

# **STAYING HARD**

## **BREAKTHROUGH STRATEGIES FOR RELIABLE ERECTIONS**

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## INTRODUCTION

**Having trouble in the bedroom?** If you're not into silly gadgets, painful implants or dangerous injections, you're left with two options: avoidance or pills. Avoidance is something to avoid; life is too short and hot sex is too good to miss.

Pills? The truth is that very few men need to sit by and let their sex life become a series of pill-induced sessions. Pharmaceutical companies would have you believe that most men are at the mercy of their products. Nonsense!

Why resort to pills when there are clinically proven psychological methods that will put you on the fast track to reclaiming your peak performance in the bedroom—without costly prescription drugs and their side effects. That's right, you can have that hot spontaneous sex you desire, and you can have it naturally.

You remember firm, spontaneous erections, and the "I'm hungering for the next encounter" interest that was part of your sex life, don't you? I mean let's be real; it's not something we guys are likely to forget, even if things aren't going nearly as well in the bedroom these days. But there is good news.

In the following pages you'll learn how your erection works, be privy to erection obstacles you need to avoid, be provided with proven tips for keeping your erections healthy and you will discover tactics that will have a stronger, lasting impact on your bedroom performance than those pills being pushed in TV commercials.

Who am I to make such claims? Let's start with well earned immodesty. I am a psychologist and I have specialized in working with sexuality and relationships involving more people and more years than I care to admit. For two decades I was a senior psychologist and supervisor at the oldest hospital-based Sexuality Center in the country. I trained beginning psychologists and gave seminars to hospital psychology staff on sex and relationship therapy. I am also on the faculty of the Einstein College of Medicine New York. In other words, when it comes to 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)

In the coming pages I'm going to address your concerns with getting it up and keeping it up—and importantly, how to be a great lover even if the system crashes. I am going to take you from the fear of failing to viewing even the possibility of failing as an opportunity to really impress your lover!

In other words, you are going into your future sexual encounters with full confidence. You are going to be the man who knows that success is yours; your partner will notice your confidence as well, which is sweet.

*Specifically, here's what you can expect from this golden manual:*

- \* You will be guided to overcome the mental barriers to satisfying erections
- \* You will learn how to attain and maintain stronger erections
- \* You will become a better lover
- \* You will learn to communicate more effectively with your lover about sex
- \* You will be given the tools to master performance related anxiety
- \* You will master the tactics for focusing on your partner, not your performance

In short, this manual guides you through proven experiences that have helped thousands of men overcome concerns about their sexual response. In fact, the approach you are about to read offers you the most effective strategy for defeating erectile concerns available today.

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