



THE ULTIMATE GUIDE TO
**GROWING YOUR
MANHOOD**



Let's get one thing clear:

I'm not some life coach, guru, or internet sensation. Just a regular guy who spent nearly a decade and a tens of thousands of dollars diving deep and learning how to become the best version of myself. Most of the things I tried were a complete waste. They either were entirely ineffective, or, in some cases, made my situation even worse. but the ones that worked, transformed my body, mind, and life...FOREVER.

Back when I started this journey, I would've KILLED for a resource like this. I hope it saves you as much time and money it would have saved me. If I can help even one guy become a more confident version of himself, this will all be worth it.

In this e-book you will find a collection of all the best resources that I personally used to:

- ***Transform from a 150 lb "skinny fat" hard gainer, to a 170 lb stud with arms and a chest that turn heads***
- ***Upgrade from an average 5.3" "pecker" to a 7.3" inch "COCK"***
- ***Shift from insecure and performance anxiety ridden to confident in my ability to please any woman***
- ***Transition from a weak, reactive follower to a quality communicator, present father, and passionate lover***
- ***Go from emotionally unavailable and inept to understanding and regulating my emotions in healthy and constructive ways***

If any of those things sound like what you're after... keep reading.

And no, this isn't just about getting a bigger... you know.

Well, it is, but it's about MUCH MORE!

When I say "Growing Your Manhood," I mean boosting your overall self-worth and purpose. It's about taking charge, letting go of the daily choices that keep you small. It means being confident without needing validation, embracing challenges, and navigating life like a pro.

Let's dive in.

This document contains affiliate links. We may earn a commission for purchases made through select links at no extra cost to you. This helps support our work in providing valuable content. Thank you for your support!

PHYSICAL TRANSFORMATION

Let's kick it off with transforming that bod. No, not just for the mirror selfies, but for the boost in confidence that radiates through every damn thing you do. This was the first thing I did when I was faced with my divorce. I thought "Oh I'm going to get in killer shape and she is going to realized how much she fucked up by leaving... blah blah blah."

No, she didn't come back... Something even better happened. My mental health took a complete 180. By the time I hit my best shape, it wasn't about her at all, it was about me.

Here's what got me from 'meh' to 'hell yeah':



V-Shred is the real deal. You've probably seen their ads before. There's a reason for that – It works. I'm more of a fan of the gym workouts than the home workouts, but either way they will be effective.

[CLICK HERE TO GET !\[\]\(cbe2492b119e39e02a1dab2af4a4b296_img.jpg\)](#)



Fabian's Basement Beast program is like a shot of espresso for your muscles. Hilarious guy, killer workouts. If you really hate the gym or don't have a lot of time in your schedule these programs are a great alternative.

[CLICK HERE TO GET !\[\]\(5361750c22c4e047a52f4eac1ec2d4cc_img.jpg\) RAPID PHYSIQUE](#)

SUPPLEMENTATION FOR THE WIN

Your diet is like the foundation of a skyscraper. You mess that up, everything crumbles. And a huge part of any diet is supplementation.

Unfortunately we are not getting all the nutrients we need from the food we eat these days. Lot's of it is riddled with extra hormones, micro plastics, processed oils, and unhealthy fillers. These ingredients can limit testosterone production and spike our cortisol (stress hormone) levels.

Here's what helped me build my fortress:

VSHRED

Test-boost max, HGH boost, Creatine – consider them your secret weapons. You can find them under the aptly named “Muscle Building Stack”.

CLICK **HERE** TO GET **VSHRED**

INNOSUPPS

My favorite is the “Male Stack”. Keep that testosterone party going strong. Physical and mental drive, rock-hard erections, and boundless energy – yes, please.

CLICK **HERE** TO GET **INNOSUPPS**

THESIS

These nootropic blends are like having mental clarity on demand. "Confidence" is my personal favorite blend. There is a vast difference between the days I take it and the days I don't.

CLICK **HERE** TO GET **THESIS**

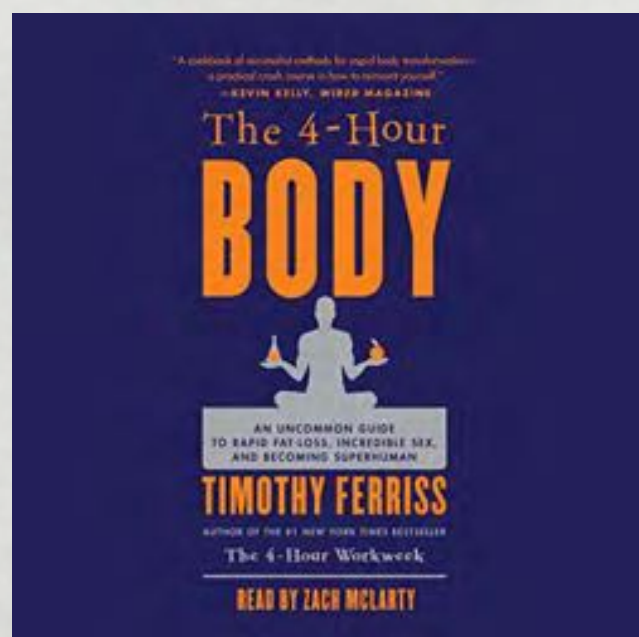
SARDINES

(Yeah, just kind of any sardine really)

Yeah, you heard me right. Nutrient-packed, deep sea weirdness for gains and mental clarity. Sardines are packed with iron, vitamin D, and Omega-3 fatty acids do keep your body healthy and your brain firing on all cylinders.

You may think I'm shitting you. That's fine. Venture Capitalist and Entrepreneur Craig Cooper swears by sardines and eats 5 cans a day. I try to stick to around 1 or 2.

BOOKS TO GET RIPPED BY



I have read lots of books on food and fitness. Diet plans and breakdowns. The only one that has been not only sustainable, but also incredibly effective is the diet laid out in the The Four Hour Body by Tim Ferriss. It's inclusive, allows for the junk food you want (as much as you want on cheat day... just read the book) and truly gets the best results.

GET IT **HERE**

PENIS ENLARGEMENT

(YES, WE'RE GOING THERE)

Alright, let's get to why you're most likely here.

But first, I have to get something off my chest.

I know when I first started this journey I felt incredibly insecure about looking this stuff up, doing exercises, or buying products. It made me feel very alone, like I was the only one struggling with this. It was embarrassing, even dehumanizing. All my research I did on incognito mode so that it wouldn't show up in my history if anyone ever got ahold of my phone or laptop. I was the only person I knew (or so I thought) who struggled with insecurities around his penis size.

This couldn't have been farther from the truth.

In a study from the National Institute of Health they found that 66% of men rated their penises as "average sized" and that 45% of males wished that they had a bigger penis. And those are only the ones who told the truth! I would wager the real number is around 50%. If 45% to 50% of men desire to upgrade their cock... that makes you 1 of almost 2 billion men around the world, battling the same insecurities. 99% of those men will just live with that insecurity their whole lives... YOU ARE ONE OF THE BRAVE ONES.

I say this to make a point:

This isn't strange or embarrassing, it's a common concern. Society unfairly expects men to hide weaknesses, but pursuing penis enhancement is as normal as any other body augmentation. Boob jobs, butt lifts, botox, all of it. Throughout history, people have sought ways to enlarge their penises, from ancient weight-tie methods to modern surgical procedures. However, many solutions are ineffective and even harmful. Here we focus on a regimen that not only adds size but enhances overall penile health.

After years of experimentation, here's what worked for me:

PHALLOSSAN[®] Forte

Traction devices – the behind-the-scenes heroes of penis growth. Picture them as your private trainers, clocking in hours to stretch that penile tissue daily. Ever marveled at those African women with elongated necks? Same concept. These devices create microtears in the tissue, healing into extra inches. It's like your manhood hitting the gym and gaining muscle.



The MVP is the Phallossan Forte. Originally a fix for curved penises, it's the rock-star of traction devices. Others I tried? Either ineffective or medieval torture. But the Phallossan Forte? Game-changer. No painful yanks here – it does a cool side-stretch. Imagine your head chilling in a vacuum cup, snug in a condom sleeve. It's your buddy's VIP lounge with added tension. Wear it incognito under your clothes – discreet and surprisingly comfy.

Four months in, I'd gained more than expected. I aimed for 8.5 inches, but my girl hit pause, claiming I was 'getting too big for her. Can't say I'm complaining.

[CLICK HERE TO GET BIGGER!](#)

Pro-tip #1: Buy a few additional condom sleeves and at least one additional vacuum pump.

Pro-tip #2: Put your Phallossan Forte on after taking a warm shower in the morning, this will help your body to be more pliable and able to stretch.

THE GROWTH MATRIX

I'm not going to lie guys... It's pretty graphic. The guy who created this program is Ryan McLane, one of the leading male porn stars in America. I'm not a huge proponent of porn. I've struggled in the past with porn addiction, which I believe was the main contributor to my history of performance anxiety. All that being said... This shit WORKS. It doesn't require any equipment, just some time and a couple hands. It's a collection of stretching exercises to create microtears and stimulate growth.

[CLICK HERE TO GET MORE BIGGER!](#)



STAMENA APP

We've covered external exercises. Let's talk internal exercises. You've probably heard about women needing to do their Kegels to strengthen their pelvic floor. Well, guess who also has a pelvic floor? Yeah, that's right. YOU. Not only is strengthening that shit key to gaining ejaculatory control but it also helps to give you stronger and firmer erections. They are literally like doing bicep curls for your dick.

Pro-tip #1: Combine all three of these together.

Start with your Growth Matrix exercises in the shower to get warmed up, then put on your Phallosan Forte to keep that stretch active. Finish the day with a round or two on stamena.

Pro-tip #2: REST. Rest is an important part of any workout routine. If you don't take proper rest, you run the risk of hurting yourself or diminishing your results.

Pro-tip #3: This shit TAKES TIME!

You are not going to go into the gym once and leave deadlifting 550. It is called "Time Under Tension" or TUT. If you don't see results right away, stick with it. You will.

SEXUAL CONFIDENCE

(BE THE BEDROOM KING)

Bedroom anxiety, we've all been there. Sweaty palms, racing heart – the whole shebang. The 'what ifs' echoing like a broken record – a real mood killer. I went through that turmoil in my marriage until divorce led me to the tools that rewired my bedroom confidence.

Before I learned these things I needed the validation that someone would want to sleep with me, that someone found me sexy. Once I started learning to slow down and relax into the pleasure instead of tensing, I became way less desperate.

I remember being on one date and having an epiphany. I wasn't asking myself "Does she like me?" I was more concerned with, "Do I even like her?" I really started to notice that I was making my own choices, realizing that I had options, feeling like I was a catch. And the way women interacted with me reflected that.

mojo

Mojo is a platform built specifically for men who experience ED and performance anxiety. You might not know this but 99.9% of all ED is physiological. Mojo helps guys with tricks and techniques to help men overcome their inner critic and unleash their inner wingman.

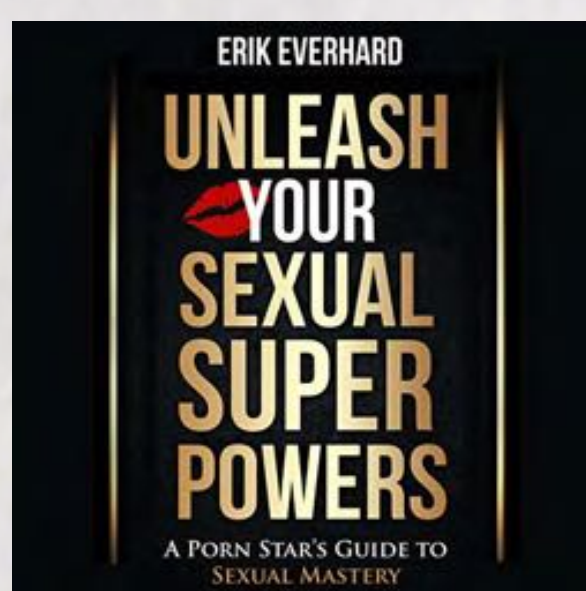
CLICK [HERE](#) TO GET **mojo**

BOOKS FOR YOUR SEXY BRAIN



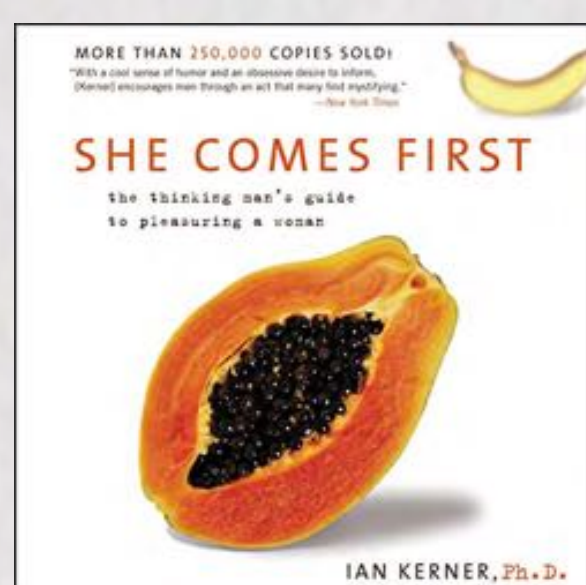
I had the privilege to take the Sexual Self Mastery course offered by Destin, the author of this book. It will definitely push you out of your comfort zones, but also help you to put the principles in this book into action.

GET IT [HERE](#)



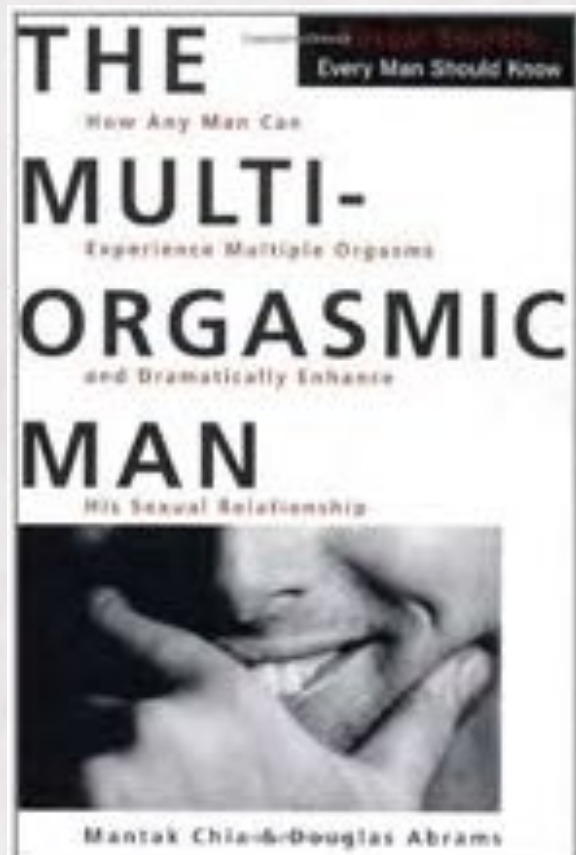
Yay! More porn stars! This is a fun read. It's got some great stories and killer advice that I promise you will not regret putting into action.

GET IT HERE



Making her pleasure a priority without solely relying on your... you know. The knowledge in this book helps take some pressure off your performance. Which, I've found, worked wonders for my performance. Go figure.

GET IT HERE



Similar to The Evolved Masculine, The Multi Orgasmic Man provides step by step guides to get you out of your head, and fully into your body. Learn to last longer and even experience multiple orgasms.

GET IT HERE

Pro-tip #1: Get Audible. If you are anything like me you DO NOT have time to sit around reading. As much as I would love that, I just don't have the time of patience for that. All these books can be found on Audible and listened to at your leisure.

PODCASTS FOR YOUR SEXY BRAIN

As a lifelong learner, I'm OBSESSED with podcasts. The fact that I can soak up new knowledge while I walk, drive, clean, etc... is one of the most exciting things to me.

Here are a few podcasts to give you a deeper insight into sexuality.

Yours and hers:

- **Sex with Emily**
- **Luvbites by Dr. Tara**
- **Shameless Sex**
- **Sex Love Psychedelics**
- **That Sex Chick**
- **Sluts & Scholars**
- **Ignite Intimacy**

All of these can be found anywhere you get your podcasts.

If you love the content or learn from what you hear, make sure to give them a five star and written review.

This helps get the information them in front of more listeners, and we could all benefit from a little more proper sexual education.

MENTAL MASTERY

Now, let's work on that brain. The real secret sauce to becoming a legend is in your mindset.

This is probably the most important section of this book. And here is why.

Getting a sexier body, a bigger cock, and bedroom prowess can boost confidence – but only to a point. True transformation lies in knowing your core, embracing emotional intelligence, and recognizing your innate human worth. It's not a one-shot deal; it's a lifelong journey of self-discovery, growth, and expansion. In this odyssey you will uncover the powerful, magnetic individual you are destined to be



When I first heard about this I was skeptical. "Can you really teach Charisma? Isn't that something a person is born with?" Well, it turns out both are true. Actually, you were born with all the charisma you could ever hope for. It was your social surroundings, your upbringing, and your examples growing up that shaped who you are today. Charisma on Command has great paid and free resources. You can gain incredible value from just their youtube alone.

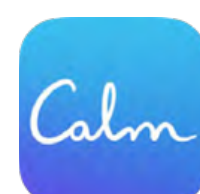
CLICK [HERE](#) TO LEARN



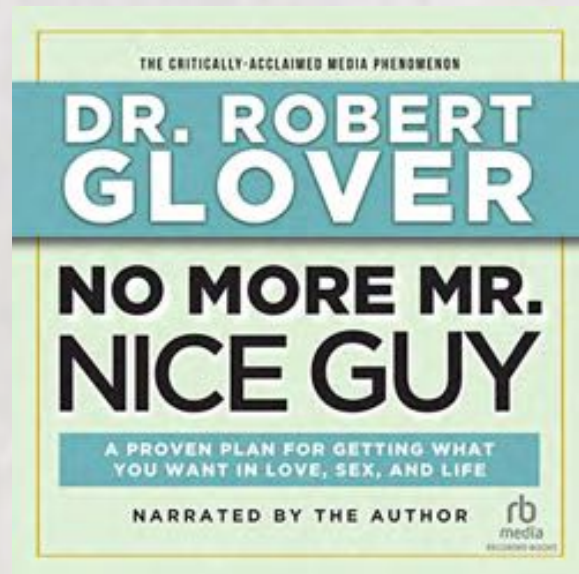
I don't want to hear the excuses. "Meditation doesn't work for me. I can't turn off my brain. I'm too fidgety. I can't focus on my breath. I don't have time." If you had time to scroll instagram and find this book... you've got time.

Calm is an incredible app. It's geared for everyone from the very beginner to the seasoned guru.

CLICK [HERE](#) TO GET



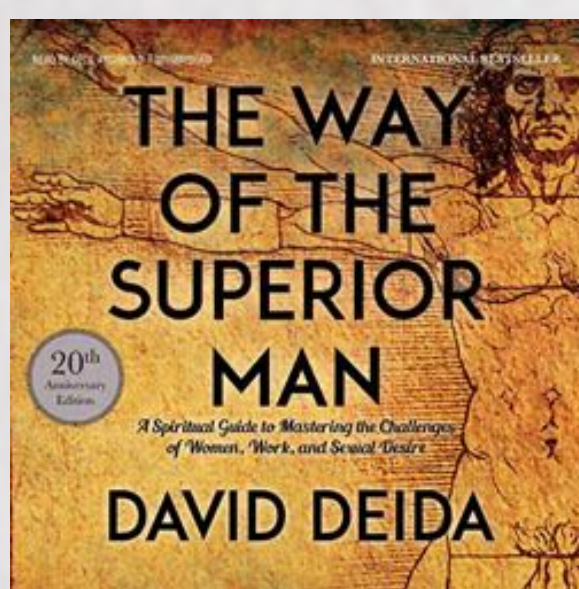
BOOKS FOR YOUR MENTAL



This book was like holding up a mirror. I thought I was such a “good guy.” I always wondered why I couldn’t get the respect I wanted. This book called out my bullshit and gave me a framework for change that was invaluable. Take my advice.

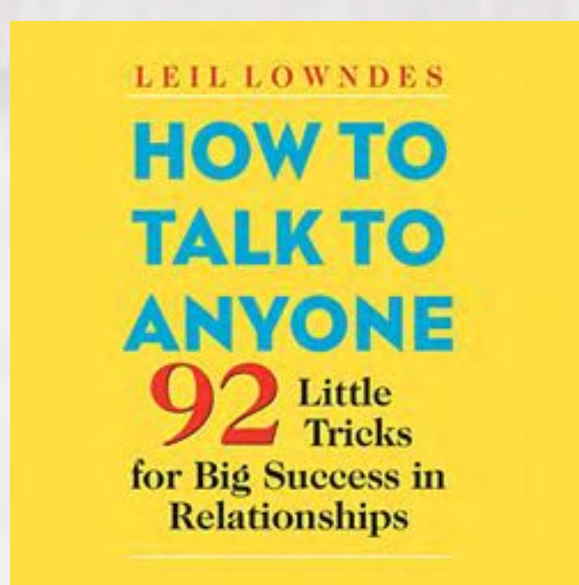
READ IT TWICE

GET IT [HERE](#)



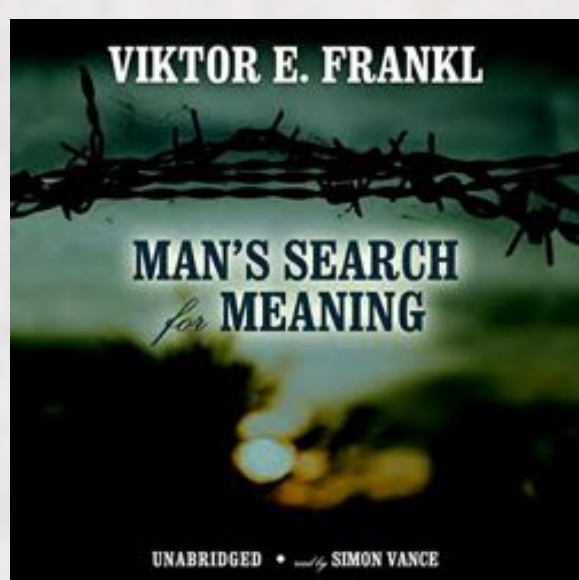
Admittedly... this book is heady as fuck. Deida has a very intense way of being, but if you can decipher his philosophies, it is pure gold.

GET IT [HERE](#)



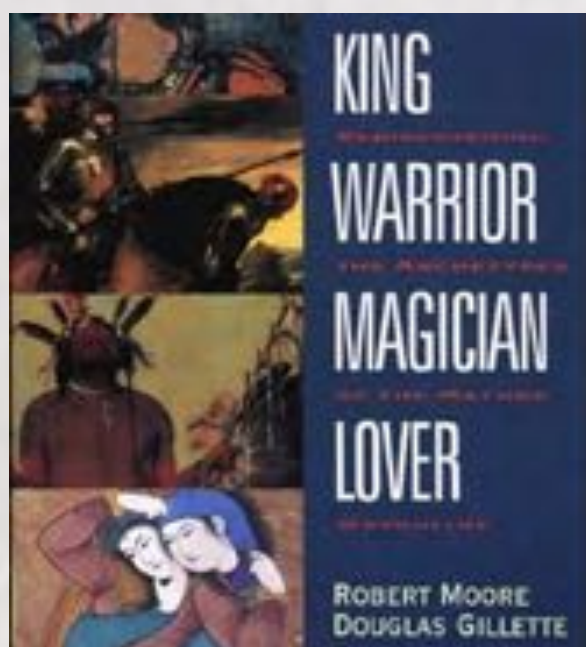
Much like Charisma on Command, this book gives you a solid framework on how to make a good first impression and be easy to talk to. An incredible skill to have.

GET IT [HERE](#)



This book is HEAVY.. It is a biographic telling of psychotherapist Victor Frankl’s experience and psychological findings while being a prisoner in Auschwitz during the Holocaust. It is chilling, heart wrenching, and extremely important.

GET IT [HERE](#)



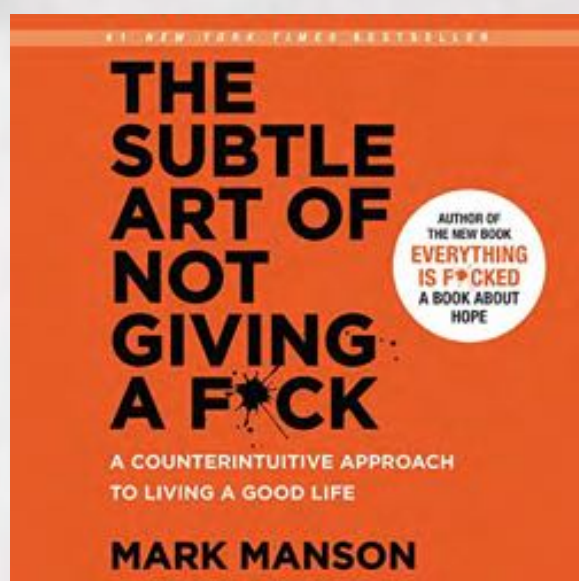
Another heady read, but a great resource to discover the underlying characteristics of your subconscious mind and gain better control of them. You do have to get a hard copy though.

GET IT [HERE](#)



This one is wild. It's chocked full of hard truths, challenging topics, and great advice.

GET IT [HERE](#)



Do you care too much about things that don't matter or that you can't control? This book will help you overcome that. Take the advice or don't. I truly do not give a fuck.

But I would advise that you do.

GET IT [HERE](#)

PODCASTS TO KEEP YOU GROWING

You already know how much I love podcasts. These are the Ones I have use to get my mind right, learn more about my relationships, and get out of my own way.

- **The Mark Groves Podcast**
- **Men This Way**
- **On Purpose w/ Jay Shetty**
- **The Tim Ferris Show**

IN CLOSING

I'm not going to thank you for going through this Ebook. This isn't about me. This is about you. Your life, your health, your body, your growth. My only hope is that the information that you gathered here is as helpful to you as it has been to me.

If there are additional books, podcasts, products, and programs that you find that you gather benefit from, please share them with me! I will be updating this book with new findings as I continue on this journey myself.

I wish you every success. In life, in love, in health.

Now, get out there and make some god damn moves!

- JASON

