

Small Practice, Big Control

LAST 30 MINUTES

or more..

**If I Can Overcome PE, So Can
You with My Complete Guide**

**'Finally, a real and practical solution for men who
struggle with PE.' - Verified Reader ★**

Vance Clader

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DISCLAIMER

This book is for educational and informational purposes only. It is not intended to diagnose, treat, cure, or prevent any medical or psychological condition. The techniques presented here are based on behavioral training, nervous system regulation, and body awareness principles. Results may vary from person to person depending on individual biology, health status, and consistency of practice. If you have a diagnosed medical condition, are taking medication that affects sexual function, or experience persistent difficulty with arousal, climax, or pain, consult with a qualified medical professional before beginning this program.

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INTRODUCTION

The Moment I Decided This Ends Here

It usually starts the same way. You're in a room that's supposed to feel like victory — dim light, the faint aroma of her hair, soft breathing, skin on skin, quiet moans, the kind of moment movies make look effortless. Your heart is racing, but not in a sexy, confident way. It's the kind that feels like you're trying to perform a stunt. You tell yourself,

“Relax... I've got this... just last longer this time.”

But a few thrusts in, you already feel that rising wave. Your mind screams,

“Not now. Not yet. Control it. Think of something else.”

But too late. It hits. Your body gives up before the moment even begins, and in that silence right afterward, time becomes painfully loud.

You roll to the side or stare at the ceiling, trying to breathe like nothing happened. Maybe she smiles politely, maybe she says it's okay, maybe she pulls you close... or maybe she goes quiet and reaches for her phone. You don't need anyone to say anything — your own mind says enough.

Why can't I last long? Other guys seem fine.

What's wrong with me?

Does this mean I'll always be like this?

That was me. Day after day. Night after night. It got so bad that the moment I penetrated, I'd lose control. No warning. No skill. Just panic, frustration, and silence. I blamed stress, Porn habits, my body, Genetics — anything to make sense of it. I felt trapped, like this was just who I was.

Then I decided — this ends here.

I spent three months testing, failing, learning, and finally mastering my body. I discovered my problem: a hyperactive pelvic floor and tight PC muscles. I learned how to relax them, learned to control them with deliberate practice sessions, and even used simple supplements like Fish Oil, KSM Ashwagandha, and Magnesium Glycinate to support recovery.

The result? Three months later, something changed. I remember the first night I felt real control — no pills, no tricks, just actual skill. I stayed present, calm, and in my body. We went for nearly 40 minutes, and it wasn't luck... it was repeatable. That was the moment I knew this was a skill — something I could build, strengthen, and rely on.

Here's the truth nobody tells you:

You're not broken.

You're not defective.

You're not weak. You're simply untrained.

Sex is the only physical activity men assume they should be naturally good at — no practice, no coaching, no technique. We train for sports, gym goals, work, money, social skills, everything requires repetition and feedback... except this. And yet, this one skill is tied to confidence, connection, masculinity, identity, and self-respect. No wonder it feels heavier than it looks.

Millions of men live with premature ejaculation silently, not because it's rare, but because nobody talks about it without jokes, porn references, or complicated medical explanations. The world treats it like a taboo, but the truth is simple:

Control is a skill, not a gift.

When you understand how your body works, how arousal behaves, and how to navigate it, you stop being controlled by it. You become the one who chooses the pace, not the one who panics against it.

This book isn't about tricks, numbing creams, or "think of grandma" mental gymnastics. It's not about avoiding orgasm — it's about mastering the journey. You'll learn how to understand your body, rewire your arousal patterns, train your control reflexes, and shift from surviving the moment to commanding it.

When you finish this book, you won't rely on luck, distraction, or hope. You'll rely on skill.

So before you turn the page, make one promise — not to me, but to yourself:

"I'm here to learn control, not hope for luck."

SUMMARY

- You're not broken — you're untrained. Premature ejaculation is a skill gap, not a personal flaw.
- Your turning point matters. The moment you decide “this ends here,” your progress begins.
- The real issue isn't genetics. It's an overactive pelvic floor, overstimulation, panic patterns, and missing guidance — all of which can be retrained.
- Control is a physical skill. Just like breathwork or endurance, lasting longer comes from training, not luck.
- This book is your blueprint. You'll learn to understand your body, rewire arousal, and build repeatable control.
- Your next step: Commit to learning skills over hoping for luck — the rest of the book shows you exactly how.



PART I
DISCOVERING THE REAL PROBLEM
Short. Honest. No-nonsense.

1. I'M NOT BROKEN —JUST UNTRAINED

Let's get something straight before we go any further: if you've ever felt like you "should" be naturally good in bed but somehow end up finishing way sooner than you hoped, you're not alone — and you're not faulty. You're simply operating in a world where men are expected to perform without ever being taught how.

Nobody teaches you arousal control.

Nobody explains how your body reacts under pressure.

Nobody tells you that sex, like anything physical, requires skill — not luck.

Think about it: the first time you swam, you didn't glide like an Olympian. You splashed, panicked, and swallowed a mouthful of water. Not because you were weak, but because,

Nobody taught you how to breathe and move calmly.

Sex is no different. You went in excited, not educated.

Some men got lucky early on — slow experiences, patient partners, relaxed learning. Others had a totally different path — rushed, secret, high-intensity, porn-paced, fear-based, speed-focused habits. Your body simply learned what it practiced.

So if you've ever asked yourself:

“Why can't I control it?”

“Why can't I last long?”

“Am I just built wrong?”

Here's your answer:

Nothing is wrong with you — no one trained you.

And yes, I say that with confidence because:

“I've been there, done that... and I found my way out.”

Not through magic, pills, numbing sprays, or thinking about grandma — but through **understanding, training, and practice.**

From this moment forward, I want you to replace self-blame with this belief:

Control is a skill, not a gift. Skills can be learned. And I'm about to learn one of the most important ones.

“I am not broken — I'm just getting started.”

CHAPTER SUMMARY

- You're not naturally supposed to be good at sex — you were never taught arousal control, pressure management, or how your body reacts in real intimacy.
- Finishing fast isn't a flaw; it's simply the result of whatever your body practiced — often porn-paced, rushed, or fear-based experiences.
- Nothing is “wrong” with you. The problem isn't genetics or manhood — it's missing training, not missing ability.
- Sex is a physical skill. Just like swimming or breath control, it improves with understanding, feedback, and practice.
- Your new mindset begins now: Replace self-blame with skill-building.
- Tell yourself the truth: **“I'm not broken — I'm just untrained... and I'm just getting started.”**



2. THE HIDDEN MUSCLE THAT CONTROLS EVERYTHING

If Chapter 1 got you thinking, welcome to the part most guys never even knew existed. I'm talking about the muscle you can't see in the mirror, can't flex in the gym, and probably never considered until it hijacks your sex life: your pelvic floor. *It's the muscle you use to stop urine midstream or hold in a fart.* Knowing where it is, is enough to start sensing and controlling it.

You've probably heard about it a dozen times—maybe in other books, from friends, family, or somewhere online. The problem? Most mentions never really explain why it matters or how to work with it. That stops here. Understanding this muscle is essential if you want real control, and I'm going to show you exactly how.

I'll be honest — I didn't know it was a problem until I started paying attention. I was a gamer, a desk worker, and a “weekend warrior” at the gym. Every day, I was clenching, holding, bracing — without even realizing it. Stress at work? Tension. Squatting at the gym? Tension. Even sitting on the toilet scrolling my phone? Tension. My body was basically one big tight knot below the belt, and it was sabotaging me every time I tried to perform.

Here's the thing: your pelvic floor is like the accelerator on a car. If it's clamped tight, you go from zero to climax in seconds. If it's relaxed and controlled, you can drive smoothly, pace yourself, and enjoy the ride. Most men never learn to sense it, let alone control it. I sure didn't — I was just “racing along,” wondering why the brakes never worked.

Now, I need to be clear: this isn't the reason for every man. Some guys have anxiety, pacing, or habit-based triggers instead. If clenching isn't your main issue, don't worry — the coming chapters will help you discover your personal pattern and why you rush too fast.

The good news? Awareness is all it takes to start. Here's a simple micro-exercise I used:

1. Sit or lie comfortably.
2. Take a deep breath in, noticing any tension in your lower belly and pelvic region.
3. As you exhale, consciously release tightness in your pelvic floor. Imagine letting go of a clenched fist.
4. Repeat a few times, morning or night.

Do this, and you'll notice something strange — your body feels lighter, calmer, and arousal doesn't spike as fast. It's softening, not forcing, and that's exactly the point. Control isn't about strength. It's about softness, awareness, and timing.

lived through it, and I figured out how to fix it. It's possible. You just need to start noticing what's tense and start learning how to relax it — step by step.

“Control is about softness, not force.”

CHAPTER SUMMARY

- The pelvic floor is a hidden but powerful muscle that directly impacts arousal speed and climax timing.
- Knowing where it is — the muscle you use to stop urine midstream or hold in a fart — is enough to start sensing and controlling it.
- Many sources mention it, but most fail to teach why it matters or how to train it. Understanding it is essential for real sexual control.
- Daily tension — from stress, posture, gaming, or gym habits — can keep this muscle overactive, causing early climax.
- Awareness and micro-practice matter more than strength: consciously relaxing the pelvic floor softens arousal, giving control back to you.
- Not every man's PE is tension-driven. Some have anxiety, pacing, or habit triggers — and the coming chapters will help you identify your personal pattern.
- Key takeaway: **“Control is about softness, not force.”**



3. THE AROUSAL ACCELERATION LOOP

If you thought pelvic floor was the main culprit, meet its partners in crime: your brain and body's "arousal accelerator."

Picture this: you start slow, enjoying the moment, thinking everything's under control. But a few thrusts in, that familiar wave rises faster than expected. You try to slow down, but your body is already on autopilot, racing toward the finish line.

I call this the **Arousal Acceleration Loop**. It's the invisible feedback system between your mind, body, and nerve signals that pushes you from zero to climax — often without warning. Most men experience it but never notice it until it's too late.

Here's the truth: reaching the Point of No Return (PONR) isn't about weakness or lack of effort. It's about awareness. Imagine driving a car toward a cliff — the accelerator is stuck, the brake feels useless. Knowing when to lift your foot, ease off, and read the road prevents the crash. The same principle applies here.

Everyone's threshold is different. Some spike instantly, others climb slowly. The goal isn't to fight the loop with willpower — that's like trying to pull the brakes while flooring the gas. Instead, you learn to recognize early signals: tightening stomach, subtle pelvic grip, racing heartbeat, deeper breaths, or a sudden mental rush to finish.

"Awareness before the peak is your real control."

let's do

A micro-awareness exercise:

1. Sit or lie down comfortably and slightly separate your legs.
2. Place a hand on your lower belly, another around your pelvis.
3. Recall a moment of arousal (solo practice works fine). Notice the first signs — heart rate, muscle tension, warmth.
4. Pause mentally at the first sign. Imagine gently releasing tension, softening the pelvic floor, and gently easing the arousal buildup.

This isn't instant magic. But each time you notice the early signals, you're teaching your body to respond differently. You're taking control of the accelerator instead of being a passenger. Control begins before arousal spikes. Recognizing the loop and responding early is the first real step toward lasting endurance.

Remember, it's not weakness, it's training. I've raced to the end too fast, made every mistake in the book, and learned to read the signals before they get out of hand. You can too.

"The moment I feel it, I guide it."

CHAPTER SUMMARY

- PE isn't just physical — your brain and nervous system play a major role in the “arousal accelerator.”
- The Arousal Acceleration Loop explains how mind, body, and nerve signals push you from zero to climax faster than expected.
- Point of No Return (PONR) isn't weakness — it's about awareness and reading early signs before arousal spikes.
- Everyone's threshold differs. Some spike instantly, others climb slowly — willpower alone won't help.
- Key early signals include tightening stomach, subtle pelvic grip, racing heartbeat, deep breaths, or a sudden mental rush to finish.
- Micro-awareness exercises teach you to notice these signals and gently ease the buildup, taking control of the “accelerator.”
- Control begins before arousal peaks. Training, not luck, creates lasting endurance.
- Key takeaway: **“The moment I feel it, I guide it.”**



4. PORN & PERFORMANCE CONDITIONING

Long before your first real sexual encounter, your body might have already learned to finish fast — and most of the time, porn is the coach, not in a moral sense, but as a bad teacher of speed, pleasure, intimacy, and fantasy.

This isn't about shame or guilt. It's about understanding how your brain and body adapt to porn. High-speed visuals, endless novelty, instant reward — your nervous system gets trained to race, spike, and climax on autopilot.

Then reality hits hard: slower, softer, more connected. Your body expects a sprint, but intimacy is a marathon. The result? Early climax, frustration, and the same thought, “*Why can't I last longer?*” It's not your fault — you've just been conditioned.

This is what I call **performance conditioning**. Your brain, pelvic floor, and nerves are simply responding to the loop they've learned. Over time, fantasy pacing overrides your natural rhythm.

The fix? **Sensory recalibration**. You teach your body to respond to real-life sensations at a normal pace, reclaiming control.

let's do another

Micro-awareness exercise:

1. Sit or lie comfortably.
2. Close your eyes and recall a moment in the past you climaxed too fast — solo or partnered.
3. Notice the triggers: mental, visual, and physical.
4. Imagine pacing it differently. Slow the imagined movement. Breathe into the sensation instead of letting it rush.
5. Repeat. Each time, you're retraining your nervous system to follow reality, not fantasy.

Arousal speed is trained, not natural. By noticing triggers and practicing sensory recalibration, you take back control. You follow the rhythm of reality, not the loop your nervous system learned from porn.

CHAPTER SUMMARY

- Your fastest climax may have been trained long before real intimacy — often by porn, as a poor “coach” of speed, pleasure, intimacy, and fantasy.
- This isn’t about shame or morality — it’s about understanding how your nervous system adapts to overstimulation.
- Porn creates high-speed, endless novelty loops, teaching your body to spike and climax on autopilot.
- Real-life intimacy is slower, softer, and more connected — your body expects a sprint, but sex is a marathon.
- Performance conditioning explains why fantasy pacing overrides your natural rhythm.
- The solution: sensory recalibration — retrain your nervous system to respond to real sensations at a normal pace.
- Micro-awareness exercise: visualize, notice triggers, slow the imagined pace, and breathe into sensation to reclaim control.
- Key takeaway: Arousal speed is trained, not natural — by noticing triggers and practicing sensory recalibration, you **follow reality’s rhythm, not fantasy loops.**



5. WHAT TYPE OF PE DO YOU HAVE

By now, you've met your pelvic floor and your arousal accelerator. You know how tension builds and how the "zero to climax" loop works. But here's the truth: not every man's premature ejaculation has the same cause. Some men's speed comes from a tight pelvic floor, others from arousal spikes, and some from anxiety — often a mix of all three.

When I first started my journey, I assumed it was all me — just my body failing. But after tracking my patterns, noticing my triggers, and testing techniques, I realized something powerful: **my PE had a reason, and so does yours.** Once you find it, you can train for it.

The first step is "awareness". You need to see your starting point and understand your triggers. That's why we're going to do a few simple worksheets — no science degree required. These aren't tests. They're tools for discovering **you**, and they'll guide every exercise you do from here on out.

Worksheet 1: Baseline Self-Assessment

Start with a snapshot of your current state.

Rate each category 1–10 (1 = struggling, 10 = confident).

Category	Score	Notes
Relaxation during intimacy		
Arousal speed awareness		
Control under pressure		
Pelvic floor awareness		
Ability to communicate sexually		
Ability to pause & reset arousal		
Porn dependency level*		
Sensitivity understanding		
Overall sexual satisfaction		

score: _____

*High score here = independence (not addiction)

Reflection:

What frustrates me most right now?

What do I want to experience instead?

If success was guaranteed, how would I want sex to feel?

When I first filled this out, I realized I had no real awareness of how my body reacted — the constant tension, the hidden triggers, and the racing thoughts. That realization was my first breakthrough.

Worksheet 2: Arousal Trigger Map

Next, figure out what makes your arousal spike fastest. These are the invisible levers that push you to climax before you want to.

Check all that apply:

- Visual stimulation
- Fantasy intensity
- Fast rhythm
- Deep penetration
- Pressure/grip intensity
- Dirty talk
- Novelty/taboo
- Eye contact
- Porn memories
- Stress or performance pressure
- Alcohol or drugs
- Dominant/submissive dynamic
- “Do not fail” mindset

Top three triggers you notice most:

- 1.
- 2.
- 3.

I remember when I mapped mine — the pattern jumped off the page. Certain grips, certain thoughts, even the stress of “performing” triggered the same early spikes every time. Seeing it clearly was the first step in breaking the autopilot.

Worksheet 3: PE Type Identifier

Goal:

Identify the primary pattern contributing to your PE so you can follow the correct training path instead of guessing.

How to score:

Rate each statement from **0–100% true** based on how often it feels accurate for you:

- **0%** = never true
- **100%** = always true

#	Statement	% True	Category
1	I hold pelvic tension even outside sex		Pelvic Tension
2	Small stimulation causes fast arousal		Arousal Spike
3	Anxiety or fear appears before sex		Anxiety
4	Touch feels “too intense” or “overwhelming”		Arousal Spike
5	Fantasies are far more intense than real sex		Porn / Fantasy Conditioning
6	Control improves when relaxed		Pelvic Tension
7	Control improves when distracted		Anxiety / Arousal Spike
8	Control improves after break from porn		Porn / Fantasy Conditioning

Add your scores for each category below:

Category	Statement Numbers	Total Score
Pelvic Tension	1 + 6	
Arousal Spike	2 + 4 + (7 if it fits)	
Anxiety	3 + (7 if it fits)	
Porn / Fantasy Conditioning	5 + 8	

Note: Statement 7 belongs to whichever feels most accurate for you.

Your Result:

Primary Type (highest score): _____

Secondary Influence (close second): _____

Quick Interpretation Guide:

If Your Highest Score Is...	You Are...	Your Best Training Focus Is...
Pelvic Tension	Tension-Driven PE	Reverse Kegels, relaxation, breathing, posture
Arousal Spike	Arousal-Driven PE	Pacing, sensory retraining, edging awareness
Anxiety	Anxiety-Driven PE	Mindset, nervous system calming, pressure reduction
Porn Conditioning	Fantasy-Driven PE	Sensory recalibration, slower real-world pacing
Mixed (scores similar)	Combination-Based PE	Customized hybrid plan

“I don’t need the same training as everyone else – I need the right training for me.”

Write this down:

“So, I need training for _____.”

(Fill with your primary type: tension, arousal, anxiety, or mixed.)

Most men never identify their real problem and pattern – they keep trying random tips, pills, and hoping something will magically work. But you’re different. You’ve named the problem, and what you can name, you can train.

Next, we move into Part II – **where awareness becomes action.**

This is where you begin learning *your* method, not a generic one.

Let’s build real control, step by step.

Chapter Summary

- Not all premature ejaculation has the same cause — tension, arousal spikes, anxiety, or fantasy/porn conditioning can all play a role.
- Your personal pattern matters. Identifying your type is the key to training effectively instead of guessing or trying random tips.
- Worksheets 1–3 help you:
 - See your starting point
 - Recognize your triggers
 - Understand which factors drive your speed
- Awareness is the first real step toward control. What you can name, you can train.
- Write this down: “So, I need training for_____.”
(Fill in your primary type: tension, arousal, anxiety, fantasy, or mixed.)
- Most men never identify their real problem — but now you’ve named it.
- Next, we move into Part II, where awareness becomes action. This is where you’ll start building real, repeatable control — step by step.



Before You Go...

If this book shifted the way you see yourself, your body, or your potential for control, the journey isn’t over yet.

A deeper level of training, tools, and private guidance is available for those who choose to continue.

When you pre-order ***last 30 minutes or more*** through the **official website**, you receive access to:

- Bonus resources & training tools.
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Slow is power.

Consistency is transformation.

And you’ve already started.

— ***Vance Clader***