



The Art of Lasting Long in Bed: Banish Premature Ejaculation

Anthony Ekanem

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The main problem that causes most men to experience premature ejaculation is allowing themselves to experience sexual stimulation at a very high intensity level. Talking about intensity levels, it is very important for you to be aware of the various levels of arousal that you go through when you are having sex. I used a scale of levels 1 – 10 to explain this where level 1 is the stage where you are not aroused and level 10 is that level when you just cannot control yourself anymore. That is when you ejaculate. Read this book to learn practical ways of controlling your ejaculation naturally, such that you can last a long as you want in bed.

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