



**MARATHON
MAN
TONIGHT**

TC 24 EXCLUSIVE BONUS

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Introduction

Let's start with the basics just to get them out of the way. It's no secret – guys love sex. Everybody loves sex of course (after all, what's not to like!?), but guys are absolutely crazy for it.

The average male (any male, of any age, as long as he's got a pulse), thinks about sex a minimum of thirty times a day. We just can't help it. We've been hardwired by a couple million years of evolution to crave it. To want it. To NEED it, and we do.



Right here in the introduction then, we're going to give you the first "secret" to being a total "Man of Steel" in the bedroom.

Embrace your love of sex.

Don't be embarrassed about, or ashamed by it.

Why?

Evolution.

Our ancestors were the people who were successful at passing on their genes. They passed on their genes by having lots of sex.

That's how you came to exist in the first place.

You, sitting at your computer, reading these words, have two million years of evolutionary history on your side.

No matter how you currently feel about yourself or your sex life, that fact makes you a world class fucking MACHINE. It's in your DNA.

Sure, the world, and your life's story in it might have



robbed you of your confidence and made you forget who you really are, but your DNA hasn't forgotten. It CAN'T forget, so really, what this book is all about is helping you remember who you really are at the core.

It's all about teaching you to unlock your inner sexual beast, and every man's got one, lurking inside him. It might have been beaten down by society. It might have been locked in a cage by a crappy job, an unsatisfying home life, or a lack of confidence, but all those things are fixable.

In the pages that follow, we're going to teach you several different techniques and methodologies that you can use to turn yourself into such an exceptional, long lasting lover that you'll have women practically beating down your door to have sex with you. For the remainder of this introduction, we will tell you why. Then, of course, we will show you how.

It's not about you

Why do men like sex? Ask that question of ten guys, and at least nine of them will tell you because it feels awesome, and it does. Specifically, the part that feels most awesome for the guy is his own orgasm. Unfortunately, that's where the problems begin.

See, because the orgasm feels so damned good, most guys focus on it as the goal. The prize waiting at the end of the process. Everything else is just seen as “other stuff that happens” before the big moment.

They're so focused on getting off that they kinda rush through the rest just to get there as fast as they can. You can imagine what that leads to. Do that often enough, and you “teach” your body to cum really fast.

Sure, that gets you to the goal you wanted when you started **HAVING** sex, but is it the best approach?

No.

Why not?

Well, because you can't look at sex as an isolated, one-time thing.

If you do, you'll hurt your chances of having more sex, and thus, even more orgasms.

How, you ask?

Because women don't want to be with a "Minute Man." They want to be with someone who puts their needs...their PLEASURE first!

Be that person, and you'll get laid pretty much any time you want.

Ignore that advice, and you'll be sitting at home on most Friday nights, jerking off and wondering why you can't get any action.

It's up to you, of course, but speaking from personal experience, I know which of those two categories I'd rather be in, and that's exactly what you'll learn in the pages that follow.

Lifestyle Tips (Becoming a Sexual Badass)

Now, I hear what you are saying...this “**fake it till you make it approach**” can’t possibly work, right? Except that the research disagrees with you. You don’t have to take my word for it, or even the word of the researchers. Try it for yourself for a few days and you will feel the difference.

The first chapter of this book laid an all-important foundation. This chapter is going to build on that, and put you several steps closer to unlocking the sexual superman you have got lurking inside you. We don’t use that term, “sexual superman,” lightly.

We literally want to help turn you into a sexual superhero or rock star, but in order for us to succeed in that mission, you have got to live your life like the superhero we will show you how to be. That started with diet, of course, but now we’re going to expand on it.

The essence of this chapter is about helping you strike a balance in your life. The sad truth is that most people are so used to their lives being badly out of balance that they’re no longer even aware of it.

Following the advice in this chapter will actually be a bit jarring to your system, because we're going to help you restore that sense of balance in your life, not because we're exceptionally nice people (although we are!), but rather, because the only way you can reach your full sexual potential is to FIND that balance. Ready? Let's get started.

The Don't List

Okay, so this is the part that everybody hates. Given that, let's just get it out of the way here, first thing. There are probably a number of things about your current lifestyle that are working against you and your ability to reach your sexual potential.

As with the section on diet where we talked about things you should avoid, this isn't a mandate.

We're not saying you absolutely have to give this stuff up – merely pointing out that if you don't, you are going to be working against yourself (best case) and outright hurting and diminishing your sexual potency (worst case).



So here is the list of things you want to either eliminate or seriously cut down in your life. The acronym we use for this is S.A.D., and while you might be “sad” to see some of these items go, eliminating or greatly reducing them will vastly improve your ability to perform sexually, and that should counteract any sadness you might feel at curtailing some of your beloved vices and habits.



SMOKING

Cigarettes do a lot more than just damage your lungs and heart (as if that wasn't bad enough!). Research has shown that they actually degrade the firmness of your erections, and make it more difficult for men to maintain an erection, when they do get them.

Forget the damage to your heart and lungs for a moment—the damage it does to your sex life alone should be reason enough to kick the habit!

I used to drink and smoke. Of the two habits, I found that drinking was far and away the easier of the two habits to kick. Smoking was a beast to give up, even KNOWING that it impacted my ability to perform sexually. It's tough, but worth it. Just keep your mind firmly focused on what you are gaining and it makes the process a whole lot easier.

Remember that it takes about 21 days for new behaviors to become habit, so if you can survive three weeks without lighting up, you are as good as home free. Just keep focused on that.



ALCOHOL

You'll remember from the diet section that we actually recommend the occasional glass of wine. The reason this is on the don't list isn't because the expectation is that you'll cut it out completely. Rather, we're talking about taking care not to overdo it, for the same reason you don't want to overdo drugs. It's just going to hurt your sexual potency. **Why do that to yourself?**

Besides, excessive drinking can dull your senses. Sure, it makes you more uninhibited, but it's kind of a two-edged sword. **What good does it do to be more uninhibited if you find your senses dulled to the point that you can't fully enjoy whatever it is you are doing?**



DRUGS

If you currently smoke pot, or do harder drugs, you should reconsider. Yeah, I know, I know, the high feels great, but seriously, it hurts your ability to get and stay hard. Given that that's a rather important component of male sexuality, you might want to reconsider it.

Not to mention, some harder drugs (heroin, meth, cocaine) carry significant health risks that extend far beyond limiting your ability to perform sexually or dulling your sensation.

It's just not a smart thing to do. I'm not going to get on a soap box about it – if it's something you feel you have to do, then I'm certainly not going to convince you. Just bear in mind that you'll have an uphill battle in your quest to become a sexual superhero.

In addition to “SAD,” above, we do need to place one more item on the list, in the form of an **“honorable mention.”** You'll see why in just a second:



MASTURBATE

This one should be pretty obvious, but if you want to be at your best for your lover, then in your downtime, don't binge watch porn and jerk off! Save it for your woman. I realize that this is the opposite of the “advice” given in the movie “There's Something About Mary,” but seriously. Just as you can't work all day, party all night and be at your best for work the next day, you also can't masturbate half a dozen times and expect to be at your best for your lover later that night.

Now, don't get me wrong – in the next chapter, we will be talking about some ways to boost your sexual endurance, and even naturally increase the length and girth of your penis, both of which involve masturbation, but you should consider

that to be masturbation with a purpose, and not simply to get your rocks off.

Anyway, the point is, if you want to be at your best when you are with your partner, then you need to save your sexual energies for those occasions.



New Habits To Adopt

Right, so now that we've talked about the things you should cut out or minimize, let's talk about new habits you want to develop, all of which will help ensure that you are consistently at the top of your game.

A Non-Sexual Social Life

Every time you go out, the goal shouldn't be to pick up women to have sex with. Let's face it: if that's all you do, you're going to find it increasingly difficult to be (and remain) interesting to the women you are hoping to attract. The only way you can keep their interest is to develop interests and hobbies of your own.

What we're really getting at is the need for some downtime. You can't be at your best if you are trying to perform twenty-four/seven, so build in some time to rest, relax and recover. While you're prepping for your next big sexual adventure, **why not spend some time with friends and family?**

Sleep

This is the single biggest and best thing you can do for your sexual potency. Few things will kill your sex drive, and your ability to get and maintain an erection faster than being too tired to even care about sex.

Look, I get it. Modern life can be tough. The demands of work seem endless. The whole concept of the 40-hour work week is dead. Almost nobody works “just” forty hours any more. Usually you work a lot more than that.

Then of course, you want to spend at least some time hanging out with your friends and family. You have probably got at least some level of a social life that doesn't revolve around sex, right (see the point above if you don't!), and that eats up time in your busy schedule too.

The temptation, of course, is to forego sleep in order to make time for everything you have going on, and sure, you can do that for a while. It does work in the short run, but there's always a price to be paid, and long term, it's a no-win situation for you. The best solution? Don't start down that road in the first place. All it's going to lead to is ever greater imbalances in your life that see you making a heroic effort to stay awake for days at a time, only to crash and burn in the end and wind up spending a couple solid days sleeping in a desperate attempt to recharge.

That's lose-lose. Don't play that game. Just force yourself to abide by a sensible schedule, even if it means you have got to make hard choices now and again.

Exercise

In addition to maintaining a healthy diet, you also need to exercise regularly. No, you don't need to go overboard with it. You don't have to pump iron till you could be a contestant in the next Mr. Universe contest (though if that's your thing, by all means, knock yourself out). What we're really talking about here is simply maintaining a reasonable level of physical fitness. If you have got a little bit of a beer belly (or an "ice cream belly," or whatever your personal vice happens to be), go work it off.

It's true that women aren't as visually oriented as men, but the purpose of these exercises isn't to make yourself look sexier (though that will happen as a natural consequence of the exercise), but simply to increase your energy level. More energy overall equals more energy for sex. More energy for sex means better overall performance. It's just that simple.

That's it, really. If you eliminate or greatly scale back the bad stuff, and make a few new habits that incorporate the good, and you combine that with the nutritional information we gave you in the first chapter, you will have a firm foundation in place to become a sexual superhero. This then, is the end of the beginning.

For the rest of this book, you are going to be balls deep (pun intended!) in the how. Read on

Orgasms – Yours And Hers

This chapter is all about sexual performance. You already know some good tricks where lasting longer is concerned. You already know how to increase the size of your “package,” and how to solve problems of premature ejaculation, so you are well on your way to becoming a sexual powerhouse.

Recall though, that in one of the earlier sections, we talked about ratcheting your excitement down by changing positions. This buys you a bit of time to control your breathing and get yourself back under control so you can keep delivering the goods. The one thing we DIDN'T do in that section was go into any sort of detail about what positions to switch to, or HOW to go about delivering those goods. That is the heart and soul of this chapter.

It's not enough to “merely” know how to last long enough to maximize her pleasure and yours. You have actually got to know the practical things you can do to make that happen. You can educate yourself to a degree by watching porn, but this is actually a fairly poor way to learn how to be a better lover, because porn stars are performing for the camera, not for each other, and that makes a difference. It's actually a key difference.

Don't waste your time on porn. Just digest every word here and we will show you exactly how to last as long as you need to in order to please your woman in ways she's never been pleased before, and how to get her TOTALLY addicted to you.

Understand this – most women (not all, but a significant majority) WANT to be dominated. Do not take this the wrong way. I'm absolutely not saying that most women are bondage freaks, or want to be smacked around, or mistreated, used sexually and then thrown away. Nothing like that.

What I mean by that statement, is that most women want a MAN in the bedroom. Not a cuckold, but someone who will take the lead. Remember back in the last chapter when you were reading those conversations? This is like that, but taken to the next level.

Sex is a journey you take with your partner. In order to have that journey...in order to take it together, you need to have a destination in mind. Now, as with any journey, there are lots of different ways to get from point A to point B, and most women really want you to take the lead in that department. They want you to guide them through the journey to the destination, where a big, thunderous, orgasmic surprise (or several) awaits them. Not arrogantly...not in a pushy or dickish manner, but CONFIDENTLY.

True, you'll occasionally encounter dominant women, and if that's your thing, then obviously you'll need to alter your approach somewhat, but I've literally NEVER encountered a

woman who didn't love and appreciate a strong male presence in the bedroom.

That's all I'm saying here. BE that man. Take her by the hand and lead her to where you both want to go. That too, is all about confidence, and confidence is a learned skill. It takes practice, but it CAN be mastered.

Positions

This is what most guys will be most interested in, because after all, you have got to know, and be well versed in a number of positions if you are going to take the earlier advice about switching up to prolong your mutual pleasure. At a minimum, you should be comfortable with the following:

Missionary

Cowgirl

Doggy

These are the "big three." If you are not comfortable with all three, then you should begin practicing immediately with your lover in order to GET comfortable with them. But even here, there are some variants worth talking about. We will go over these in detail just below.

Missionary

Everybody knows this one, and women seem to enjoy it because it's easy for them. There's not a lot of "work" involved for the woman (though there can be), and women's breasts tend to look quite lovely in this position. If your lover has a bit of extra weight, she may prefer this position if for no other reason than it tends to hide that fact and makes her somewhat less self-conscious if she has body image issues.

Obviously YOU think she's gorgeous, but she may struggle with her own body image. Don't be pushy of course, but if she seems stuck in the rut of missionary, gently coax her to try some of the other more basic positions in order to expand horizons for both of you.

VARIATIONS ON THE THEME: Flip The Script

Instead of having your lover lie on her back, have her lie on her stomach. Start by rubbing her shoulders and giving her a sexy massage. If the mood strikes, and you think she might enjoy it, bend over and gently bite/nibble the back of her neck as you thrust inside her.

Many of the women I've personally been with tell me they LOVE this variation on a really simple theme (and the most basic sexual position) because they feel pinned and powerless, which adds to the excitement for many (but not all) women.

Lots of advantages here. In the first place, if you are starting by giving your lover a sexy massage, it's easy and natural to move from massage to sex.

Second, if your lover is into role playing the powerlessness of the woman in this position (that "pinned to the bed" feeling) might play very well into whatever role play you are doing, and finally, the angle of your thrusting is different, which provides a totally different set of sensations. Good stuff all around, and a great way to change things up.

Maximum Leverage

Another variant that most men are familiar with. This is especially useful if you are in a relationship with a woman who likes a rougher edge to sex, or if you are a bit on the small side and are looking for a way to compensate.

Start out in the missionary position, and put one or both of her legs over your shoulders. It changes the angle of your entry and stimulates different parts of her vaginal wall. It also allows you to get significantly deeper than you would be able to otherwise.

This won't apply to all women, but many of the women I have talked to have come right out and SAID that "sometimes, women just want a good pounding." Make of that what you will, but either I'm just naturally drawn to women who like their sex a little on the rougher side, or it's a fairly widespread phenomenon.

As ever, make sure she likes and wants what you are about to do before proceeding. Also, bear in mind that you'll want to switch things around here too. Sometimes putting her left leg over your shoulder, sometimes switching to her right, and sometimes both. Pay close attention. If she seems to like one better than the other, remember that!

Another minor variation on this theme is to have your lover rest both her legs on one shoulder or the other, but rather than bending them over your shoulder, have her keep them straight up in the air. You wrap your arms around her legs at the upper thigh for leverage and thrust.

What you are doing here is changing the angle of entry and the character of the thrusting to create an entirely new set of sensations for her. As with other "woman's legs together" positions, this works especially well if your penis is on the smaller side, but even if it isn't, it still feels great for your lover, because with legs together, it maximizes friction.

The "V"

This works best if you are significantly physically larger than your partner. Start out with her on her back. Lift both of her legs as though you mean to put them over your shoulders, but do not. Instead, spread her legs wide, holding her by the ankles, then slip inside her.

Instead of thrusting, simply move her where you want her to go, using her ankles to “steer.” The deep, grinding sensation is incredible for both of you!

Cat (Coital Alignment Technique)

This is another, exceedingly powerful variant of “vanilla” missionary. The goal here is direct clitoral stimulation while you are inside her. See, the big problem with missionary is that the clitoris is in the “wrong place” in that position. When you thrust inside her from that position, the clitoris is just hanging out all by its lonesome, completely left out of the party.

CAT fixes that. The position is basically the same as missionary, but rather than being chest to chest, you are actually a bit higher. Your chest is up around her shoulders, and her legs are slightly bent. This way, when you thrust and glide, your pubic bone is grinding gently against her clit.

The first couple times you do this, it might feel awkward, simply because it’s not what you are used to, but trust me, it is POWERFUL!! The reason it’s such a great position is because it’s the best of both worlds. You are stimulating your lover with every thrust, and you are stimulating her clitoris at the same time. That can (and usually does) lead to orgasms of incredible power and intensity.

Cowgirl

This is the nickname for the “woman on top” position. There are two basic variants here, and a note. Cowgirl itself is the woman on top, facing you.



This is a fabulous position for a number of reasons. First, because everything you are inclined to reach out and touch is right there in front of you. It’s nothing to sit up slightly to tease her nipples with your tongue, or reach out with your hands. Your thumb can easily find her clit while she’s riding you, or, you can simply grab her hips and help move her, guiding and controlling her thrusts.

Again, this is an especially good position for men who are a bit on the smaller side, because it allows an incredible depth of penetration, but it does so in a way that allows the woman a great deal of control OVER the depth of penetration (which also makes it excellent for especially well-endowed men, allowing their lovers to take as much or as little as they wish).

Note here: Many (if not most) women are inclined to simply rock back and forth when they’re on top of you like this. There’s nothing wrong with that – it’s perfectly fine, and it feels great, but the next time you get your lover up there, ask her to grind her hips in a slow, sexy circular motion for you. It feels fantastic for both of you and adds a whole new

dimension to the sensation. Or, if you are shy about asking her to do that, simply grab her hips while she's riding you and guide her into that motion. She'll very quickly get the idea, and once she experiences how good it feels, she'll take over from there, no prompting needed.

Reverse cowgirl is the same exact position, with the woman facing away from you. This provides a very different angle of penetration which many women report enjoying greatly, and it gives you a lovely view of one of her beautiful...assets.

Finally, the note – there are essentially two ways a woman can ride you. Either with her knees on the bed (or floor, or wherever), or by performing an “Isis Squat,” which is where she remains on her feet, and simply squats over you.

This allows the woman enormous control over the depth, angle and speed of penetration, and also enables incredibly powerful downward thrusts. Not all women have the balance or leg muscles with enough strength to pull this off, but if you find one who can, treasure her! The feeling is incredible.

Doggy Style

Again, this is one that almost all men are familiar with. The woman is on her knees, and you are behind her.. Once again, this allows for enormous depth of penetration, but gives the man almost total control over the depth and angle. Clearly a dominant position, submissive women tend to absolutely

love this one. Note that some women find it painful, so be mindful and respectful of that.

VARIATIONS ON THE THEME:

Woman's Legs Apart

In this variant, the woman's legs are spread wide apart, with your legs together between them. This is the most submissive variant of the position for the woman, and the position of her legs opens her completely to you, allowing for the absolutely maximum in depth of penetration.

This works best when there is only a minor difference in height between you and your partner. If you are significantly taller than your lover, you'll find the angle of entry to be somewhat awkward. Still doable, but it may not be as comfortable for you.

Her Legs Together

In this variant, the woman's legs are together, while yours are spread apart behind her. This variant tends to increase the intensity of sensation for the woman, because the position of her legs will increase the friction as you thrust.

A bit of depth is sacrificed, but not so much that it will in any way decrease your pleasure. It's also a good variant for men with smaller penises, or men who are significantly taller than their lovers, as the position of your legs helps offset your greater height.

I'm betting you didn't realize there was so much to say about the more common sexual positions! From those three "basic" positions, we've managed to parlay that into nearly a dozen variations. That alone isn't enough to turn you into a sexual superman, but it gives you plenty of different ways to spice things up without veering far from the "Big Three."

Now though, it's time to move beyond just those. To do that, I highly recommend you get a copy of the Kama Sutra. It's one of the oldest, most comprehensive "sex manuals" in existence, and is the gold standard to this day.



Some of the positions you'll find in there require a high degree of flexibility to pull off, so don't be disappointed if you find that you and your partner can't do all of them (at least not without significant practice), but practice makes perfect, right? You can turn it into a kind of game – selecting a page together and giving it a try, then circling back to your favorites to try them again!

Definitely start with the Kama Sutra, but don't stop there. There are a number of "sex manuals" floating around, both in print and in digital form that can provide you a near-endless

supply of ideas. Pick one up any time you feel the need or desire to expand the size and scope of your repertoire.

There are so many sexual positions out there for you to explore that we're not even going to attempt to cover them all here. For our purposes, it will be enough to simply cover the basics and point you in the right direction for more. OUR goal is to turn you into a sexual superman. YOUR goal...your mission, should you choose to accept it, is to expand your bag of tricks once you get to that point.

In keeping with that theme then, let's get back to the basics. As we've outlined above, starting with the "Big Three," we've parlayed that into a number of variations on the theme that should give you a good start where sexual variety is concerned, but there's a lot more to be said on that topic, so next, let's talk about other simple ways you can mix things up.

We're bringing these things to light in order to give you more options when it comes to buying yourself time to get your excitement under control to help you last longer. The good thing here is that in addition to helping to improve your stamina, you are also getting tons of great ideas that will help you keep your lover both interested and guessing.

Remember, the end goal here is to make your lover absolutely addicted to you.

Changing the Venue

Sadly, too often, couples fall into a rut, not just of position, but of time of day and location. In other words, sex becomes a bit of a routine. Always just before bed, always IN bed, always in the same position, with only very occasional variations.

Studies have shown that fully fifty percent of women struggle to have an orgasm while having sex with their partners (most know how to bring themselves to orgasm via masturbation, so that's why we had to make the distinction). Given that, is it any wonder why so many women are sexually dissatisfied?

Is it any wonder why so many marriages end in divorce?

No, we're not saying that sex is the most important part of a relationship (including marriage, but ANY relationship, really), but the bottom line is that it is a really, hugely important component of any healthy relationship.

In general, as the health of your sex life goes, so too goes the health of your relationship. If you have got an active, varied sex life, then odds are good that you'll have a healthy, stable relationship too. If you don't, then odds are that you are in a rocky or troubled relationship. There are exceptions to all rules, sure. But that's a pretty accurate gauge. All that to say, it matters. It really, really matters.

In addition to mastering the different variants of the "Big Three" sexual positions then, you should strive to become a bit of a sexual adventurer. A lot of this is going to be subject

to your partner's comfort level, but with good communication and a light-hearted attitude and approach, I'm betting it will be pretty easy to get your lover to agree to a bit of experimentation. What kind of experimentation?

Well, who says sex has to be at night? Or always in the bedroom?

I know that for many of you, this isn't going to be news. You have already gone down this road. If that's the case, feel free to skip over this section, but remember, there will be a significant percentage of readers who have never felt comfortable enough or confident enough to branch out like this.

If that's you, then consider this to be your formal permission. I hereby grant you permission to have sex with your love in any room of your house, or anyplace else you can think of that you stand a reasonably good chance of not getting caught. Just understand that this permission doesn't grant you immunity from local indecency ordinances, so if you get caught, you are on your own there – don't come whining to me!

That said, sit down and think about your home. Places you and your lover frequent. Make a list of all the places that excite you when you think about having sex with your lover



there. Make a kind of “mental bucket list” and start crossing them off the very next time you have sex with your lover. The worst thing that might happen is that she’ll wonder what suddenly came over you, but she’ll also probably LOVE your sudden burst of spontaneity!

Just remember – different strokes for different folks, as they say, so what turns you on might not do anything for someone else, including your lover. Maybe you have always fantasized about laying your lover on the dining room table. Or the kitchen counter.

Maybe on the stairs. In a chair. On the sofa. Front porch Back porch. The park downtown after hours. Hell, it could be anywhere. Maybe when you broach the subject with your lover, you’ll find out that she’s long had a secret desire for “public play,” and was too embarrassed to tell you.

Even if she isn’t, once she knows that you are interested in branching out and away from the bedroom, she’ll probably have a few ideas of her own that you hadn’t thought of. That’s great! Run with it and have fun. You are both adults.

Oral Sex

Now, there are two more things we need to talk about in this section. Two more things you can do that will help you increase your stamina in the same way the other ideas above will. The first of these is, of course, oral sex.

Let's be clear about this. If you balk at going down on a woman, GET OVER IT. If you want to be a sexual superman, then you absolutely need to embrace the idea of licking your lover's pussy. There's just no other way to say it. Every man can thrust, pump and grind, but real men are "cunning linguists." Be one. Learn to love it. When a woman finds a man who enjoys performing oral sex, they know they've found a real prize. A real treasure.

That's the man you want to be.

Unfortunately, most men who agree to go down on a woman aren't very good at it. Most men treat licking a woman about the same way they paint a fence. One type of tongue motion, a monotonous up and down. It's boring, and it might not be the kind of stimulation your lover needs to get her off in that way.

Don't worry – I'm going to teach you two "tricks" that will take you from Tom Sawyer to Pussy Picasso. You'll be doing things with your lips and tongue that will leave your lover shuddering in ecstasy and wondering how you learned to do what you are doing. Trust me- these ideas WORK.

SECRET #1: Learning Her Body

Every woman is different. Some women have a clit that's so sensitive that they can't stand much in the way of direct stimulation until they're incredibly turned on. Some women

prefer a clockwise circular rubbing motion. Some prefer side to side. Others prefer an up/down motion. Others are still counter-clockwise.

The problem, of course, is you don't have a good way of KNOWING what your lover prefers. What feels best. Don't guess. There's a much better solution, and I'm going to tell you what it is, right now.

Next time you are in bed together, ask her. Ask her to show you how she touches herself when she thinks of you. If she sees how incredibly turned on you are by making the request, she's almost certain to show you.

When she does, watch her closely and pay attention to the way her fingers are moving over her clit. Direct or indirect. Firm pressure or soft. What direction or directions? Pay attention and you'll know exactly how to touch her in under thirty seconds.

Once you see how she touches herself, lower your head between her legs, kissing her inner thigh and slowly working your way to where her hand is. She'll get the idea and move her hand out of the way to let you play. When she does, your tongue takes over, mimicking the moves she just showed you.

SECRET #2: Start Mixing Things Up

Once you give her that first set of mind altering orgasms, the next time you have your head between her thighs, she's going to think she knows what to expect, but you are going to surprise her again. Just as we outlined with the variations on the basic sexual positions, the key to being a true Master of oral pleasure is to have an assortment of "tricks" to delight her with. A few of those tricks will be described just below.

The first thing you are going to do is, instead of licking her clit, you are going to actually thrust your tongue inside her. No, it's not as long, or as firm as your cock, but it is hugely flexible, and you are going to put that attribute to good use. Keep your tongue inside her as deep as you can get it, and wriggle it in a variety of directions, then thrust it in and out, exactly as you would if you were having sex.

Just watch what it does to her! If that doesn't turn you into a cunnilingus addict, I don't know what will.

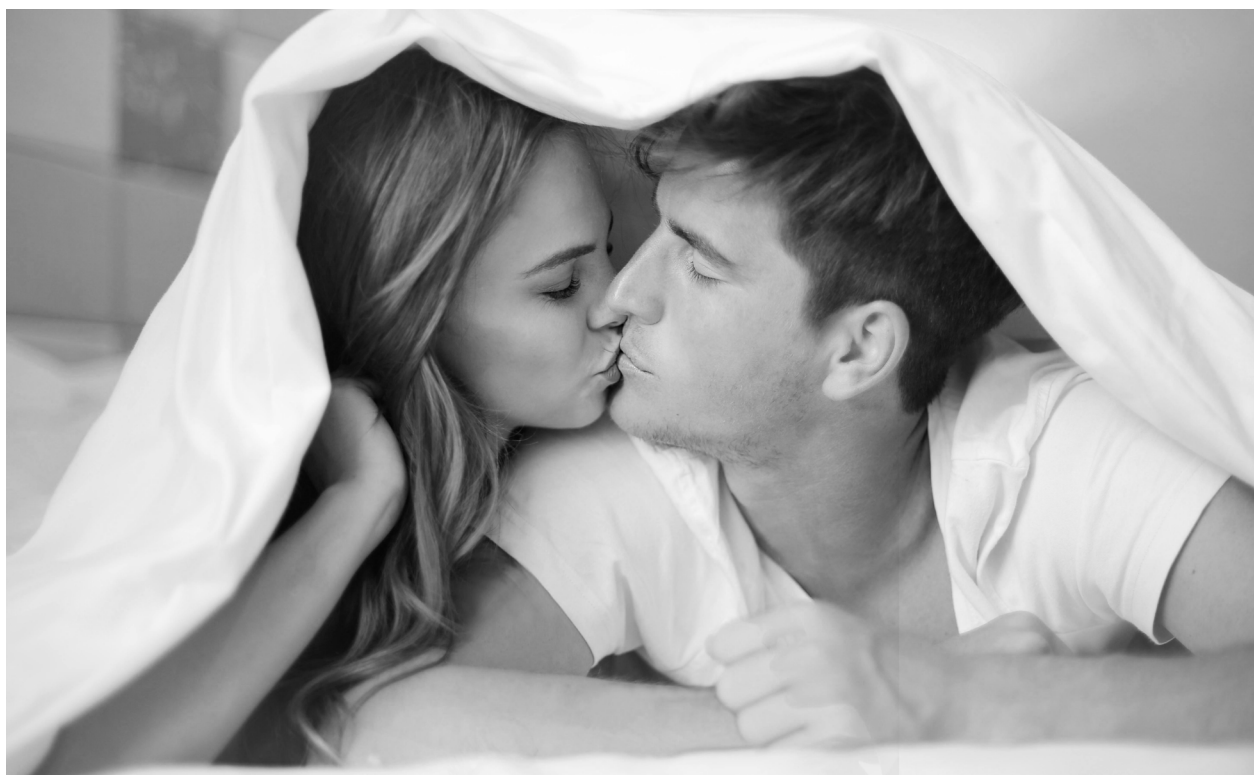
Once you have done that for a while, go back to doing what you know she likes. Give her another fantastic orgasm, and while she's cumming, you are going to change things up on her again. In mid-orgasm, while she's trembling from head to toe, you are going to thrust first one, and then two fingers inside her.

The two fingers are important, and here's why. First, you are going to go exploring and find her "G-Spot." To do that, you'll

insert your fingers, palm up, then curl them up inside her, pressing on the front of her vaginal wall. Start exploring.

You'll find that MOST of the vaginal wall is silky smooth, but there will be a spot (sometimes not dead-center, but off to one side or the other), that has a different, kind of "spongy" texture to it. That's a magic spot. Start curling and uncurling your fingers so that you keep hitting that spot while your tongue is busy doing what it's doing.

The effect will be immediate and amazing. You'll give her another whole series of orgasms the likes of which she may have never felt before. As before, don't stop until she begs you to. Just let her ride those waves of pleasure until she can't physically stand it anymore, then slide up next to her and kiss her till the trembling starts to subside.



But you're still not done...because after you've given her a chance to recuperate, you're going to do it again. Only this time, you have another surprise in store for her. This time, right from the start, you are going to be combining the tongue motions you know she likes with the two fingers inside her, but now, instead of going straight for the G-Spot, you are going to let them "dance."

To do that, you are just going to thrust them deep, and then start moving them independently of each other – two different directions. This is going to be stimulating so many spots all at once that she's probably not going to last very long, and you are going to let her ride through another set of powerful orgasms.

This time, when you feel her starting to cum, you are going to (very gently) envelop her clit between your lips and suck while you are licking. This is essentially going to supercharge her orgasm and may even leave her incapable of coherent speech for a while. You can pat yourself on the back for being a total sexual badass and oral sex Master while you are watching her wiggle and squirm in delight.

At this point, she may be done for the night...if so, you can, while she's still in mid-orgasm, raise up her body and thrust inside her.

If you have never actually thrust inside a woman WHILE she's having an orgasm, then you are in for a real treat (and so is she!), because the feeling is absolutely amazing. There's not

even a good way to describe it with words – just try it once and you’ll see what I mean. If you do this, you’ll go a long way toward making her feel totally sexually addicted to you. She won’t even know what hit her!

There’s yet one more trick you can try out on her, and I saved the very best for last. If you mix and match the above techniques on your lover, you’ll be able to deliver an endless number of mind-bending orgasms, but if you want to really surprise her later, save this last “trick” until she thinks she knows your entire playbook.

At some point when you are going down on her, I want you to STOP licking her in the pattern she is now quite accustomed to. Instead, I want you to pick a word. It could be any word. Personally, I like to start out with my lover’s name.

I want you to “write” her name in flowing, cursive script across her clit with your tongue.

Yes, you read that correctly. I know, I know – it sounds goofy, but trust me, the flowing pattern is going to do amazing things to her body. Don’t forget to dot all your I’s and cross all your t’s...details matter and you want to have excellent penmanship, don’t you? She’ll want you too as well! Again – this is going to drive her absolutely mad.

Once you have traced her name a few times consecutively, pick a new word. Or, tell her what you are doing and have HER pick a word. OR, have her try to guess the word and give

her a “reward” if she guesses correctly. Guys, this is going to absolutely blow her mind.

You are going to be writing me letters and thanking me for this part of the chapter.

So that’s it. If you mix and match these various oral sex “tricks,” you are going to be able to deliver the most incredible orgasms she’s ever experienced. On demand. Any time she wants.



Remember earlier when we asked that question? How confident would you be if you could walk into a room, go up to ANY woman and know with absolute certainty that you could give her as many mind-bending orgasms as she could stand?

I told you then that it would, of course, send your confidence soaring through the roof.

This was exactly what I was talking about when I wrote those words. This exact section of the book. And now you know how to do just that.

I’ve never met a single woman who could resist these tricks. Not one. I’ve even been with women who told me that they just couldn’t have an orgasm and, using these “tricks” showed

them that not only was that incorrect, but that they were actually multi-orgasmic all along and just didn't know it.

These tricks are so powerful, so devastatingly effective that they could probably turn a eunuch into a sexual rock star. Given that you are probably not a eunuch, just imagine what they're going to do for YOUR sex life.

Anal Sex

There's one more topic to cover in this section, and that, of course, is anal sex. It's not something that all women enjoy, and again, as with the other topics we've covered in this chapter, we're not bringing this topic up with the intention of making this a how-to manual, but merely so we can give you more options for when you need to pause and take a break in order to dial back your excitement.

Of course, a happy side effect of that is the fact that in doing so, you'll also learn a bit more about a sexual activity that some people consider "taboo."

It isn't, but as we said, not every woman likes it. If yours doesn't, certainly don't pressure her into it, but if she does, then this section will show you how to do it properly, with minimal pain (and maximum pleasure!) for your partner. Here's what you need to know:

Why Some Women Won't

Before we get in “too deep” (pun intended!) to this topic, let's spend a moment talking about the reasons that some women don't LIKE anal sex.

The first and most obvious objection is the pain. Even if they've never actually had anal sex before, some women aren't willing to give it a try because they've heard that it will hurt. It's true, it CAN be painful if not done correctly and with care, but that's not you, because we're going to teach you how to avoid all that.

The second big reason comes down to self-consciousness. To put it bluntly, some women will balk at the idea because they think that you are going to wind up with shit all over your cock, and let's face it, there's no real way to turn that into a sexy image.

If that's the image that is running through your mind, you'd probably not be into anal sex, either. This risk can, of course, be minimized, and I will explain how. If your partner is on the fence about anal sex, and brings up either of these objections, you can help put her mind at ease with the information contained in this section, if this is something you'd like to try with her.

Soothing Your Partner's Fears About the (Potential) Mess

As we mentioned, this is one of the two major objections women have to the idea of anal sex. If you are with a sexually adventurous woman and she's game to try it out, just let her know that the risk of such things can be minimized simply by utilizing a fleet home enema kit about two hours before anal sex. Quick, easy fix.

How to..

And now for the most important part. As we said at the start, anal sex can be painful if not done properly and with care. This is what you want to do in order to minimize that.

Lube, Lube, Lube

You can't have too much lube. More is always better. Use it in copious amounts, and if there's any question as to whether or not you have enough, use a little more. More lube will help ease penetration, and ease of penetration is a good thing.

Turn Her on Completely

Most women can't handle anal sex right away. Ease her into it. Give her a few orgasms with your mouth. Spend some time in your favorite sexual positions, and use anal sex as "the big finish." That way, you are absolutely certain that she's totally in the moment and turned on completely.

Don't Rush

You don't want to just thrust the full length of your cock into her. Even women who are accustomed to anal sex don't like it, and probably can't cope with that. It's too much, too fast. Start with a well lubed finger, and even then, don't try to just thrust it into her.

Tease her a bit, then gradually insert your finger to the first knuckle.

That gives her body time to react and adjust. Once she has, insert it more deeply and start gently thrusting, pulling it nearly out, then thrusting back in, a little deeper each time. After a few minutes of that, you are ready to tease her with the head of your cock.

Again...very slowly. Just the head at first, and once she adjusts to the sensation, start making tiny thrusts, slowly inserting more of yourself. Before you know it, you are there, and without pain.

Get Her to Relax

If she's tense, or if she tenses as you slide into her, it's going to hurt. Tense muscles do that. That's why you want to go slow, in order to help her relax and keep her that way. Remember, it's not a race.

That's it. That's all there is to it, and the "secret" to great anal sex with your partner. Some men prefer to use a condom when having anal sex. Not strictly necessary, but if you feel the urge, no need to feel awkward about it. Also, and this SHOULD go without saying, but for the sake of completion, let me add this:

There are all sorts of bacteria living in the bowels. Those bacteria are fine there, and ideally suited for that environment. They're not very well suited for say, the mouth, or the vagina. So if you have anal sex, be sure to clean up before moving on to some other kind of sex!

Maybe you've seen "ATM" (ass to mouth) sex being performed in porn movies. Don't go there. It can make you or your lover sick (or both of you). Also, you can cause serious infections in your lover if you have vaginal sex right after anal sex. Besides, there are worse things than taking a nice, hot, sexy shower with your lover, right? Keep it safe. For both of you.

A Final Word on Dominance

Remember, we're NOT talking about the BDSM lifestyle here. That's a totally different form of "dominance" and beyond the scope of this book. Dominance, in the context we're using it here, goes hand in hand with confidence, and no discussion about boosting your sexual confidence would be complete without saying a few words about dominance.

While confidence and dominance go hand in hand, they ARE two separate things, and interestingly, one begets the other. The more confident you feel, the more you are just naturally inclined to BE dominant in the bedroom. The more dominant you are in the bedroom, the more naturally inclined you are to be confident.

In other words, you can boost your confidence by going through the motions of being more dominant with your partner, and by doing so, your confidence level will increase and eventually “catch up” to the level of dominance you are displaying.

So what defines a “dominant man” in the context of sex? Below are some of the hallmarks. Look over the list. Keep these items in mind and begin putting as many as you are comfortable with in practice, the very next time you have sex with your partner.

Here’s the (partial) list:

Commanding Presence, Tone and Body Language

Think back to those power poses we talked about earlier. This builds on that. A confident man maintains a confident posture. His body language is direct and forthright. His tone is even and leaves no doubt or question as to intent. That’s what you need to aspire to be.

Low, Somewhat Gravelly Voice

It's true! If you don't have a naturally deep voice, practice speaking in one. You'll be **AMAZED** at how much it boosts your confidence, and let's face it – nobody can take a man seriously if he's trying to be dominant in bed and talks like Mickey Mouse.



An Intense Gaze or Stare

This is something else you can practice in front of the mirror. It, coupled with body language will do much to increase your physical presence, which again, will help with both dominance and confidence.

Restraining Your Lover

Again, I want to draw the distinction here between true BDSM and light restraints. A dominant male won't be bashful about physically restraining his lover, pinning her arms above her head during sex, or perhaps binding her hands with some-

thing (my personal preference is silk neckties – I keep a small collection of fantastically ugly ties for that very purpose.

Five of them, in fact! One for each wrist, one for each ankle, and one to use as a blindfold – recommended). This can be especially effective if you are physically much larger than your partner. My current girlfriend is 5'2". I'm 6'6". It's nothing for me to grab her shoulders in the heat of passion and just pin her to the bed, and she LOVES it.

Forceful Kissing

You have seen this in movies and let me tell you, every woman I've ever been with goes crazy for this. Frame her face in your hands and tilt her face toward you. Or, put your fingertip under her chin and MOVE her head up so she's looking at you, then kiss her.

These are small, subtle things, but they are unmistakable signs of dominance.

Sexual Teasing

The same thing applies to relentlessly teasing her before sex. Using the head of your cock, touch and torment her,



but don't penetrate her till she's begging you to. It builds the passion for both of you and by making her beg you for it, it increases her perception of you as a dominant man.

Spanking

A truly surprising number of women love being spanked. Here, of course, we're talking about light, playful spanking, not hard, bruising spanking. Even so, being spanked is an inherently submissive thing, and I've only ever been with one woman who didn't get completely turned on by being bent over and having her ass smacked.

Hair Pulling

This falls into the same basic category as spanking. It's especially effective if you are taking your lover from behind – it's just a natural position from which to grab a handful and tug. Even better, for most women, at least, it seems to REALLY enhance their enjoyment of that particular sexual position. Try it and see for yourself.

Guiding or Moving Your Lover

Instead of just "asking" your woman to change positions, move her body yourself. Guide her to her knees, or into what-

ever position you'd like her to be in. That unspoken communication expresses an undeniable dominance.

Even if you lack sexual confidence, the mere ACT of doing any (or all) of the above will very quickly boost your confidence carrying it to new heights. Try them out the next time you are having sex with your partner. You'll be AMAZED at the effect, and it will be almost instantaneous, and here's one more.

Consider this to be a bonus to the bullet points listed above. Talk dirty to her. The dirtier the better. Explicitly describe what you're going to do to her...what you ARE doing to her. Some (a very small minority) of women don't like this, but most do. Find out first of course, but if she's open to it, excite her with your words. It really adds something to the sex.

Conclusion

We've now reached the end of our journey together. While I have no way of knowing the specifics of your situation or the EXACT reason that prompted you to make this purchase, I do know that you were looking for a way to improve your sex life. At this point, if you have followed the advice in every chapter of this course, you are armed and dangerous. You now know what to eat, what not to eat, and what lifestyle changes to make in order to increase your sexual potency. To help increase your potency further, we've outlined some great supplements you can try as well.

If you are concerned about the size of your penis, we've also shown you three different techniques you can use to increase your length and/or girth, and a couple of other "tricks" besides.

In addition to that, we've shown you what the averages are, and explained why your penis is probably just fine the way it is. It's totally up to you if you want to spend the time and effort to make it bigger.

Furthermore, we've talked about the importance of confidence and the power of visualization in GIVING you that confidence, and we've outlined two simple "missions" you can undertake to vastly increase that confidence in you.

We've also gone into detail about the common causes of premature ejaculation and how to fix them, and not only given you a variety of exercises you can use to boost your sexual staying power, but given you nearly a dozen sexual positions and variants you can use to spice up your sex life.

Best of all though, we've shed some light on one of the most mysterious aspects of sex for men, namely, the fine art of going down on a woman. Using the tricks we outlined for you earlier, you can take your lover's interest in you to new heights, causing her to become outright addicted to you and the magical powers of your fingers and tongue.

In short, you have everything you need, right here, between the two covers of this book, to take you from wherever you were at the start, to sexual rock star or superhero.

What Happens Next?

Having read and digested every word of this book, now the REAL fun begins. Practical application is always way better than theory, especially where sex is concerned, so go out, starting right now, and put the things you have learned to good use, especially the bits on oral sex, which is where so many men struggle.

Once you start using these tips and techniques to take your sex life to the next level, I hope you'll write in and share your story with us. Tell us where you were before, and the ways in which our guide has helped you become a better lover.

Look, we love women and we love sex. This book was written as much for them as it was for you, because by helping you become a better lover, we're also helping women the world over achieve more sexual satisfaction.

That's where the magic is for us. Through you, we're making sure that the world is filled with happier, more satisfied women, and we're thrilled that you have agreed to be a part of that. We're thrilled that you have decided to take this journey with us. We wish you the very best of luck, and all the hot, wild times with your lover that you can handle!

For your convenience, and so as to keep you from having to flip back through the book, we're including the list of supplements here, because they're an important component of boosting your performance overall.

Before we finish, let me run down our list of recommended **“sexual supplements”** once more:

Supplements We Recommend

PHGH – This is John Lawrence’s power formula. I can’t recommend this one highly enough.

L-Arginine – If you want rock solid erections and porn star style performance, then take this. You are going to want to take 1,000-2,000 mg every day. Whenever possible, take another 2,000 – 2,500 mg a couple hours before you have sex.

Note: To avoid creating an imbalance in your system, we suggest you also take 500 mg of L-Lysine. Note that one of the potential side effects of taking this supplement is that some people have reported getting cold sores or blisters. If this should happen to you, stop taking L-Arginine, and increase your daily intake of L-Lysine until the sores dissipate.

Bee Pollen – Used since ancient times, and widely regarded as one of the best all-around supplements you can take. Rich in enzymes and amino acids, vitamins and minerals, you’ll have more sexual energy, and more energy overall. If you want more frequent and firmer erections, take bee pollen, preferably in its raw form. Note that if you are allergic to bees, you’ll want to stay away from this stuff. That’s one of the reasons that we’re mentioning several different possibilities. That way, if one of them winds up not working for you, or if you have an adverse reaction to something, you have got other options.

Tribulus Terrestris – Used by weightlifters, this herb is used to naturally increase the body’s testosterone levels. This will give you a higher sex drive and a stronger libido, in addition to increasing your energy levels overall.

Yohimbe – A fantastic herb that many people have reported great success with. Helps give you longer lasting erections. Note, however, that this herb is NOT recommended for people with high blood pressure! If yours is even slightly elevated, and certainly if you have a heart condition of any kind, you should not be taking this one. Use with caution.

Saw Palmetto Berries – If you are taking any supplements to help increase your testosterone, you’ll want to take this also in order to keep DHT from building up in your system.

Damiana – This herb will increase both your sex drive and your ejaculatory control. If you have a problem with premature ejaculation, then this supplement is highly recommended for you. It will help you last longer during sex so you can more completely satisfy your partner.

Avina Sativa – You have probably heard the phrase “sowing your wild oats?” Yeah, this herb is literally “Wild Oats,” and will help increase your libido and the volume of your ejaculate. It will also keep you harder, longer. No known side effects!

Maca – If you are going to use this Peruvian powerhouse, we recommend that you get it in raw, powdered form (be-

cause the capsule form is quite expensive, and you'll save a lot of money).

Also, you don't want to take this every day, or you'll dilute its effectiveness. 3-4 times a week, max. The best approach is to stir a bit into a bottle of flavored water or a smoothie, and gulp it down. It will give you a big boost of energy both in and out of the bedroom, give you firmer, longer lasting erections and increase the amount of your ejaculate.

Vitamin E – Also called “the sex vitamin,” this will help you maintain your energy level in general, and give you a boost to your libido.

Swedish Flower Pollen – The reason we wanted to bring it up here is that it's hugely beneficial in terms of helping men maintain their prostate health. This is a huge problem for men, especially as they get older, and is well worth considering taking.

And that'll do it...

Here's to your happiness, hardness, and all the great sex you could ever wish for!