The Cow Girl Position - where the woman's on top - will allow most men to last the longest. The reason this works so well is because you're on the bottom so you don't have to do all the work. You can sit back, relax, and really focus on your breathing to control your arousal rather than worrying about thrusting.

Position #3 - The Doggy Style Position - is typically somewhere in the middle for most men so you'll need to experiment with this one to see if it will work for you.

There is a big exception to this rule, however.. I just said that Position #2 (man on bottom, woman on top) is typically the best for lasting longer, because there's less thrusting. However, there's another factor.... which is how aroused, or excited you get from the position. If a position gets you really excited, then that could cause you to come faster, and you want to watch out for that.

For example, I have to stay very focused whenever I'm in the Doggy Style Position because that gets me more excited than any other position. So think about your reactions to different positions. For the most part, I'd recommend starting on the bottom - rather than the top - to see how that works for you.

Alright, here's a bonus tip regarding positions: If you start to get overheated and too aroused, then you can simply switch from one position to another as a sneaky way to take a break. This will allow you to calm yourself down before you start a new position. In some cases this trick alone will dramatically increase how long you last.

And while we're on the topic of positions, I almost forgot to mention that women usually like

being on top because it's easier for them to get off. And that's a topic I'll get into in more detail in my last and final secret - Secret #7... This one is truly key to becoming the master of the bedroom and the best lover she's ever had.

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Secret #7 is to **"Take a Short-Cut"**

Let me explain what I mean by this -

One definition of premature ejaculation is that you don't satisfy her 50% of the time. Well, let's take a step back and think about that.

Did you know that most women require 5 to 15 minutes of vaginal intercourse to experience an orgasm? But most men only last 2 to 6 minutes on average. If you do the math, this means that the average woman requires 10 minutes of sex to achieve an orgasm but the average man only lasts 4 minutes... It's no wonder that most men want to last longer in bed!

Now, when you're faced with this challenge, there are two options.

One way to solve this problem is to learn how YOU can last longer in bed - and the other is to take a "short-cut" in order to REDUCE the time it takes for HER to orgasm.

Before I explain how to take a "Short Cut" I need to tell you something that is probably going to shock you.

There is a huge percentage of women out there who can not experience an orgasm during sex at all, no matter how long you last. So if you're having sex with one of those women -- and you're trying to satisfy her by lasting longer -- then you're never going to achieve your goal. You just can't win!

Well, actually, you CAN win... you just have to use a different approach.

You need to take a short cut.

-----And actually, I recommend that you follow the advice I'm about to give, even if your girlfriend or wife CAN achieve an orgasm from intercourse.

So what do I mean by taking a shortcut? I'm talking about getting creative to help her achieve an orgasm BEFORE you have sex.

This is a good idea for a lot of reasons. First of all, it takes all of the pressure off of you because now you don't have to worry about lasting forever. Plus if your goal is to satisfy her, then you're going straight after that goal of giving her a mind-blowing orgasm. And once it's done, you'll have less performance anxiety and really no reason to stress out because she is already satisfied.

So, how to do it? Well, you can manually stimulate her clitoris or you can go down on her -- the choice is really up to you and her, and what you're both into -- and I'll get into all of the details of how you can satisfy her each and every time, in my weekly training program.

But for now, my main point is that if your goal is to satisfy her, then this is a HUGE short-cut.

And on the other hand, even if satisfying her is NOT your #1 goal - let's say you really just want to learn how to last longer in bed, for your own confidence or happiness or whatever... I STILL strongly recommend that you take this advice and learn how to satisfy her in many different ways, because she'll be happier and you'll be happier as a result.

And, to clarify, I really recommend you do it all -- I recommend that you follow all of my steps, so that you learn how to last longer in bed, because it's amazing to have that kind of control. But I also recommend that you learn how to have better sex in general, and learn how to give her mind-blowing orgasms - because that's really what this is all about.

So those are my Top 7 Secrets to lasting longer...

Here's a quick recap:

Secret #1 is to set a goal that is both specific and meaningful

Secret #2 is to break bad physical and mental habits and replace them with good habits

Secret #3 is to manage your arousal levels so that you are never caught off guard

Secret #4 is to focus on your breathing, both in everyday life and in the bedroom, to stay calm and in control

Secret #5 is to strengthen and train your perineal muscles for greater control

Secret #6 is to take advantage of superior positions

Secret #7 is to give her an orgasm first, before you even start having sex

Now, I go into much more detail on all of these steps in my 17-week training program, and I hope you stay with me through that, because it'll produce amazing results that can change your relationship and your life.