

EXCLUSIVE INSIDER'S "CHEAT SHEET"

TOP 10 EMERGENCY TRICKS TO LAST LONGER, TONIGHT

1. Cover It Up

In other words, wear a condom. This helps cut down on sensitivity and can help you last longer. There are even some specialty condoms out there that have specific numbing gels. Condoms are obviously a good idea if you're having sex with multiple partners or if you're not looking to have a kid anytime soon...

2. Lube It Up

Using extra lubrication helps cut down on sensitivity by reducing friction. Always a good idea.

3. Dull Yourself

You can buy desensitization sprays and creams that can help you last longer. An example of this is Stud100 desensitizing spray. These products desensitize you so that you don't feel as much of the sensations of sex, and as a result, you last longer.

Now, I should be clear that I don't recommend these as good long-term solutions, because I believe that you should enjoy sex, rather than having to block the pleasure.

I mean, what's the point of sex if you can't actually enjoy it?

Then again, if you're struggling and need a fast-acting solution tonight, these desensitizing sprays and creams can help.

So, sure - use these if you need a short-term crutch - but over the long-term, I recommend you follow my advice, step-by-step, and before you know it you'll be able to last longer without having to desensitize yourself - as they say, you'll "Have your cake and eat it too."

4. Fire The First Shot (Early)

Find time to masturbate and ejaculate before you have sex. This works because you release sexual tension and you'll be less high-strung for the big event.

5. Take It Nice & Easy

When you start having sex, make sure you don't go crazy right off the bat. Pace yourself and you'll last longer.

6. Get Her On Top

You won't have to thrust as much - so you'll last longer.

7. Pee Before Sex

This is something most guys don't know about, but it's harder to last longer when you have a full bladder. So take a bathroom break beforehand.

8. Think About Something Else

You've probably heard this advice before, and it's to be used with caution and only as a last resort!

When you're having sex, think about baseball statistics or something totally non-sexual. This does work, BUT as a general rule, I **don't** recommend relying on this as a long-term approach to endurance training.

What's the point of sex if you don't enjoy it? But this can be effective for many men as an emergency trick.

Again, I just recommend that you use this as a crutch, and not as a real solution... If you follow my steps, and stick with my training, you'll be able to enjoy sex without having to resort to these types of bizarre mind tricks.

9. Focus On Her

This is just a simple perspective change, but it can work wonders if your main issue is performance anxiety.

By focusing on her, rather than on yourself, you'll stay in the moment and you'll be less worried about how long you're lasting.

And, best of all, you'll actually be a better lover – because you'll be more in tune with what she's experiencing.

10. Go For a Second Round

Alright, so what if you just got a little over excited and you couldn't control it. Don't sweat it! Don't take it so seriously.

Just stay focused on her, and keep her aroused long enough until you can regain your mojo (it might take you 15 minutes or so to regain an erection), but you'll be a true macho man in her eyes.