

# **MEN: LAST LONGER, EXTEND THE PLEASURE!**

## **Clinically Proven Strategies to Extend the Pleasure of Your Sexual Encounters**

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## INTRODUCTION

**T**ypically, the approach for holding back orgasm has been to

**distract yourself** during sexual encounters by thinking of something else or by using one of the numbing lotions found on the Internet to diminish sensation. Neither distraction nor lotions are good choices. They are the choice of amateurs! What's more, they actually are counter to the pleasure of sexuality. The manual you have purchased will teach to you last longer and at the same time it is geared to help you experience more sexual sensations, not less!

You are going to be guided through proven experiences that have helped thousands of men have better ejaculatory control. In fact, this approach offers you the most effective tools for lasting longer available today. *You will learn how to:*

1. Experience more control without distraction techniques.
2. Extend the length of your sexual encounters.
3. Heighten your feelings of pleasure.
4. Be fully in the moment.
5. Tolerate a full range of sexual sensations.
6. Please yourself AND your partner.
7. Reduce sexual performance anxiety.

That's quite a job description. Can I deliver? Understandably, you may be wondering, who is this guy and what makes him credible? There are all sorts of men and women claiming to be experts on the Internet, most of them self-proclaimed. What makes me legit? Fair point.

Let's start with well-earned immodesty. I am an award-winning, board certified psychologist and I have specialized in working with sexuality and relationships involving more people and more years than I care to admit.

For 20 years I was a senior psychologist and supervisor at the oldest hospital-based Sexuality Center in the country. I trained psychologists starting out in their careers and gave seminars to senior hospital psychology staff on sex and relationship therapy.

At the hospital I probably saw more sexual cases in one year than most psychologists see in a lifetime. I am also on the faculty of the Einstein College of Medicine New York. In other words, when it comes to credentials and experience for optimizing male sexuality, I know this stuff!

In addition to my clinical work I live a double life—not one that would make a good movie—my double life is as a writer and most of my 18 nonfiction books are on relationships and sexuality. You can check them out on my website at [www.DrBlock.com](http://www.DrBlock.com)

What you are getting is a studied approach to lasting longer. You will be learning 3 major techniques, be guided to practice them and then you will put them together in your lovemaking with your partner. In addition you are going to be introduced to a powerful imagery technique. This technique, (like a unique breathing tactic) will go beyond your lovemaking and also help you face other areas of your life more successfully.

In short, this manual guides you through proven experiences that have helped thousands of men overcome concerns about their sexual response and even goes beyond sex to other areas of your life. Importantly, the approach you are about to read offers you the most effective strategy for defeating rapid ejaculation concerns available today.

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