6 Emergency Tactics to Help You Last Longer During Sex
Hello! Today’s report by me, Sybil A Kailena, is going to look at quick ideas you can implement today, this is a quick read if you are short on time. However the legendary encyclopedias I recommend at the end of this report contain numerous sex moves, explained in detail. You’ll find a variety of sex moves including how to get your partner horny, all of the secret erogenous zones, foreplay, positions, aftercare, and more…..What are we waiting for lets jump in right at it
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By understanding your body’s unique “sexual roadmap” and learning how to control your ejaculatory reflexes or triggers, you can totally cure premature ejaculation and last as long as you desire. Achieving this pinnacle in lovemaking will require some time and effort on your part.

But what if you need some emergency quick fixes to delay your ejaculation?

If the woman you want to impress has hinted that tonight is the night for her, you do not want to waste time strengthening muscles overnight!

Well, here are 6 techniques you can put to use right away to keep your early ejaculation in check.
This is an extremely useful tactic. We all know that sexual sensitivity drops significantly after orgasm for a man. And we know it’s tougher to climax quickly the second (or third) time.

This is what you do…

Masturbate an hour or two before you are going to have sex. This will “clear your system”, release the sexual tension in you and desensitizes your body to the point that you have to work harder to reach the same sexual peak during lovemaking. Sperm buildup (each of your testicles produces about 10 million of those little tadpoles every hour) heightens the need to ejaculate, and if you’ve just spent your load, it will take longer to climax a second time.

Some call this “cheating”… but what your partner doesn’t know is not going to hurt… and to be totally honest, if she is able to come to an orgasm, she is NOT going to care either

There is nothing wrong with masturbating – everyone does it, but most don’t admit it. Your testicles produce sperm all the time, and if it is not released in some way every week or so, it creates an edginess in you (“blue balls”). Masturbation is also a good
way to relieve stress in your life, as it releases chemicals in your body which make you feel relaxed.

So stop feeling funny, dirty, or embarrassed if some self-gratification is necessary for you….this is a completely NATURAL and legitimate way to overcome the PE in a hurry!

“Self-gratification takes the edge off your quick reflexes and makes your body less responsive, helping you last longer during actual sex…

Go For A Second Fire!!

When you ejaculate too soon, you will almost certainly last much longer the second time. Continue to pleasure your woman with some foreplay or even oral sex while you “recover” from your first round of fire.

When you feel good enough to go again, you can resume intercourse. The great thing about this is that you could already have given her an orgasm during the foreplay. Many guys experience an even more rewarding orgasm after the first one (and of course, the woman too!).
Using lubrication to delay ejaculation is a well-known technique. By reducing the amount of friction your penis receives during intercourse, you will lower the levels of stimulation you get from penetration. It’s a great trick for lasting longer because it isn’t obvious to her that you’re doing anything different or special.

Some of the more effective lubricants require you to apply small amounts onto the area around your penis head and the part where the head meets the shaft about 10 to 20 minutes before engaging in intercourse.

As a quick “cure”, this works like a charm for many men!

An even better alternative is to give her sufficient amounts of clitoral stimulation. This will produce natural lubrication within her vagina and get her wet.

Not only does it mean she is reveling in the pleasure, your penis can actually thrust in and out of her vagina without the intense friction and stimulation that can tip you over quickly!
The Roof of The Mouth

Very few men have heard of this technique. Yet it’s dead easy to do and works like a charm.

The reason it works is simple and I’ll explain it shortly.

Variety is the “spice of life”. And nothing is truer in lovemaking. Women love variety during sex, so give it to them. It helps prolong your lovemaking too…

But first here’s the technique.

When you feel like you are about to lose control during sex, do this:

Press the tip of your tongue firmly against the roof of your mouth, then move it in a circular motion.

That’s it.

It doesn’t seem like much, does it? But this technique works really well to bring you back in control. Most men assume that this technique works because it distracts you from sex.

But that’s not the case.
It works because it helps tune you in to all your sensations, and not just those you experience in your genitals.

Remember, sex is a whole-body experience, so it's important not to only focus on the sensations you feel in your penis.

This simple technique acts as a reminder to you to focus on all your sensations.

Many guys have a natural tendency to tighten the muscles in their abdominal, thighs and buttocks when they are getting close to ejaculation.

This flexing of these muscles becomes wired into our brains as part of the process of moving from excitement to ejaculation.

By relaxing these muscles you will interrupt the normal flow of sexual energy and prevent yourself from ejaculating.

For something this simple to explain... just consciously relax the muscles in your abs, legs and buttocks... it can have a surprisingly powerful effect and many men have found it to be extremely useful in lasting longer, slowing their ejaculation, or in preventing ejaculation when they become too excited and need to stop the action.

Try it!
This technique requires you to engage in sex positions that put the woman in control – which is great because firstly, it allows you to relax your important muscle groups and thus keep premature ejaculation in check. Secondly, you girl will get the thrill from being in charge.

As long as you keep your pelvic muscles relaxed during sex, your tendency to ejaculate quickly is significantly REDUCED…

The three most common sex positions that put her in control of the action are cowgirl (her on top, facing you), reverse cowgirl (her on top, facing away from you); and doggy style. (Doggy style might seem like a position where the man is in control, but in reality, very often the girl will start moving back and forth on her own).

Now let’s say she is on top of you, in cowgirl. When you start to feel yourself getting near the edge, pull her down towards you to kiss her. In this position, her chest is pretty much parallel to your torso. This allows you to take over the action. Because she’s leaning forward so much, she’ll naturally stop or slow down the amount of bouncing and grinding. You can now place your hands on her rear and take over the thrusting at your own speed. This gives you the chance to tamp down your arousal. So in essence, you distract by kissing her and direct by taking over the thrusting.

Now let’s imagine you’re in doggy and she’s controlling the back and forth movement. Distract her by leaning forward a little, reaching around her waist and rubbing her clitoris. This will make her slow down her movement. Now slowly take over the thrusting until you’re going at a fair speed. At this point, lean back so you’re vertical again and carry on. When you’re ready for her to take over once more, stop thrusting and she’ll feel a natural urge take control again.

The Distract and Direct technique works so well because the girl always feels like she’s the one controlling the action.

A man can learn to exhibit loads of sexual confidence simply by building up his sexual competence. Skills are an important part of the sexual game play and for lasting longer action, even when – for a minute or two – you take over. She doesn’t realize this happens because she gets distracted by you kissing or rubbing her. Before she knows it, she’s back controlling the action. This makes sex feel two-way, shared and therefore darn good, for you and for her!
Since guys really screw with their brains and not their penises, the more you divert your attention from what is going on in your delivery system down below, the less likely you will ejaculate prematurely.

Thus, one way to delay orgasm is to count every thrust inward, and focus your attention on the counting and not what your penis is feeling. Try to reach 100, and then start over again.

These legendary encyclopedias BELOW contain numerous techniques for going down, explained in detail. Check them out and you'll find a variety of sexy topics including how to get her into the right mindset, all of her secret erogenous zones, foreplay, positions, aftercare, and more.
Is female sexual arousal different from male sexual arousal? Do these differences matter? Why do women say no to sexual intimacy? What factors increase or decrease female sexual arousal?

In this fun-to-read, empowering book about the many angles of female arousal and pleasure, the author, delves into the secrets of a woman’s anatomy and satisfaction, and offers entertaining, but knowledgeable, answers to questions every man wonders about. This refreshing book explains what to do, where and how to do it.

NB: Some of the techniques within this book are sexually and emotionally powerful. Although these techniques and activities can have dramatically positive effects on the emotional well-being of individuals involved, people in short term relationships should generally apply these techniques with caution.

So few men are skilled at eating pussy, that even just reading a few pages of this book will literally put you in the top 1% of cunnilingus masters. Eating a woman’s pussy is one of the greatest sexual acts you can perform. It is at the same time intimate and incredibly sexual. You are literally making out with her pussy. At the same time that your head is buried between her thighs, you can feel the subtle convulsions of her body, her breath deepen and shorten and you can feel the arching of her back as she actually works with you to heighten her own arousal. If you do it right, the experience is intense, unforgettable and at times – explosive. However, eating a woman’s pussy is not something that they ever taught you in school. It is, although, a skill that every man should have. This teaches you how to do it right. Now let’s gets down to eating pussy and chowing box.
This manual is a plain-and-simple, instructional guide on how to give women orgasms. This Book is something that you can refer to time and time again. The information is intended to help women achieve orgasms and have a more fulfilling sexual relationship. It contains details of female orgasms, along with the overall “system” or “strategy” you’ll employ. Also included are techniques to illustrate what needs to be done, and when.

It can be looked at as the “toolbox” of techniques. You’ll find a variety of different sexual techniques you can use to “plug-and-play” into the overall system of making a woman achieve an orgasm. In this book are the keys needed to open the doors for a woman’s sexual fulfillment ready to be given to as many lovers as those who desire to possess them. OK, enough talk… now open the book and let’s get down to business!

Now my friends what you have before your eyes is a master class in the art of mastering your woman. Unfortunately, many men do not learn the true principles of women sexuality at the outset and so, even with the best of intentions, their form is without substance. That’s a shame, because mastering her is the most effective way to bring a woman to orgasm. It can also be one of the most pleasurable acts—for both of you.

This book will make you be able to convert a woman’s movement and internal force into stimulation and stability. These techniques are helpful for staying on course to her orgasm.

This book revolutionizes the way people learn about sex. Millions of men want to be sure that when their partner says, “Yes, I came,” she’s saying it with the flush of a real orgasm on her face, and the weak knees of a woman who’s just experienced something that she’d only suspected could exist.
This program is designed to help men overcome sexual dysfunctions and regain their sexual confidence. It offers strategies and techniques to re-train your mind and body in order to have longer-lasting sex, while increasing your partner’s pleasure.

Everything is explained here in clear, concise and easy-to-understand instructions. The insights, tools and techniques in this program have been rigorously tried, tested and proven effective by thousands of other men who are now enjoying lovemaking that lasts so much longer than before.

This will also give you some instant “firepower” that you can use tonight! Revealed are the tried-and-tested tactics you can use right away to put up a respectable performance in bed, and send her into a sexual frenzy!

For most women, unforgettable sex isn’t only about penetration. There are a variety of activities that just go beyond pleasure vaginal stimulation and fingering (vagina massage).

Great lovers are made, not born! This is a point that I bring up time and time again. So many people expect sex to be effortless, but it rarely works that way in the real world. Just like any other skill, being good in bed takes time, practice, and education.

Now in this educative guide what is your worst case scenario for rubbing pussy for some time? Even with no healing or revelations or orgasms that's bound to be a good time for both of you.

Ready to go beyond just pleasure?
Do you know the right way to place your first lick? The first lick sets the tone for the entire session due to a psychological principle called the “Primacy effect”

So what will you learn in this Book?

— The Cunnilingus Principles for Powerful Orgasms
— Easy Ways to Supercharge Her Orgasms
— Know Exactly How She Wants to Be Licked WITHOUT Asking Her!
— Tongue Tricks to Blow Her Mind
— Most Comfortable Oral Sex Positions for Powerful Orgasms
— Weird Ways to Use Food to Improve Your Oral Sex Skills
— How to Give An Unforgettable First Lick That Makes Her Swoon in Delight

If you are a guy and sexually inexperienced, don’t face your initial sexual encounters with uneasiness. A little bit of knowledge will help these encounters to be even more joyous. This guide spells out the basics, frankly yet tastefully. As well as giving you all you need to know about how to make the encounters memorable, safe, and rewarding, this book provides a modern, 360-degree view tips and techniques in an easy to remember step by step illustrations. There are a few basics you should take into account before stripping your clothes off.
Do you want to learn how to masturbate to a state of blissful pleasure that is far more lasting and intense than anything you have experienced masturbating the ordinary way? This is the only masturbation program that will help you sharpen and polish your sexual skills and stamina. Not only will you become more confident in the bedroom but it will also allow you to give your partner clearer directions on what you need to get truly satisfied.

You can improve your sexual enduring power by practice. This masturbation system can be an important tool in “training” you on how to last longer in bed. You will naturally increase your sexual stamina by learning to increase time before ejaculation in these masturbatory sessions. The more you masturbate, the more control you get over the timing of your ejaculation.

Guys are often guilty of skipping foreplay altogether, instead going straight to sex without warming her up first. With tips and tricks specifically designed to stimulate her sexually. Learn to put a woman in the mood so she can ache to be penetrated. Foreplay is one thing a woman can't get enough of. Women are emotional creatures, and that's why they like, enjoy, and need foreplay. So give her what she wants, and she sure will shock you with how well she responds and actively participate during sex.
Women’s brains need more novelty and more variety in bed than men’s do. Novelty and variety are necessary in order for her to stay sexually invested, aroused and interested in her partner. So, if sex gets boring for her she will have no moral reason to engage in it. In order for you to keep her sexually interested, you have got to understand that her desire stems from novelty, variety, and exploring all the kinky things that interest her... not just the kinky stuff you’re interested in.

Read that again....

Giving can be just as gratifying for someone as receiving is for the other. When you indulge in the fantasies and games outlined here, you’ll not only be giving your sex life the time it deserves, but you’ll be injecting creativity and passion into it as well.

Explore new territories and experiment with pieces, parts, or entire games and fantasies. You also get to bring out your competitive side for good, have some lighthearted fun with her, and also have some really effing great sex at the same time.