

# Testosterone Lifestyle

## Introduction: What is testosterone?

- It's the main male sex hormone
  - T actually a naturally occurring steroid
  - Important for a healthy sex life
  - It also effects muscle, bone mass, body hair growth - This is why it's seen as an indicator of "manliness"
  - Most T is produced in the testicles
    - It directly affects sex drive, sperm production
    - Up to 95% of T is produced in the testicles in healthy men
- The body's T production naturally decreases with age
  - The exact age of the start of the decrease is different for every man, but usually it first becomes evident in the mid 30s
  - But other factors besides age can cause you to have a low level of T in your body at any age
- Low testosterone can affect your overall quality of life, not just your sex life
  - Lethargy or low energy levels are often the first symptoms of low T that men notice
  - A poor sex drive, low energy at work, a feeling of lethargy (laziness) can lead to depression

## Do you have low T? Common symptoms and problems to look for

- The first thing most men complain about is a lack of energy
  - Often a general feeling of tiredness at work or during activity
  - Some describe this symptom as a general disinterest in work, hobbies, sex
- Poor sex drive
  - Not interested in having sex as much as before
  - Unable to get turned on in the bedroom, unable to achieve erection because of this disinterest in sex
  - Lack of sex drive is the most common complaint for men who have lower testosterone levels because of age (men in their 40s, 50s, and 60s)

## Risk factors for low T

- Being overweight is the biggest cause of low T in younger men
  - Body fat has an enzyme called aromatase (ə'raʊmə'teɪz) that actually spurs the production of estrogen, which is the main female hormone
    - Overweight guys can lose testosterone because T is being converted into estrogen
    - This is the biological reason that many overweight men develop the dreaded "man-boobs"
    - This problem is a "catch 22," because the less testosterone you have, the less energy you have to exercise and lose weight so that you can stop the cycle of estrogen production
  - Any efforts by overweight men to build testosterone with supplements or weight lifting won't be effective because the T will just be turned into estrogen. They have to lose the weight and body fat FIRST.
- Age
  - Your body's T levels decrease naturally with age
  - Age-induced low T affects your sex life
    - Symptoms start at a different age for each man (from early 30s to late 50s)
    - No desire for sex
    - Unable to get an erection
    - Not enough energy to have sex for more than a few minutes when they are able to get an erection
  - Age-related low T can cause lethargy or a general lack of energy
- Diet
  - Certain foods are bad for T growth
    - For example, soy products can spur estrogen growth - Processed soy is used as a "filler" in a lot of snack foods and pre-prepared meals (such as frozen dinners/TV dinners)
    - This is usually not a problem if you have a balanced diet, but if you eat a lot of processed foods or soy, you can lower your T levels without even knowing it
    - Some drinks can also increase estrogen and lower T - For example, hops (the main ingredient in beer) are high in estrogen
  - Excessive amounts of any type of nutrient can hurt your T levels
    - Obvious suspects include sugars, caffeine, alcohol, processed fats
    - Even too much protein can hurt your T levels
    - Balancing your diet and not eating too much of one type of food can help you avoid this cause of low T

## Common myths about testosterone

## How to overcome low testosterone with the Testosterone Triangle

Physical

Knowledge

Mental

Conclusion

# Testosterone Lifestyle

Introduction: What is testosterone? ⊕

Do you have low T? Common symptoms and problems to look for ⊕

Risk factors for low T ⊕

Common myths about testosterone ⊕

Myth #1: Testosterone gives you an aggressive personality ⊕

The term "testosterone" is often used to describe "manly" or "in your face" behavior  
Testosterone levels have been linked with aggressive behavior in some studies, but those were related to impulsiveness and criminality, not necessarily to personality  
Testosterone is primarily a sex hormone, it is one of MANY factors that affect your personality  
The truth related to this myth: a lack of T can make you completely passive and lethargic – the polar opposite of aggressive "alpha male" behavior

Myth #2: More muscles = more testosterone ⊕

Muscles and T are closely related  
However, bigger muscles don't necessarily mean more T  
Excessive weight lifting can cause the production of cortisol, a natural steroid that is produced when the body is under unnatural levels of stress  
Cortisol is not a sex hormone  
In fact, the synthetic version of cortisol (a performance enhancing steroid used by athletes and body-builders) can negatively affect your sexual health  
The truth related to this myth: working your muscles is the fastest way to grow your T levels  
Your goal should be to maximize testosterone production without crossing the line where your body starts making cortisol instead of testosterone

Myth #3: You need a supplement to grow your testosterone levels ⊕

Testosterone boosting supplements are part of a huge industry with hype-heavy advertising  
A lot of products to choose from, all promising that their formula is best  
The truth behind this myth: Yes, certain vitamins, minerals and natural or synthetic chemical compounds can boost T significantly  
But supplements are not the only way to get these substances  
The exact dosage and kind of vitamins, minerals and compounds you need changes depending on your age and your weight. A one-size-fits-all "testosterone powder" isn't going to help EVERYONE  
It's better to learn how to get as many vitamins and compounds as you can through your diet  
This is a more sustainable approach to managing your T levels: you won't have to rely on a special supplement your whole life, you just have to make sure you get the right nutrients  
Most T building vitamins, minerals, amino acids are available from a variety of sources

Myth #4: If you have low T, you need testosterone replacement therapy (TRT) ⊕

You hear a lot about athletes, such as UFC fighters, getting TRT  
This involves getting a series of injections to "jump start" your testosterone-production systems  
The truth: in severe cases, TRT is an option. But changes in the three basic areas I'm going to teach you about now are equally effective in the long term and they will give you more sustainable results over your lifetime

How to overcome low testosterone with the Testosterone Triangle ⊕

Seeking sustainable results ⊕

The ultimate goal is a better sex life and more energy – in short, a better overall quality of life  
You want to be able to use these T-building strategies for your whole life so that you can ALWAYS be sure that T levels won't harm your sex life or your energy levels  
And, whatever you do to boost T, you want to be able to do it without spending a lot of money on supplements and gym memberships

The three points of the "testosterone triangle" ⊕

Physical ⊕  
Exercise your muscles  
Exercise for weight loss  
Mental ⊕  
Developing good habits  
Creating a T-building strategy that you can stick to forever  
Knowledge ⊕  
What to eat and drink  
How and where to get the nutrients that your body's T-building systems need  
What substances, habits and practices can hurt your testosterone production

You need a complete plan ⊕

Each of these three areas builds off the other two ⊕  
You can see results quickly if you involve all three points of the "T Triangle"  
Mistakes in one area can sabotage all your efforts in the other areas ⊕  
But if you understand ALL the factors at play in testosterone production, you can avoid this easily

Never lose sight of the goal: More energy and a better sex life AND knowing that if you stick to this type of lifestyle, you won't have to worry about low T again

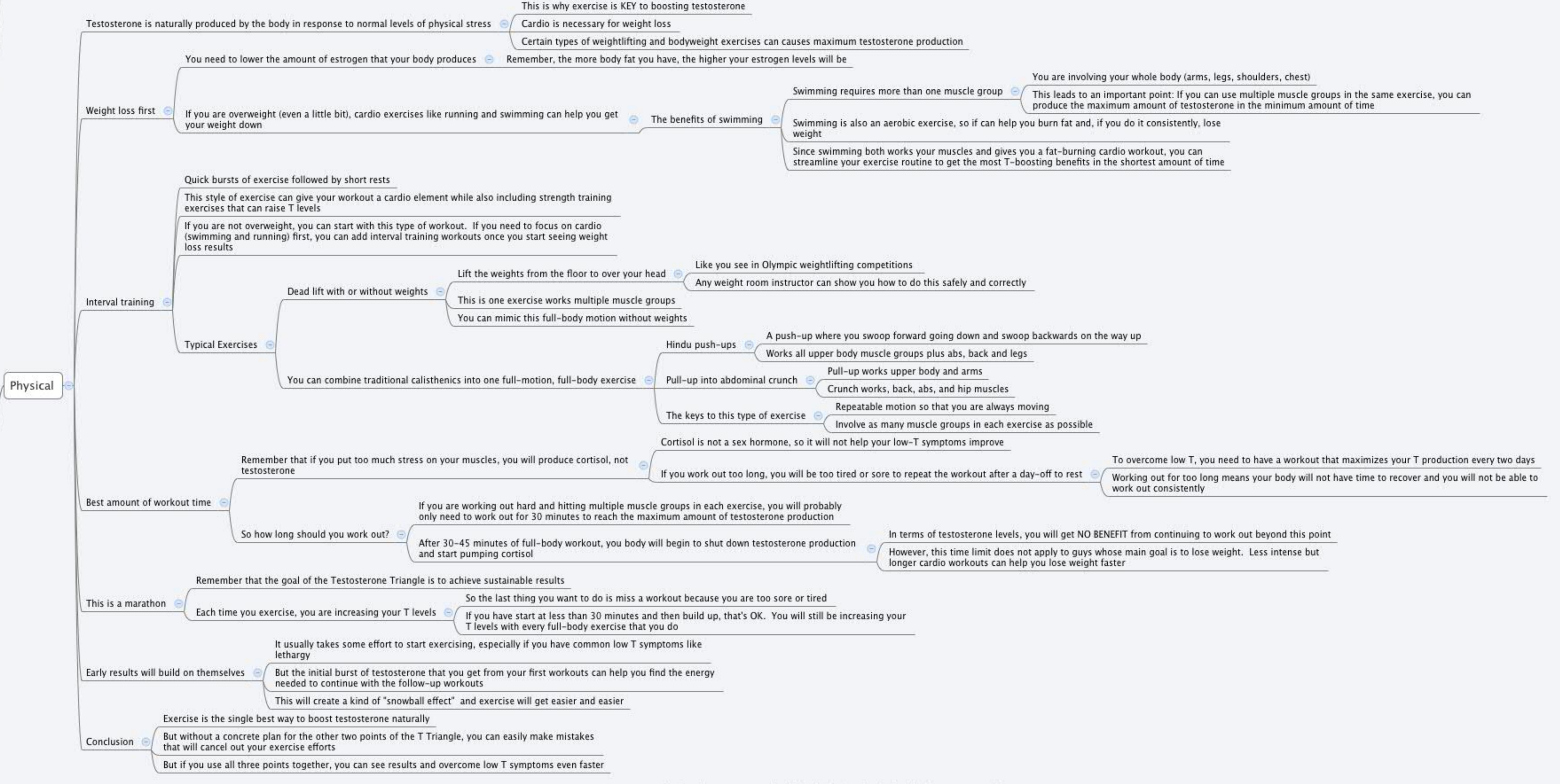
Physical ⊕

Knowledge ⊕

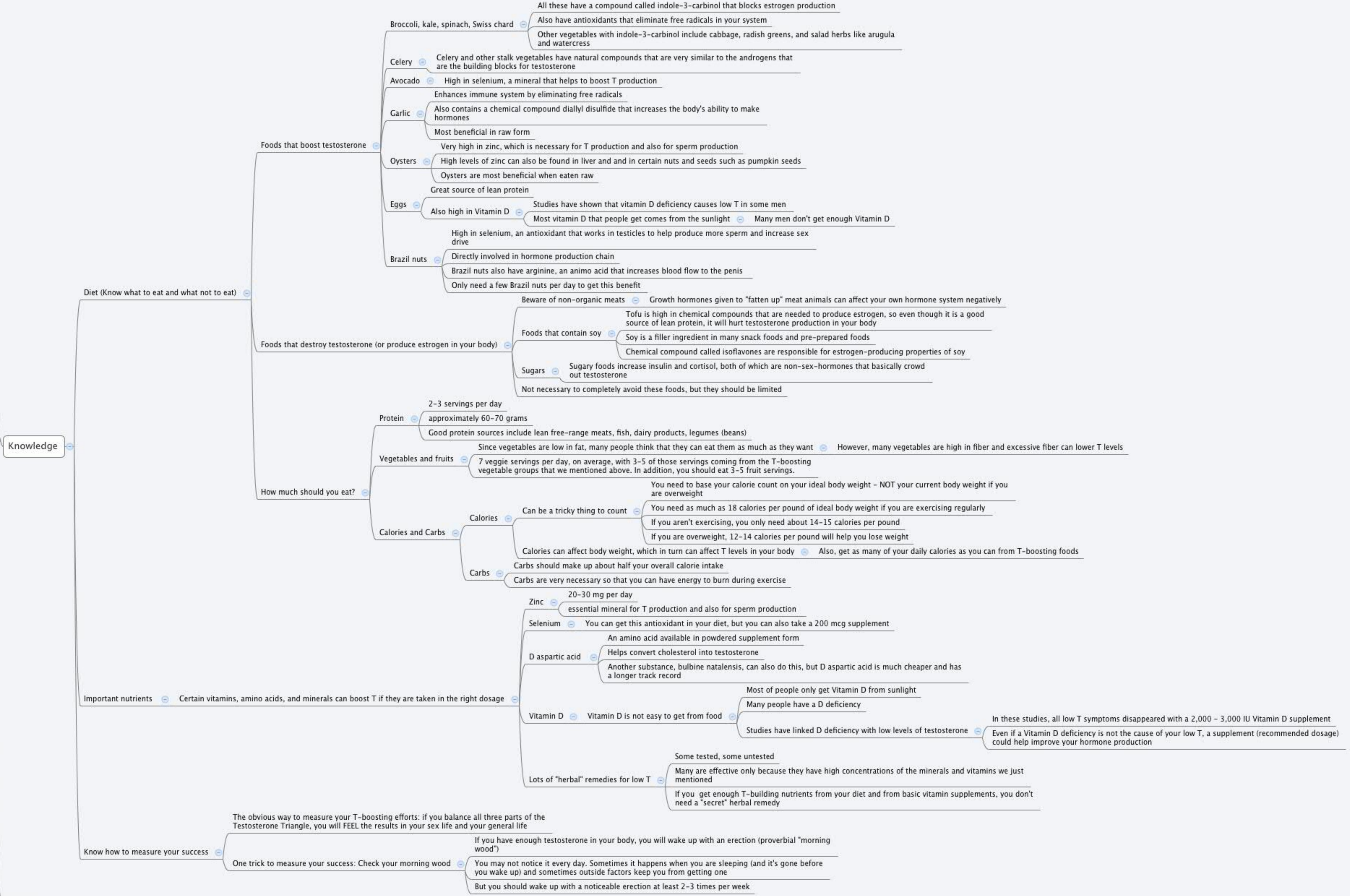
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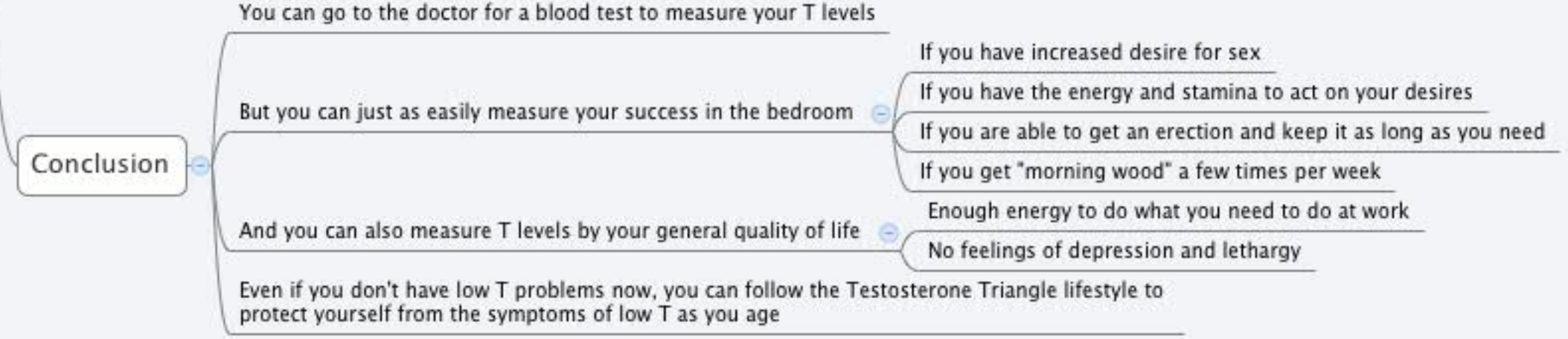
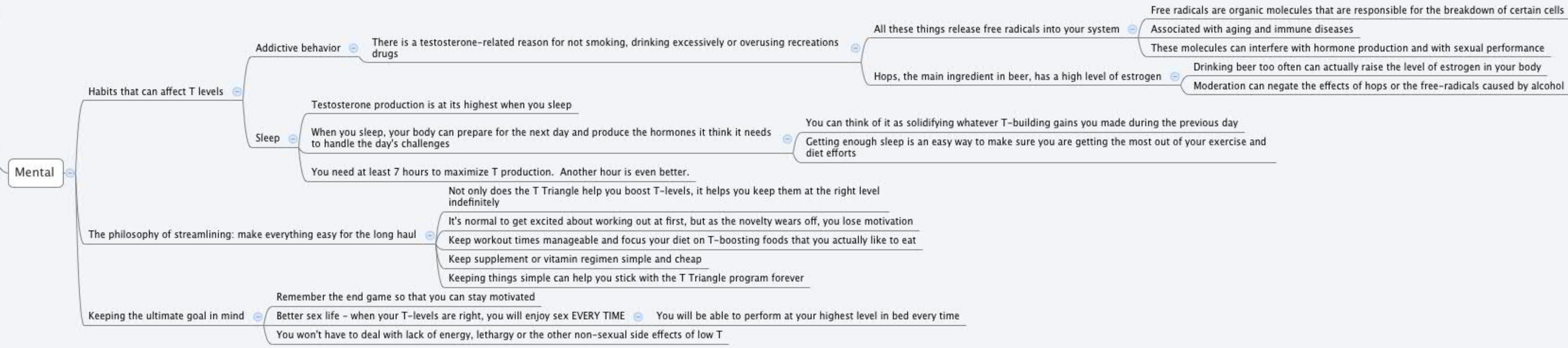
**Testosterone Lifestyle**



- Mental
- Conclusion

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- Physical ⊕
- Knowledge ⊕



# Overcoming premature ejaculation



# Overcoming premature ejaculation

What is premature ejaculation?  
Causes of premature ejaculation  
Premature ejaculation is one of the easiest sex problems to overcome  
Treatment plan that focuses on two areas

## What to do if you need help NOW

- Work on BOTH areas and you will improve over time
- However, there are a few of tricks to overcome premature ejaculation in the short term
  - Wear a condom (or an extra condom)
- Slow down your response
  - Focus on something besides sex when you feel overstimulated
    - Repeat a phrase over and over in your head
    - Think about something boring or even gross when you feel over stimulated
  - Ejaculate before sex
    - Like Ben Stiller's character in "There's Something about Mary"
    - More stimulation will be required to reach a second orgasm in a row
- Bring your partner near orgasm (fingers or oral) before you penetrate
  - Even if you finish quickly, she will also come away satisfied
  - This also helps fight performance anxiety
  - Only drawback is that you have to know how to stimulate her orally...this can be a problem for inexperienced guys
- Methods for physically stopping orgasm
  - Gently pull your testicles away from your body as orgasm approaches
  - Some guys have had success squeezing the head of their penis firmly when they feel ejaculation coming on
  - These methods can work (they have actually been studied by sex researchers), but they may take practice and may not work the first time you try them. You have to get the timing exactly right.

## Mental Aspects

- Develop confidence in your control
  - You need to build confidence through practice
  - The feeling that you are in control of your ejaculation will lead to more enjoyable, stress-free sex
- Learn mental tricks to help slow down your response
  - Focusing on something other than sex when you feel like you are close to ejaculation
  - As I've already mentioned, you can think about something boring or some kind of mantra that takes your mind off of your stimulation temporarily
  - The more you practice this "focus shift," the easier it will become
  - What you are really doing is training yourself to delay your orgasm
  - With practice, eventually you will be able to shift your focus away from the over-stimulation without even thinking about any specific thing
  - Delaying ejaculation will become like a subconscious habit
- Change your sex game plan
  - Learn foreplay skills and oral skills
  - Focus on giving her pleasure outside of actual intercourse
    - This will help you deal with performance anxiety
    - Also, it will make you more confident as a lover
- Plan on doing it multiple times
  - A second orgasm will usually come much slower than the first
  - If you and your partner know that a second act is coming, it will take the pressure off you
    - A way to deal with premature ejaculation related to performance anxiety
    - You can use the first "session" to try the "practice" new techniques related to delaying your orgasm
    - If they don't work, you still have another round of sex to pleasure your partner

## Practice

- The start-stop method
  - Many guys actually train themselves to have premature ejaculation without even knowing it
    - They grow up masturbating as quickly as possible to orgasm
    - They basically develop a learned pattern of ejaculating quickly
    - Their body has "learned" to respond to stimulation by ejaculating as quickly as possible
    - They have to unlearn this habit
    - The same problem can come from rushing through sex because you are afraid of getting caught
    - Common with young people who lack their own space and lack privacy
  - The start-stop method: unlearn quick ejaculation habit through masturbation
    - Rather than rushing to the finish, stop for a minute when you feel ejaculation coming on...then continue
    - Repeat this stopping process as many times as possible
    - Basically, you are training yourself to control your orgasm
- Practice with your partner
  - If your partner is willing, you can do the start-stop method with her instead of by yourself
    - You can start with a handjob or oral sex if you want to work up to actual intercourse
    - Same method as start-stop masturbation - stop before orgasm...wait a minute...continue
    - Again, repeat the stopping as many times as you can
    - May take a few tries before you can properly time your pull-out without ejaculating
  - Eventually, you will learn a rhythm so you can delay orgasm without actually stopping
    - What you are really doing with this practice is creating a new habit that will prolong sex
    - This is similar to the "muscle memory" that athletes learn through repeated training
    - The actions become almost subconscious
  - Also, you can practice your foreplay and oral skills
    - This is a great way to give her pleasure even if you orgasm early
    - Foreplay is a general skill that can enhance your sex life (and make you more popular with the ladies)
- Increase the number of orgasms that you have
  - Inexperienced guys can masturbate regularly
    - Some studies have showed that the number of times you ejaculate per week is proportional to the time it takes to ejaculate
    - Thus: more orgasms lead to longer stimulation time required before orgasm
    - BE CAREFUL not to develop the habit of "rushing" to ejaculation
      - If you ejaculate too quickly, use the start-stop method
      - Also, don't overdo it to the point that it is painful
  - Masturbate as closely as possible to the time of actual intercourse
    - This can slow down your response
    - This will become less and less necessary once you develop the other premature ejaculation M.A.P. skills
- Kegel exercises/pelvic exercises
  - These exercises help develop control in the muscles involved in ejaculation and sex
  - Kegel exercises are mostly used by women for greater vaginal control, but the same idea can be used for men too
  - Find the right muscle
    - pelvic floor muscle: bottom of your pelvis, behind your testicles
    - You can feel this muscle when you urinate
      - If you stop the flow "mid-stream" you will feel it contract
  - Contract this muscle and hold for 5-10 seconds
    - Repeat a set of 10 contractions 2-3 times per day
    - Make sure to focus so you are actually contracting your pelvic floor muscle and not the surrounding muscles
  - You will notice more control and also a stronger erection after a couple of weeks of regular exercise
  - Don't overdo it: too much exercise can harm your prostate and in extreme cases, cause ED
- STRATEGIES:
  - Pull out and stay out for a bit
  - Change your pattern (thrusting)
    - The key is to stop the stimulation
    - At the very least SLOW DOWN
  - Change physical positions with her
  - Take a moment to shift your focus -
    - Stroke, touch her body
    - Explore
  - Breathing control
    - Don't quicken your breathing - stay deep
    - Pinch the back of leg
  - Physical distraction
    - Nails into palms
    - Bite lip
  - Create a pattern that is easy to repeat and learn
    - Must be a fallback that doesn't take a lot of mental effort

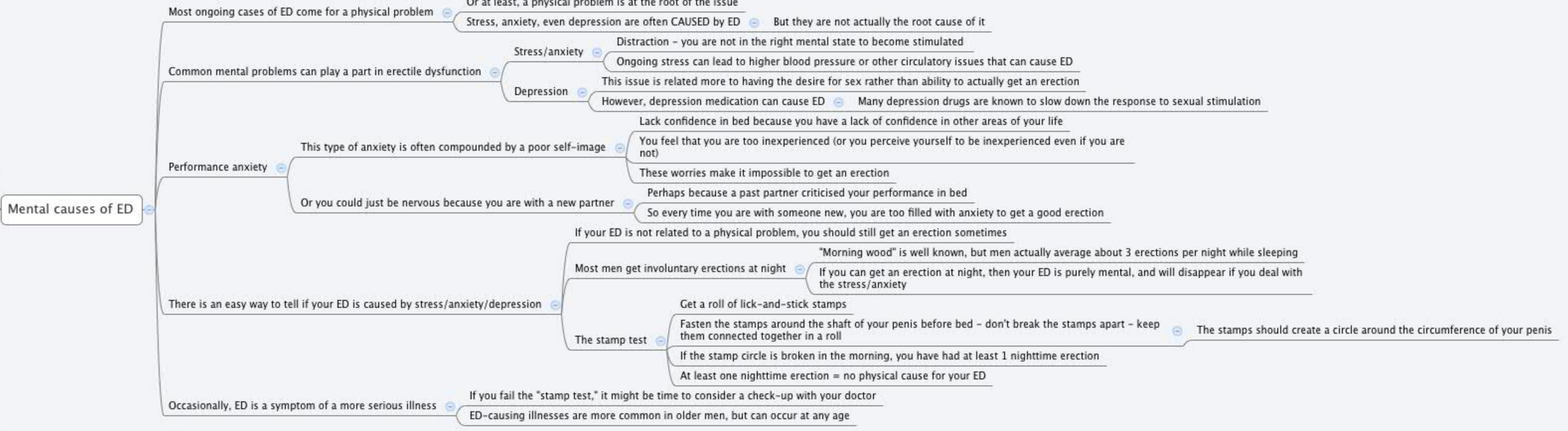
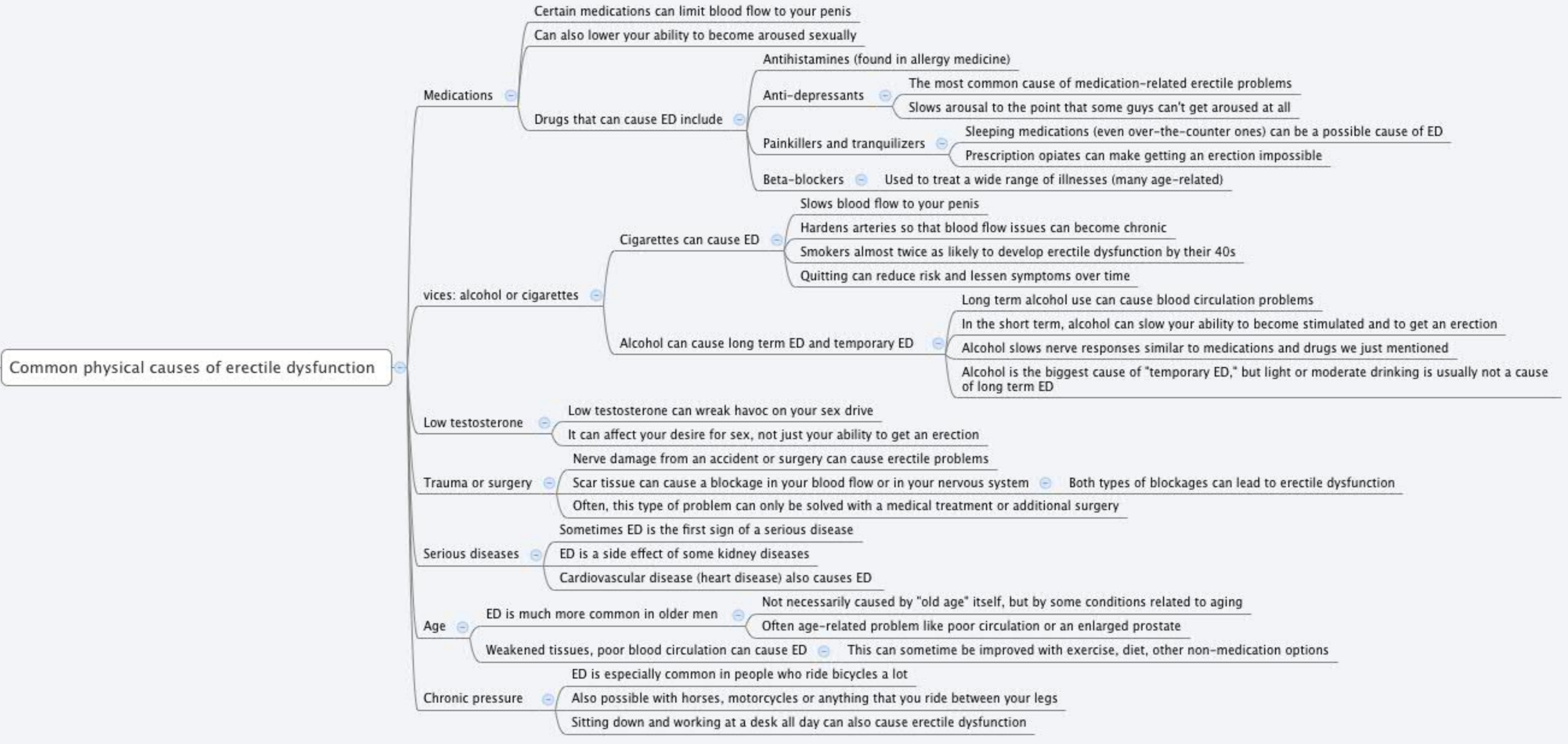
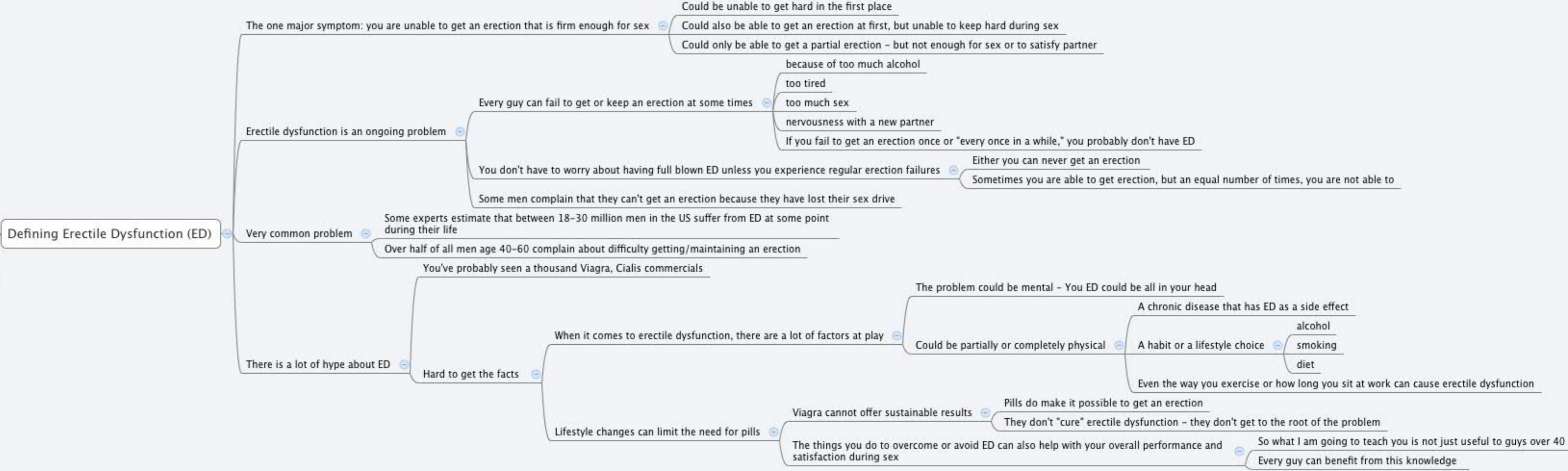
## Medical treatments for serious premature ejaculation

- There are no medical treatments (surgeries) that are specifically for premature ejaculation
  - There are simply so many other options besides surgery
  - premature ejaculation alone can always be cured without surgery and without medication
- Some serious cases can be treated with antidepressants
  - These medications slow response to sexual stimulation
  - They can also regulate (raise) serotonin levels (as I already mentioned, a lack of serotonin can cause premature ejaculation)
  - examples include Paxil, Prozac, and Zoloft
- Medication for hyperthyroidism can cure premature ejaculation that is caused by an overactive thyroid
- In short, most guys do not need to resort to medication unless their premature ejaculation is a side effect of another illness. Even then, the medication would treat that illness, not the premature ejaculation itself

## Conclusion

The skills you learn for overcoming premature ejaculation can improve your overall sexual performance  
Learning control over your response to sexual stimulation is a lifelong skill that can benefit you every time you have sex  
Even if you don't suffer from regular premature ejaculation or even occasional premature ejaculation, these skills/exercises/mental tricks can be useful in your sex life

# Overcoming erectile dysfunction



Medical treatments for ED

Recover from erectile dysfunction by focusing on these three specific areas

1. Changes to your lifestyle

2. ED exercises

3. Alternative treatments

Conclusion

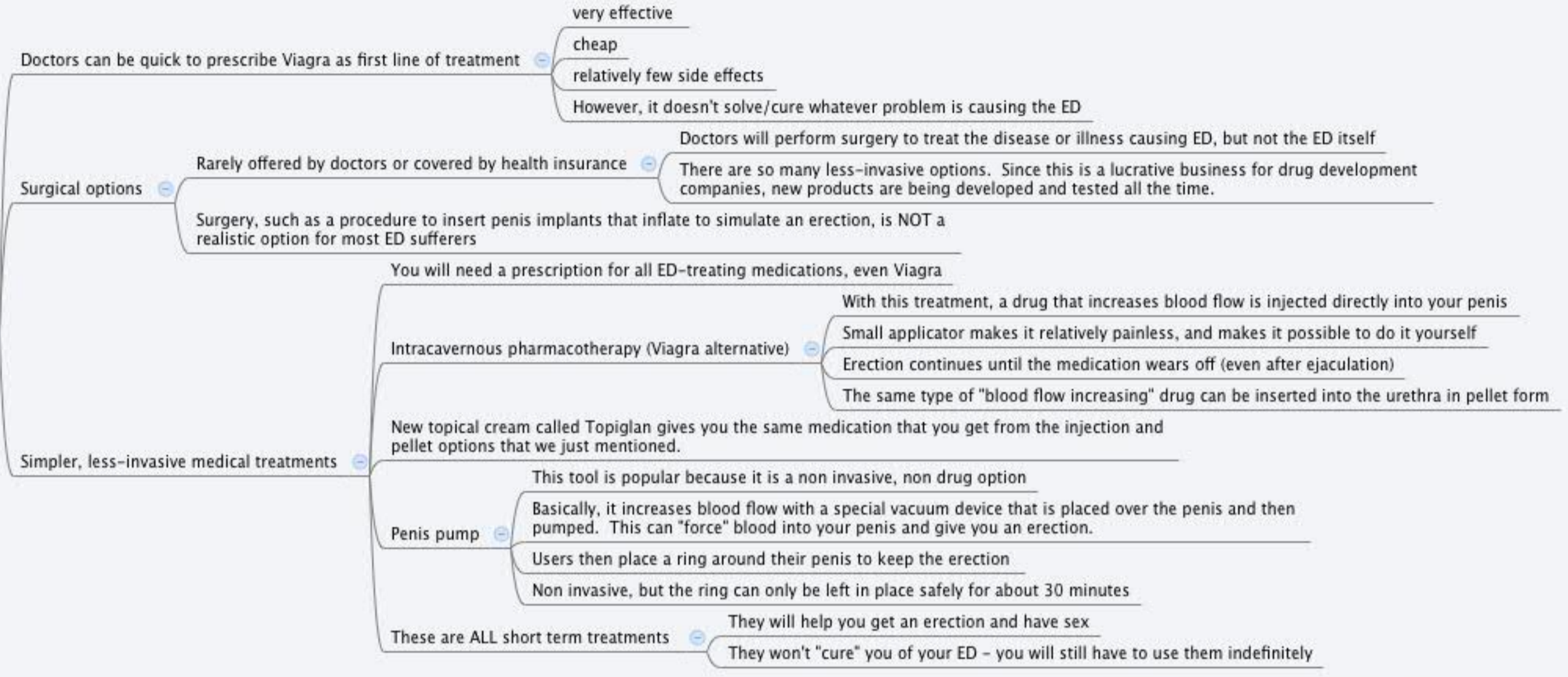
# Overcoming erectile dysfunction

Defining Erectile Dysfunction (ED) ⊕

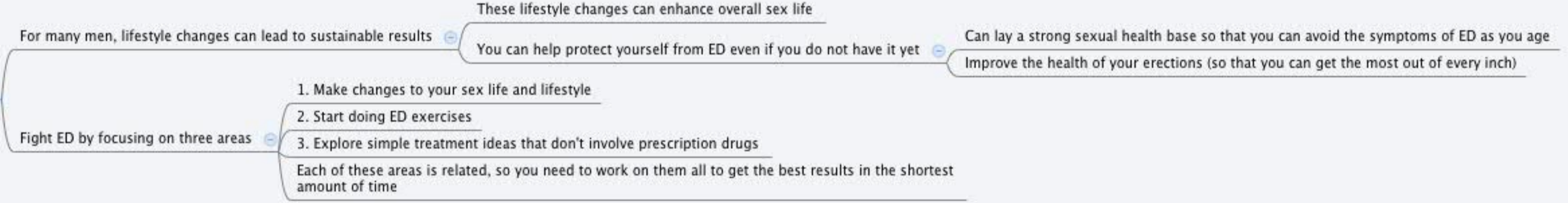
Common physical causes of erectile dysfunction ⊕

Mental causes of ED ⊕

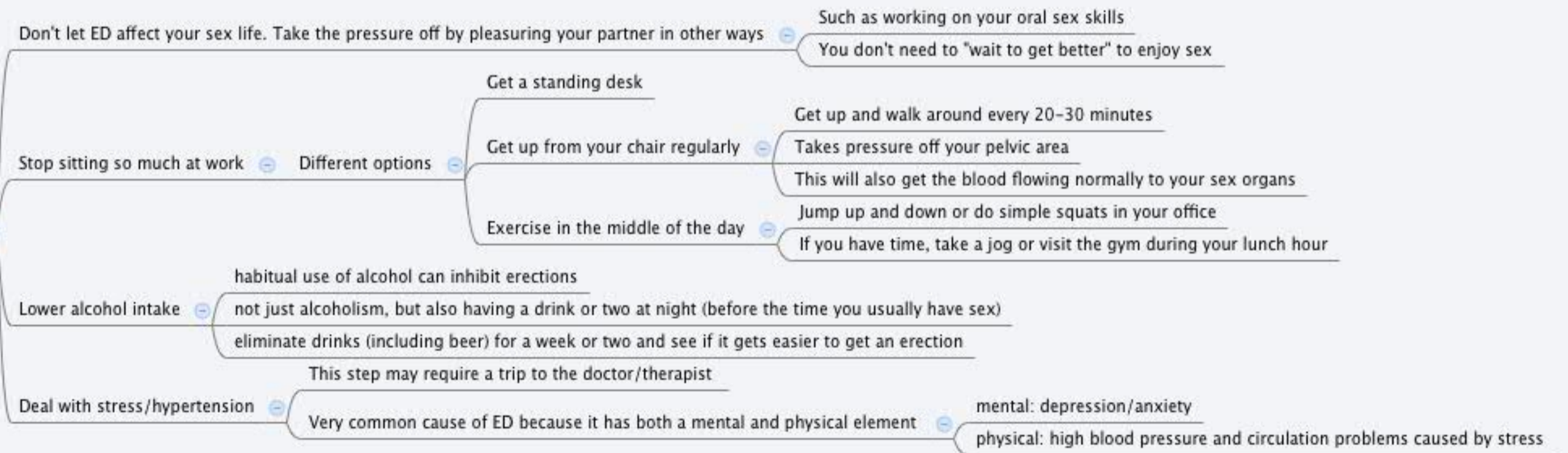
Medical treatments for ED ⊕



Recover from erectile dysfunction by focusing on these three specific areas ⊕



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Recover from erectile dysfunction by focusing on these three specific areas ⊕

1. Changes to your lifestyle ⊕

Cardio exercises provide an increase in blood flow through the whole body

Options include swimming, jogging, rowing machines

Avoid bicycles including stationary bikes because of possible ED side effects from the seats

Do these exercises 3-4 days per week, every week

Calisthenics

Leg lifts

Lie on your back, lift your legs while keeping your back on the floor

works lower abs, hips, and pelvis

Squats

Do these squats without weights

You can choose standard squats or lunges

Both these examples strengthen muscles used for sex and also increase blood flow in the pelvic area

The same exercises can be used to treat premature ejaculation

Specific pelvic exercises

Contract your pelvic floor muscle (the muscle behind your testicles that also controls the flow of urine)

Contract for 5-10 seconds at a time - in a set of 10 times

You can repeat this exercise 2-3 times per day

Some men will notice nighttime erections after only a few days - use the "stamp test" after a week of pelvic floor exercises to see if it is helping

Provided they don't have heart health problems, exercise is the best option for overcoming ED in the long run for most men

2. ED exercises

3. Alternative treatments

Acupuncture

This is a popular treatment for ED that does not require medication

Like other traditional treatments, acupuncture is unproven with research, but many men have reported success with regular treatment

Acupuncture involves your whole body's energy...so they won't stick needles directly in your penis

Herbs that increase blood flow

Yohimbe (extract of a bark from a tree that grows in Africa) can increase blood flow to your penis

Horny Goat Weed (Epimedium) has similar effects. It is used in traditional Chinese medicine to treat ED

Ginseng: the most well known herbal sex enhancer

Many men swear by it

Like other herbal remedies, results are unproven by scientific research

These substances are often used by men without ED to increase sexual performance

These and other herbal remedies can be dangerous for people with heart problems

Vitamins

Vitamin deficiencies can cause ED

Make sure you get enough zinc (20-30 mg per day)

Arginine

An amino acid that aids hormone production

You can get arginine from red meat and nuts as well as from a supplement

Vitamin D deficiency can cause hormone problems

Studies have shown improvement in sexual functions and testosterone levels of men who take a Vitamin D supplement

A daily supplement (recommended dosage) can be helpful

Diet

Increase protein intake

Lean free-range meat, dairy, eggs, beans

Avoid soy - it lowers testosterone levels

Beef and poultry are high in the amino acids arginine, a substance that affects sex performance and hormones

a balanced diet can lead to higher testosterone levels (see Testosterone Triangle)

Conclusion

The overall effect of lifestyle changes that help stop ED can also have benefits for other aspects of your sexual performance

A huge number of short term treatments for ED

Viagra, etc

Easy to fix the problem in the short term while you are doing the work to get more sustainable results

Even if you don't have ED, you can make the lifestyle changes I taught you about as a preventative measure. Then you won't have to worry about getting erectile dysfunction as you age

Once you eliminate whatever is causing your ED, you will see results pretty quickly

# Secret sex skills you need to know

## What are these "secret" skills?

- How to make your dick feel bigger to her
  - A lot of guys are insecure about their penis "measurements"
  - But they forget about the most important thing: penis performance
  - You can learn how to make her feel like you have a big dick, even if you don't
- How to make her squirt
  - Most women can squirt
    - Not everyone is going to gush like an actress in "squirting porn"
    - But every woman can have that kind of intense orgasm
    - Squirting is one sign of a really intense orgasm

## Why do you need to learn these skills?

- They are related to two of the biggest insecurities guys have
  - #1. The size of their dick
  - #2. Their ability to give her a good orgasm
  - So learning these skills is not just about having better sex, this is also about overcoming the insecurities that can keep you from enjoying sex
- They are easy to learn
  - There is a lot of misinformation about sex on the internet
  - I'm going to show you...
    - Some tricks that you can put into practice RIGHT AWAY
    - A step by step plan for perfecting the aspects of these skills that need practice
- These skills are actionable and "results oriented"
  - Not teaching you something that plays to your insecurities i.e. no "magic" penis enlargement pill or exercise
  - Teaching you skills that will directly affect HER pleasure when she has sex with you

## What you need to know about penis size

- Truth: penis size can play a role in giving her a vaginal orgasm, BUT...
  - Surveys have shown that width is actually more important to her pleasure than length
  - Certain positions can give her enough stimulation to orgasm REGARDLESS of the size of your dick
  - Foreplay techniques can prime her for orgasm so that she will come when you penetrate no matter what your dick size is
- There are certain exercises that can increase the hardness of your erection
  - These "penis workouts" can give you noticeable results pretty quickly
  - They can help you not only perform better, but also last longer (another important aspect of giving her more pleasure during sex)
- Even though some women find big dicks a VISUAL turn-on...
  - Her overall impression is ALWAYS based on what she FEELS, not just what she sees
  - A good orgasm is priority #1 in her mind

## Her ultimate orgasm

- Making her squirt or have an intense orgasm is a step by step process
  - If you don't "build-up" to the orgasm, you won't get the results you want
  - If you follow the steps, even if you don't get her to squirt, you will be able to give her an intense orgasm that she won't soon forget
- An intense orgasm is her ultimate goal
  - All the common worries that guys have about their dick size and their physique don't really matter to her
  - If you can make her squirt or give her a screaming orgasm, none of those other things will seem important to her
- Why make her squirt?
  - Unlike men, women have different kinds of orgasm and different levels of orgasm
    - A standard vaginal orgasm feels different to her than an orgasm from oral sex, for example
    - For most women, a squirting orgasm has a completely different set of sensations
      - Many women say that it is a more intense experience than other kinds of orgasms
      - Many also say that it has a feeling of "release" that makes it a more "complete" orgasm
  - Squirting will give her a sensation that even guys who are good at oral and vaginal sex can't give her
    - Once you've mastered this, you will have a new kind of confidence in your sexual ability
    - She will put you in a class by yourself in her mind

## How long will it take to master these skills?

- A lot of guys pick up basic sex tricks off the internet, but then get frustrated when they don't work right away
  - They have learned a PART of a skill
    - or one step in a technique that requires several steps
  - For some of the stuff I will teach you: it will take time to perfect every step
  - But some things you learn from me will "work" immediately, and then you can perfect them further over time
- You may not give her a squirting orgasm on your first try
  - Each woman responds a little differently, so you will have to figure out what exactly works best for her
  - Even if she doesn't gush, if you follow all the steps I will show you, you will have her primed for an intense orgasm on your first try

## How to practice with your partner

## Skill #1: How to make your dick feel bigger to her

## Skill #2: How to give her an intense/squirting orgasm

## Conclusion

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- Why do you need to learn these skills?
- What you need to know about penis size
- Her ultimate orgasm

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## How to practice with your partner

You can use new positions that will make your dick feel bigger to her right away

Also, each step of the squirting technique can be useful on its own right away even if you are not trying to get her to squirt

With a NEW partner (first time you are sleeping with her), you might want to stick with these basics

- Use the positions I will teach you to give her a good orgasm
- With these positions, you are virtually guaranteed to have a good first sexual encounter with her
- If it doesn't work it will be a let down
- By going for the squirt, you will put unnecessary pressure on yourself
- You will want to hold off on going for the squirt during your first time with a new partner
- Most importantly: In order for her to squirt, she has to be VERY comfortable with you
- If she can't "let go" of herself, she isn't going to squirt (and she may not even orgasm at all when you work her g-spot)
- Since her participation is required in this way, it's best to save it for a later time...when you can talk about it beforehand

## Skill #1: How to make your dick feel bigger to her

### Exercises that can give you a better erection

- Kegel exercises**
  - This exercises pelvic floor muscle - located behind testicles - controls urine flow
  - Helps to get better blood flow and also helps you get more control over thrusting motions during sex
  - To do Kegel, contract pelvic floor muscle and hold for 5 seconds
  - Repeat 10 times
  - You can do a set of 10 contractions 2-3 times per day
- Jelqing**
  - also known as "milking"
  - increases blood flow to your entire penis
  - will lead to a harder erection if you exercise regularly
  - some men say it makes them appear longer when erect
  - Steps:
    - give yourself a half-erection
    - make sure your fingers and penis are lubricated
    - make a circle with your thumb and index finger - like an "OK" sign
    - Put this "O" around your penis
    - start at the base, squeezing with a bit of firmness and move up the shaft to the head
    - don't squeeze too hard, you can injure yourself - your penis has a lot of veins and blood vessels that can rupture
    - don't do more than once per day
    - repeat 10-20 times
    - you can increase the number of repetitions as you feel more comfortable
    - most experts recommend stopping when you get to 50 or 60 reps, though some recommend up to 80

### Positions that can make your dick feel bigger to her

- doggy-style variation**
  - a tweak on the standard "doggie style": position: woman on all fours, man penetrates from behind
  - the woman drops her shoulders to the bed and moves her hips slightly higher
  - this shortens the length of the vaginal canal, allowing the man to hit the deeper parts
- cowgirl (her on top)**
  - make sure she is upright for deepest penetration
  - Her back should be basically perpendicular with the bed
  - If comfortable, you can move your pelvis upwards to get a couple extra centimeters of penetration
  - She can experiment with different movements (such as circular movements) in this position
  - This can help you hit those corners that you couldn't reach in a normal position
- missionary variation (bunny ears)**
  - start in the standard missionary position
  - place a pillow (or even two) under her hips
  - she can raise her legs towards her chest as much as comfortably possible
  - you can move to a more upright position (kneeling) for max penetration
  - If she is flexible enough, she can hold her legs up near her ears (bunny ears) to really open herself up to deep penetration
- The V position**
  - You kneel or even stand
  - grabbing the woman's ankles, you spread her legs apart until they make a V shape
  - she has to be at least mildly flexible for this - don't force her legs apart
  - works best when you are standing and she is laying on the edge of the bed
  - if kneeling, you can put pillows under her hips to get the best angle for deep penetration
- Any perpendicular position**
  - Any position where the man is standing and the woman is laying on her back can allow for deep penetration
  - This can work on a bed, sofa, even a table
  - You can use pillows to get the angle just right
  - These "T-shaped" positions also allow you to thrust at different angles
  - You can learn how to make her feel like you have a big dick, even if you don't because you are hitting all those deep corners of her vagina that you cannot reach with other positions
- the snake**
  - this position makes her feel like you are filling up her whole vagina
  - she lays on her stomach and closes her legs - like she is planking
  - she raises her hips slightly (you can put a pillow or two under her hips for more comfort)
  - You straddle her with your legs outside of her waist
  - Then spread her thighs just enough to penetrate
  - This will give both of you a "tight" feeling
  - However, it only works when she is well lubricated
  - If the man is strong enough, he can pick up his partner
- standing**
  - she wraps her legs around his waist and he penetrates from underneath
  - takes a lot of strength, but gravity makes sure you get very deep penetration
  - works great with petite girls
  - a variation of the cowgirl
- the frog**
  - works best on the floor
  - You start in cowgirl, but then she puts her feet on the floor (instead of her knees)
  - a squatting position
  - she needs reasonably strong thighs
  - gravity can help you get deeper penetration since she is she can basically drop her pelvis down on your dick
  - also, having her weight off your pelvis can make it easier to thrust upward

### Pre-penetration tricks

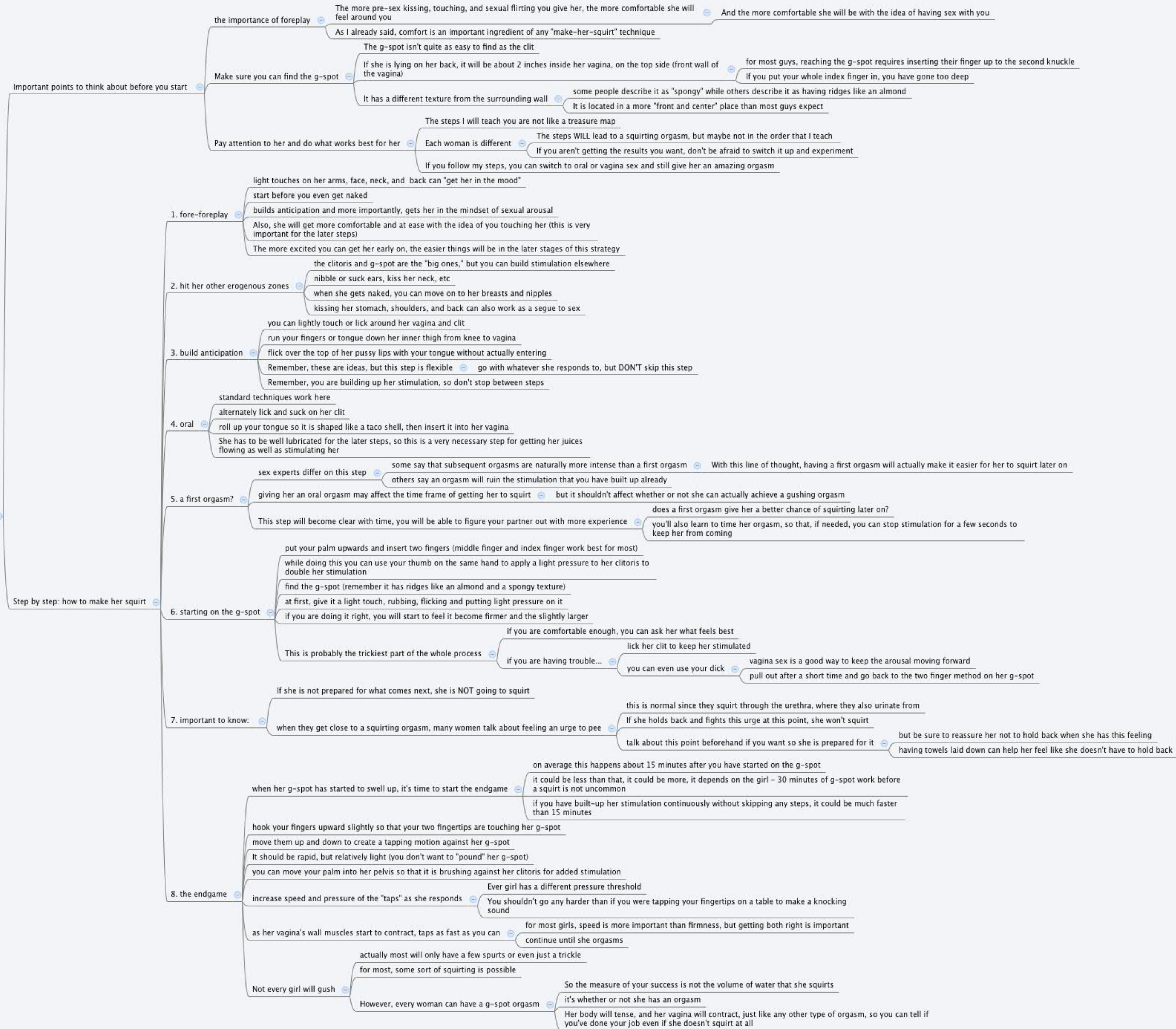
- oral enhancements**
  - lick and suck her clitoris until she is almost ready to orgasm
  - you can then penetrate and give her a vaginal orgasm
  - works no matter what size your penis is
  - you can continue to rub her clit after you penetrate to make sure you don't lose any stimulation
- Get her primed with foreplay**
  - The same foreplay steps that are the first part of the squirting strategy I am about to teach you can also get her primed for other types of orgasms
  - If she is turned on, she is going to orgasm with penetration, no matter how big or small your dick is

## Skill #2: How to give her an intense/squirting orgasm

## Conclusion

# Secret sex skills you need to know

- What are these "secret" skills?
- Why do you need to learn these skills?
- What you need to know about penis size
- Her ultimate orgasm
- How long will it take to master these skills?
- How to practice with your partner
- Skill #1: How to make your dick feel bigger to her



Conclusion

- These skills can make common insecurities that guys feel about sex disappear
  - I'm not showing you gimmicks
  - They will help with the ultimate goal of having sex: experiencing the maximum amount of pleasure
- Even after you get her to squirt or to have a vaginal orgasm, you can still practice and try to improve your skills even more