



21

## All Natural Secrets For Lasting Longer In Bed



*The Couples Coach*



# 21

## All Natural Secrets For **Lasting Longer** In Bed

---

Unauthorized duplication or distribution of this material in any form is strictly prohibited. Violators will be prosecuted to the fullest extent of the law.

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior written permission from the author/publisher.

The author, publisher, and distributor of this product assume no responsibility for the use or misuse of this product, or for any physical or mental injury, damage and/or financial loss sustained to persons or property as a result of using this report. The liability, negligence, use, misuse or abuse of the operation of any methods, strategies, instructions or ideas contained in the material herein is the sole responsibility of the reader.

The material contained in this publication is provided for information purposes only!

### **NOTICE:**

We believe that an active and healthy sex life, based on mutual consent and respect between partners, is an important part of a healthy relationship. We also believe in the practice of safe sex, through the use of contraceptives, regular medical examination, or both. Moreover, we respect that sex is a private matter and that each person has a different opinion of what sexual practices, dating etiquette or beliefs are appropriate.

We are committed to offering responsible, professional, and helpful advice about dating and sexual matters. However, this book is intended as a reference only. It is not intended as a substitute for professional advice. Please consult a competent professional for your specific sexual, mental, emotional, medical or other concerns.

**Have Questions?** Use Your Premium Email Support Package by emailing me at:



[dillon@GuysAndGirlsCoach.com](mailto:dillon@GuysAndGirlsCoach.com)



# 21

## All Natural Secrets For **Lasting Longer** In Bed

---



Welcome to '21 All NATURAL Ways To Last Longer In Bed'! I'll start by giving you some background about myself and how this eBook came about.

I've been a stunt man, lead actor and recreational pilot for years. All things that women find to be cool and sexy. More to the point, I've been an International Playboy for most of my adult life. NOT a player. Players tend to hurt women and I've never been about that. All the women I've been with knew what I was about up front, usually no commitment and just having some fun. This was in between the committed relationships that I've been in. Some of the ladies actually became good friends of mine.

Starting in college, 'My Boys' and I always enjoyed seducing women and romancing them. We did this with women from various cultures, ethnic groups, ages, etc. from all around the world. Even after graduating college (my field of study was Psychology), we still kept at it. Each of us has seduced and slept with literally 100s of women.

Along the way, we've had some amazing adventures and really fun times! We also shared tips and tricks that each of us has used successfully to 'bed down' and 'sex up' the ladies.

Not surprisingly, I went on to become an experienced Master Sex Coach & Relationship Consultant coaching men and couples through all sorts of sexual scenarios and issues.





One problem I would hear a lot from the ladies was that their guy wasn't lasting long enough in bed. Most guys would get to around 5 minutes, have 1 orgasm and then pass out. Meanwhile their lady was on her way to orgasm yet would have the carpet pulled out from under her each time. Needless to say, they loved their guy yet they were understandably sexually frustrated.

**I don't have to tell you that you don't want the woman you care about to be walking around sexually frustrated with you especially if you're planning any type of future together. This is of the one of the leading causes of women cheating on their man!**

They're only human after all and they have sexual needs too. Needs that YOU NEED TO FULFILL! Or some other man will...sooner or later. TRUTH.

My buddies knew I had researched, studied, experimented and perfected a bunch of techniques used by professional gigolos and playboys the world over. to last longer in bed. My records was 4.5 hours for 1 session. I could do it whenever I wanted. At first, they thought I was lying until they talked to my girlfriend at the time (they didn't ask me before they did it) and she confirmed it. Afterwards, I became a living legend. Lol!

So after MANY requests I began sex coaching my buddies, as well as other guys and couples that were referred to me. I coached on a variety of topics to the tune of \$125 per hour. One popular topic was how to last longer in bed (without drugs).

It was common for some of the couples I sex coached to extend their lovemaking sessions to 30 minutes to an hour or more and even to experience mutual climaxes.



Well fortunately for you, you didn't have to pay \$125 for the same information that they got. In this eBook, you will learn **PROVEN** methods for increasing your staying power and greatly extending your time making love in the sack starting right after you read it!

**You literally can start lasting longer in bed moments after you finish reading this eBook!**

## Why Last Longer In Bed?



**So you want to last longer in bed?** This is a question many men are curious about as they search for ways to please their sexual partner. The research certainly seems to suggest lots of guys are curious about this topic. If you're a guy who is wondering how you can last longer in bed naturally, you've come to the right place.

**The reality is that millions of men each year struggle with performance issues.** And most guys want to avoid reaching for prescription drugs, such like Viagra and Cialis, if they can help it.

Or you may just want to increase your time having sex with your partner(s). Some guys pride themselves on the number of partners they've had sex with or, their sexual prowess in bed, etc.. Either way the ability to last longer in bed means you feel better about yourself as a man.

**So what are the ways you can last longer in bed naturally?** Is there REALLY anything you can do to prolong the experience? The answer is absolutely YES!

Before we cover the ALL NATURAL Secrets (read – no prescriptions drugs or harmful chemicals going into our body), you want to rule out any pre-existing medical conditions that may be contributing to your intimacy woes. You might be surprised to know that even relatively minor issues, such as a cold or allergy, can have an impact on your sexual performance.

So make sure you get checked out by your doctor. If you're taking any medications, understand that some drugs CAN CAUSE ISSUES in the bedroom. This is particularly true of anti-depression medications.

Now that having been established...let's get on it!

## How Long **Before** You See **Results**?

There are many techniques, exercises...and even devices, aids, and drugs...to help you last longer in the bedroom. However, in most cases, the main reason most guys don't last long is due to what's going on in their minds, not their bodies.

Another common reason for not being able to last long is conditioning. For years, even decades, most men have trained their bodies and minds to help them reach their climax point quickly. And, while there are lots of ways to address the 'finishing to early' problem, many of the available solutions take time and patience to put into effect, and to finally be able to enjoy the results.

So... in this eBook, **I'm sharing many of the INSTANT solutions with you...solutions you can start using today and enjoy immediate results.**



# How Long Is Too Long For Your Sex Partner?



If you watch the movies, especially those romantic ones, you'll start believing that sex should last the entire day, or maybe even the entire weekend. And, if you ask many women how long sex should last, you may also get similar, romanticized responses as portrayed in the movies.

Yet, in reality, even good sex lasts around 30 minutes, give or take another 5 to 10 minutes. Many women will agree that sex should realistically last about that long. Of course, that does not mean that you shouldn't plan for an all-day, or even an all-weekend "hot and passionate" adventure, every now and then. (Yes, just like in the movies.)

But, as far as the rest of the sexual encounters are concerned, nobody wants every single session to last longer than 30 to 40 minutes. Not even women, if they're being completely honest. (They do have other things to do, you know?) So, for starters, let the above realization sink in and relieve some of the 'performance pressure' from your mind.

**I can speak from personal experience. When I was in my teenage years, I used to have sex for 4.5 hours STANDARD. Initially it would blow women's minds (I dated what I called 'older women' in my teens. Women in their mid to late 20s and 30s).** They were used to being with guys who only lasted around 5 minutes or so.

Yet eventually all of them would start complaining that we always had these marathon sex sessions. They'd even ask me if I was even capable of doing some quickies. Admittedly, I was somewhat about ego in those days. Ha ha ha! So I enjoyed literally blowing women's minds and being their MVP (Most Valuable Penis) in their lives.

I used some of the same techniques then that you're going to learn in this eBook. I've since cut my time down to 1 hour (including foreplay) and women love it. The maximum I'll go is about 1.5 hours yet only if she wishes to.



# Time To Ride!

Next, let's go over some of the "instant" and quick-fix solutions to lasting longer in the bedroom. That is, if you'd rather not have to resort to pill-popping. Lol!



1

## *Eat a diet with naturally sex-enhancing foods.*

Many foods are said to be natural aphrodisiacs or have benefits that include lasting longer in bed.

### **Some of these foods include:**

- ♥ **Potassium-rich foods like bananas, spinach and garlic:** Potassium helps to regulate blood pressure, and increasing your intake of this nutrient can help you last longer in bed.
- ♥ **Ginseng powder:** Ginseng is used in traditional Chinese medicine to help with sexual performance and treat fertility problems. The chemicals in ginseng have been shown to improve libido and can even increase sperm count.
- ♥ **Musli powder:** This herb has been used in Eastern medicine to treat many types of sexual performance problems. The powder has been shown to increase the production of testosterone and increase sexual desire as an aphrodisiac.
- ♥ **Yohimbine:** Yohimbe is a tree native to Western Africa, where its bark has long been thought to boost libido. The active ingredient from the bark of yohimbe -- yohimbine -- is used in some prescription drugs for erectile dysfunction. There's a key difference between the natural supplement yohimbe and the chemical yohimbine. Although yohimbine comes from the yohimbe



bark, it's concentrated and standardized. Studies have shown that drugs containing the chemical yohimbine work for erectile dysfunction. Yohimbine drugs have also been used to ease the sexual side effects of antidepressants and to treat low sex drive in women.

- ♥ **Korean red ginseng:** is commonly used to treat a variety of ailments in men and women, including low libido and sexual function. Also, one small study found that red ginseng may improve sexual arousal during menopause. Most studies had participants take 1.8-3 grams of red ginseng daily for 4-12 weeks.
- ♥ **Fenugreek:** Fenugreek is an annual plant cultivated worldwide. Its seeds are most commonly used in South Asian dishes, but it's also popular in Ayurvedic medicine as an anti-inflammatory and libidoboosting treatment. And perhaps this is for good reason – this herb appears to contain compounds that the body can use to make sex hormones, such as estrogen and testosterone. In one small study, men who took 600 mg of fenugreek extract per day for 6 weeks reported experiencing increased sexual arousal and more orgasms.
- ♥ **Ginkgo biloba:** Ginkgo biloba is an herbal supplement derived from one of the oldest species of trees – the Ginkgo biloba tree. Traditional Chinese medicine uses it to treat many ailments, including depression and poor sexual function. Ginkgo biloba is said to act as an aphrodisiac by helping relax blood vessels and increase blood flow.

**NOTE - Be sure to check with your doctor before taking supplements or herbs.**



## 2

### *Use Breathing And Relaxation Techniques To Last Longer In Bed*

One of the quickest and easiest ways to increase your lasting time is to breathe correctly before and during intercourse. Most guys with premature ejaculation get this dead wrong and it will sabotage your efforts to make it through the all-important first two minutes of sex.

There's a lot more to it than just taking deep breaths, but it's easy to learn the correct breathing techniques once you know what to focus on.

Unlike some of the more advanced methods you'll learn, (which can take a few weeks to master) you will pick this up within an hour. **This means it will help you last longer tonight!**

#### **How To Breathe During Sex:**

- ♥ Cycle your breathing - keep it consistent
- ♥ Avoid Shallow breathing
- ♥ Breath in through your nose for 8 seconds
- ♥ Breath out through your mouth for 10-12 seconds
- ♥ Learn to breath without clenching your muscles (most guys make this mistake!)
- ♥ Visualize tension leaving your body with each exhalation

#### **Another Option:**

Take slow, deep breaths when you feel close to orgasming. Slowing your breathing as you feel close to climaxing can help shut down the orgasm reflex. Take a slow, deep breath and expand your belly as you inhale. Hold your breath for 2 or 3 seconds, then exhale slowly. Keep breathing slowly until you no longer feel close to climaxing.

## 3

### *Leveraging Key Sexual Positions To Last Longer*

Use sexual positions that don't require you to flex your core muscles such as you laying on your back them on top, spooning position (side by side), lotus position (more on this below), etc..

In a similar vein, you want to skip positions that provide too much stimulation. Positions like doggy style or flatiron, where you can go super-duper deep and get all the extra stimulation from your partner's booty, are probably good to skip until the end.



Instead, try positions that only allow for shallower penetration, or that don't allow for much 'in and out' movement. One of the best positions for this purpose is when you lay on your back and your partner lays on top of you, in the sitting or straddling position.

Another great position (and one of my favorites) is the Lotus position, which is all about grinding against each other as opposed to hardcore thrusting



### **How to do the Lotus position:**

To get into the Lotus sex position, sit down on the edge of your bed or a chair. Have your partner sit on your lap facing you and wrap their legs behind your back. From here, insert your dick into them.

This is an AMAZINGLY sensual position for both of you! It's highly visually stimulating and hot...hot...HOT! It has the wonderful benefit of not requiring you to thrust deeply so you can last longer in this position.

NOTE - If you want to make this position work for anal sex, the partner sitting on top can lean back, putting their weight on their hands. This makes their anus more accessible and gives them control of depth and speed of penetration.

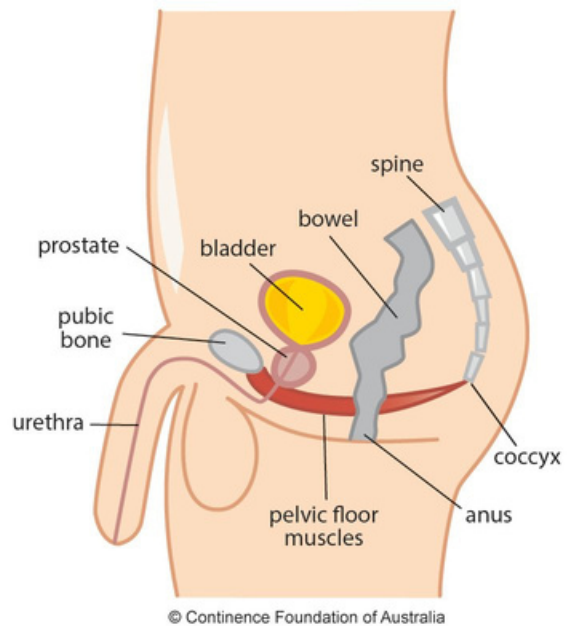


4

## Modify Your Stroke And Strategy

This technique is an easy fix and can get you INSTANT RESULTS

- Focus on **grinding more** and thrusting less.
- Move your body in flowing motions and don't just stab away with your dick.
- Use your elbows, legs, and back muscles to support your weight - and not your stomach or core muscles - IMPORTANT!
- Know where your partner's 'sexual hot buttons' are and know how to reach them.
- **Use your hands to touch your partner** as much as possible - their hair, neck, chest, back, arms, legs and feet.



5

## Exercise your pelvic floor muscles.

Exercising the muscles that control ejaculation can help you last longer. To identify these muscles, stop peeing midstream. You can also tighten the muscles that prevent you from passing gas.

To exercise them, tighten them for 3 seconds, relax for 3 seconds, then repeat 5 to 10 times. It might be easier at first to exercise while lying down or seated, but try to do them standing, too. As you strengthen the muscles, aim for 3 sets of 10 repetitions per day.

Try to only tighten those muscles that help control urination and passing gas. Don't just flex your buttocks or thighs.

Breathe normally as you exercise, and avoid holding your breath.

Consider doing other, similar exercises that work your pelvic muscles, including yoga, kegels, and Pilates. These can allow you to strengthen these muscles and will give you better control over yourself.

**BONUS!!!** This can also result in your penis growing slightly larger because of more blood flowing and being trapped inside of your penis!



6

## *Masturbate before Sex*



About 1-2 hours before you have sex, take some time to stimulate yourself and ejaculate. It takes men some time to recover after finishing (the refractory phase), so doing so this beforehand will help you slow down when you are with your partner.

7

## *Train with the start-and-stop method.*

Another way to help yourself last longer is to train yourself while masturbating. When you're close to finishing, stop stimulation until you calm down. Build yourself back up, then calm down again. **Do this three times before ejaculating.**

This technique will help you learn your parameters, and how far you can push yourself before the 'point of no return'. Once you know these parameters, you'll be better able to control yourself before getting to the point where you can't stop.

**Work on lasting longer during masturbation.** Trying to reach climax as quickly as possible during masturbation can train your body to expect a quick finish.

**Masturbating a few times a week and a couple hours before sex can help delay climax, especially if you practice lasting longer when you masturbate.**



8

## Develop and use your 'Sexual Pause Button':



Another quick and easy way to slow things down a bit, if you feel an explosion about to happen, is to stop for a moment and press just below the head of your penis. You can use two fingers in a clamping motion (one on top and one below) to squeeze this area, mainly the part on the underside of your penis.

**Squeeze it firmly for a few seconds, then wait about 30 seconds (while you back up from the orgasm threshold) before starting to have sex again.**

Using your 'Sexual Pause Button' can slow down the blood pumping into your penis and can help to temporarily delay your release. When you feel things slowing down, you can get back to screwing again and buy yourself some additional minutes.

Of course, if you decide to use this technique again, when you feel another build up happening, you can! This should give you another 3 -5 minutes or more!

Alternatively, you can have your partner do it. Tell them to gently squeeze the part of the penis where the underside of the head meets the shaft. Hold for several seconds until your urge to ejaculate has passed. Once your partner lets go, wait 30 seconds, then go back to bumping and grinding!



9

*Use a desensitizing lubricant or apply an anesthetic cream to make your penis less sensitive.*



As you're getting ready for sex, use a lidocaine or prilocaine cream or spray. These sprays can help you last longer during sexual activities by helping numb your nerves a bit so you're less sensitive to stimulation. You can find topical numbing agents online or at your local drugstore. They're available as creams, sprays, and wipes, and are usually applied 10 to 15 minutes before sex.

**IMPORTANT!** Wear a condom when using a topical numbing agent to prevent reducing your partner's sensitivity

10

*Maximize and Optimize Foreplay!*

Intercourse is usually better for men reaching orgasm, but women need other stimuli to get there. Invest at least 5 - 15 minutes just doing foreplay. Some foreplay before penetration, such as rubbing, petting, kissing & sucking, nibbling and giving oral sex, will greatly enhance your partner's pleasure while delaying your own orgasm.

**When the focus is taken away from penis-in-vagina (or anal) penetration, you automatically extend the amount of time you spend in the sack.**

And from your partners perspective, the 'sex clock' starts at foreplay. So if it's 10 minutes of foreplay and 7 minutes of sex, they see 17 minutes of sex!



11

## Change your sexual positions



Having sex in the 'missionary' position might be contributing to you cumming quickly. Allow your partner to be on top so you can relax and see if that helps.

If you start to feel like you're about to orgasm, stop and switch around to another position. Don't rush putting your dick back in. Take your time and plant some kisses and passion marks on them and caress them until you get them into the next position.

This allows you time to back up from the orgasm threshold. Also, your partner doesn't realize what you're ultimately doing because to them the sex is continuing.

I have used this for years and IT WORKS! This was part of my strategy I used when I was sexing women for 4.5 hours a pop.

The math is simple: 2 -3 minutes per sexual position x 5 sexual positions = 12 to 20 minutes (allowing for time delays in between switching sexual positions). 5 to 10 minutes of foreplay makes it last even longer!

**NOTE - if there's one position that causes you to always orgasm relatively quickly, save it for last.**



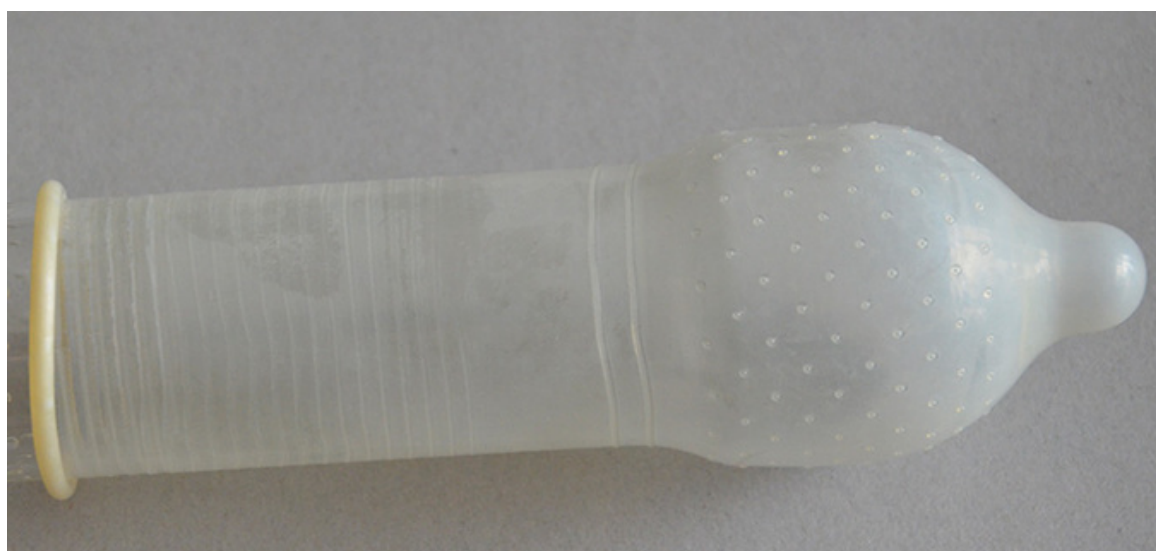
## 12 *Go Slower.*

Can this be any simpler? **Make yourself last longer by giving yourself time between thrusts. You can also change the angle of your thrusts or make them shallower.**

If you start to feel like you are close, stop thrusting and hold yourself inside your partner until you feel in control again.

Another way to slow yourself down is to focus on other activities while your cock is inside of them or resting on some part of their body. Caress and explore your partner's body, using your hands and lips to explore.

## 13 *Wear a thick condom to reduce stimulation.*



Especially if you're used to not using a condom or using very thin condoms. This switch can make it easier to last a bit longer during sex. Some condoms also contain numbing ingredients, which can help even further to delay ejaculation. There are special "climax control" condoms you can purchase at the drugstore or online.

## 14 *Think about psychological difficulties.*

Some doctors believe that finishing prematurely may be the result of personal problems or bad habits developed in past experiences, both in your current relationship and in previous ones. By identifying these possible trouble spots, you can better work through them with your partner or a therapist.

**Some problems from your past could include hurrying to climax in order to avoid being discovered or rushing through sexual encounters to avoid guilt.**

## 15 Use slower movements overall

Taking your time can help you last longer, so try to **prioritize the journey over the destination**. Approach sex like a sensual dance instead of just a series of rapid movements

## 16 Try 'Rhythmic Pauses':

The 'Rhythmic Pause' method involves withdrawing from your partner when you feel close to orgasm. Take a break for about 30 seconds (you can be kissing them or massaging them in the meantime), then start having sex again. Repeat the 'Rhythmic Pause' technique until you and your partner are both ready to climax.



## 17 Engage in Interplay!

Interplay is foreplay yet done DURING sex. Yes it's a thing. It's actually ingenious! You could use the 'Rhythmic Pause' method mentioned previously and during the pause give your partner a sensual massage while kissing them all over their body (they will freaking love this!). Meanwhile you back away from the orgasm threshold yet you're still turned on!

**Interplay will add another 3 - 10 minutes onto your overall sex time!**

This is another technique I've used A LOT over the years

## 18 Engage in Exercise

**Stamina is a very real part of lasting longer in bed. Stamina, however, cannot happen unless endurance is part of the equation.** Choose a workout plan that most closely follows your goals and lifestyle. And it's important to maintain a healthy weight because it does have a direct impact on how you perform in the bedroom.



19

## Try the 'Emergency Parachute Technique'

When a skydiver's primary parachute malfunctions, they deploy their emergency or reserve chute. Think of this as your emergency chute. Your testicles have to pull up close to your body in order for the semen to come up through the testes, but PULLING THEM AWAY from your body will DELAY your ejaculation. This is also known as scrotal tugging. Circle the top of your sac with your thumb and forefinger then pull down firmly and steadily. This will help to delay your orgasm...though not for very long. Yet it does work in case of emergencies. Don't yank too hard though!



20

## Experiment with cock rings.

Cock rings are silicone (or leather) circles that fit snugly around the base of your penis and restrict the blood flow. It's like a tight bracelet for your dick.

You get immediate results with this plus there's the aesthetic appeal. Your cock looks bigger because the blood gets trapped inside usually causing the veins in your dick to bulge.

They are a handy, cheap, and simple solution for making your erections last longer.

21

## Make sure there's a second round

Ensure there's a fast turnaround for the 2nd session. Couples who use this technique will specifically plan on the guy ejaculating right away. You can start off by doing penetration fairly early in foreplay, as a quick appetizer. Then after you climax, settle down in bed together, talk, snuggle, perform 'Interplay' (my favorite) and enjoy each other's company until your dick gets hard again at which time you go for Round Two.

Most guys last a lot longer in Round Two. Mostly because by that point they're less intensely excited.



# Bonus Method!!!

## The 'Bedroom Jedi Mind Trick'. Time Yourself And Beat Your Time

Here's a bonus tip which isn't an "instant" fix like the ones shared above, but it can be very helpful for you. As touched on earlier, finishing early is often due to what's going on in your mind...mainly because most men have trained their own minds and bodies to get to orgasm faster - without realizing what the overall consequences would be (like, when they're with a partner).

The good news is, you can retrain your body (and mind) to slow down and not rush to the finish line. From here on out, when you find yourself masturbating, first of all become aware of your automatic tendency to want to finish quickly.

Then look at a clock or use a stopwatch and start the timer when you start beating off. When you finish, stop the timer and record your time. The next time you do it, purposely slow yourself down. Take your time and make the event last for as long as you can, instead of rushing to finish. **Try to add up to 5 more minutes to your new time.** Continue this process until you build up to the target time you want.

If you find yourself coming close to climaxing, back off...stop, and slow things down. So, as you start to get close to climaxing, stop and give your body a short break... and take some long, deep breaths to calm things down a bit.

It's a very similar technique like when training for a lot of sports, and sex is no different. The main difference is you want to INCREASE your time NOT shorten it.



Once you are aware of your time, you'll be amazed at how you can easily go longer having sex. Next time, when you're having sex with your partner, do the exact same thing and time yourself each time. Take your time and make the event last for as long as you can, instead of rushing to finish. **Try to add up to 5 more minutes to your new time.** Continue this process until you build up to the target time you want with your partner. With practice, you can add another 10 to 15 minutes to your performance time!

Surprisingly, just by being aware of your time it will INSTANTLY make you last longer each and every time.

**NOTE - This method is primarily how I built up my sex time to 4.5 hours when I was a teenager!**

---

---

Well there you have it. Actually 22 All NATURAL Secrets For Lasting Longer In Bed! You only need usually 1 or 2 to get the results that you want. I hope you learned a lot of useful information that you can put to use. I wrote it for you for just for that purpose

Have Questions? Use Your Premium Email Support Package by emailing me at:



[dillone@GuysAndGirlsCoach.com](mailto:dillone@GuysAndGirlsCoach.com)

***Enjoy Life! Have Sex! Be Happy!***



## **Bonus: Case Study**

One of my couple's sex coaching clients approached me because she'd heard her boyfriend consistently complaining about me and sexual practices (he knew me and didn't approve of all of my sexual techniques that I used on the ladies because he was somewhat pious). This had the exact opposite effect on his girlfriend though. It actually made her very curious about the things I'd been saying and doing. And one day she managed to get my phone number from his phone and called me.



I was surprised initially yet talked to her anyway. She went on to tell me that she was a little sexually frustrated because her boyfriend finished too quickly in the bedroom. She literally referred to him playfully as her 'minute man' and 'Quick draw McGraw'. She called him this to his face!

All he could do was laugh and put a sheepdog look on his face. What guy wants his woman laughing at his sexual performance? Anyway, I told her I could help them and I agreed to call her boyfriend and coach him.

He was actually upset when I called and told him what his lady had said yet I admonished him. *"She called me because she cares about you and wants to enjoy sex with you more. It's a lot better than her finding some other dude and having sex with him behind your back right?"* He begrudgingly agreed.

So I shared with him some of the techniques listed in this eBook and his results were astounding. Within roughly 2 weeks, he could go as long as 3 hours in 1 session when he wanted too. He literally made his girlfriend eat her words! Yet it didn't stop there. His confidence in his new found ability caused his confidence to permanently shoot through the roof and changed around the dynamic of their entire relationship. Confidence is one of the sexiest qualities a man can have that ALWAYS turns women on.



And while I'm not condoning this, he started attracting a lot MORE women. Well, he had never experienced this before so he couldn't resist. So he started sexing them up too behind his girlfriend's back. She never found out thank goodness (though he had a few close calls).

At the same time, she became a great deal more attracted to him as well and couldn't figure out why. As for him, he couldn't refer me enough business. He thanked me repeatedly for having changed his life. He had never realized that he didn't actually like the man that he was before, at least when it came to relationships and sex.

Yet after learning the information in this eBook (plus a few of my courses listed below) it helped him to embrace his own manhood in an entirely new way that he'd never learned to do during the strict upbringing he'd had.

This couple has since went on to build a family, buy houses, have successful careers as well as a VERY happy, fulfilling sex life!



# Check Out Some Of My Other Courses!

## **The Ecstasy Method** – The PROVEN System For Giving Women, Mind Blowing Multiple Orgasms. Every. Single. Time. (Video Course)

You learn my patented method that I have NEVER seen anywhere online, offline or even discussed by sex coaches or therapists around the world...because they don't know how to do it! I have seduced and sexed up 100s of women from all over the world and along the way developed some innovative methods...this course being the best. This E-Z to learn system will have you giving women 3 – 5 orgasms (or more) each and every time at your command. Once you learn it and try it even 1 time, you pretty much have it. My record is 15 orgasms for 1 woman in 1 session. In each video class, I walk you through how to do it step by step. Comes with a Money Back Guarantee because you CAN'T screw it up! If you do it...it will work and you will love it!



## **How To Get Women To Do ANYTHING You Want Sexually! (audiobook)**

You learn how to get her to try new things that she'll ultimately really enjoy. If you want her to do some sexual technique with you that she really doesn't feel like doing, or do something more frequently than what she does now, this Mindblowing psychological technique is a PROVEN performer! From anal sex, freaky blowjobs and BDSM to even 3somes, I walk you through how to do it step by step. Most guys get what they want from their women in 2 weeks or less with this proven method!

## *Plus for the Ladies...*

### **Dirty Talk For Your Man – A Bad Girl's Guide (eBook)**

Most women absolutely suck at 'dirty talk'. Each gender tends to say what they want to hear not what the other wants to hear. So in this easy to read eBook, I teach the ladies how to really dirty talk a man to drive him wild and lose his mind. Some guys have literally creamed their pants when their lady used this method on them! Ladies, learn how to turn your man into your willing love slave!



**A FAN Favorite!!!**

### **30 Types of Freaky Sex Men Wish Women Knew (audiobook)**

I surveyed other international playboys and players from around the world. Guys who have slept with 100s of women as well and they shared the most amazing, mind blowing sexual techniques that women have done to them over the years. I guarantee that you and your man have never heard of most of the stuff in this audiobook. And when you do, you WILL want to do it and IT WILL ROCK HIS WORLD! Learn how to keep your man perpetually seduced for years! *Guaranteed Results!*



**See these and more at my website:**



[GuysAndGirlsCoach.com](http://GuysAndGirlsCoach.com)

