

Tony's Best Secrets About Lasting Longer And Being A Great Lover

(Advices Inspired By The Questions I Received From Customers Like You)



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Introduction

Thank you for purchasing the premium version of the training program. In my opinion, the small difference in price is well worth the information you will read in this special report.

This report is not long. In fact, it's quite short. But it is meant to go straight to the point without any detours. You will find only the best information that you need. It is meant to be an add-on to the information contained in the training videos.

You can read this report before, during or after you watched the videos. Most likely, the questions answered here will come up to you during your training so you will know where to find the answers.

This report is simply a compilation of my best answers to common questions that I received from participants of the training program. I truly believe that those answers and advices will make your understanding of the concepts I teach go further. These really are my best advices to become the lover you really want to be, for you and for your lover.

There are 4 sections. In the first one, I give you all my tricks to take the control you gain with the masturbation exercises in the program and transfer them to intercourse. Lots of men tell that it's harder to stay in control of our arousal when having sex with a partner and I agree. But these advices will make a lot easier for you. These are principles that I still use a lot in my own sex life.

In the second section, we talk about the famous PC muscle. I receive a lot of question regarding this muscle and I tried to clear all the doubts and ambiguity here. Honestly, I think I did a good job as it summaries what needs to be known. I also clarify things regarding multiple orgasms.

In the third section, we will talk about self-confidence. This is one of the most important things that influences our performance as lovers. I explain exactly what it means to be a confident lover, what are the benefits and I share with you a powerful mind tricks.

Finally, in the last section, I share with you what is the biggest secret to being a great lover that a partner remembers forever. I'll give a hint. It's about paying attention and being present!

I hope this little report will be as valuable to you as I think it will. It may not seem like much, but this is the result of teaching hundreds of men how to gain control of their arousal and ejaculation. I'm probably the one who learned the most during this time. This is a summary of what I learned. Enjoy!

How To Transfer Your Skills From Masturbation To Intercourse

Men often tell me that they can have control over their arousal when they masturbate but it's a lot more difficult when they are with a partner. Of course, it's not as easy when somebody else is involved in the activity.

But the real problem is that there's more stress when we are with a partner and we put more pressure on our shoulders. That stress and that pressure causes us to be less focus, to forget what we learned and lose control. So let me suggest ways to reduce this pressure and this stress.

First, let's focus on foreplay. Take some quality time of intimacy with your partner. It will help you become more comfortable and you will be able to enjoy the moment without the pressure of performing. Just take some time to enjoy one another, this is a time to connect with her. Now is the time to focus on touching, caressing, kissing and things like that. My personal favourite is to give her a sensual massage first and then turn it into caressing and touching. Suddenly, the focus is not on the sexual performance but on the connection between us that is happening in the moment.

Second, slow down. Sex doesn't have to go at 100mph. Slow down your pace, it will be easier for you to keep control of your arousal. Even your partner might appreciate the fact that your making love to her slowly. There's no rush, it's not a race. Making love slowly is another way of appreciating what's happening in the moment. This is like eating slowly, suddenly your food becomes more tasty. While there's certainly a time for fast and hard sex, slow sex is underestimated and will help you to stay in control. When you do that, try to keep all your body relaxed and focus on your breathing like you learned in the training program.

You are allowed to stop. In the training program, we learn to stop when our arousal reaches a certain point. We stop, relax and breath while we let our arousal go down a little. You can do the same while having sex with your partner. Of course, you don't want to stop every 30 seconds but when you have a certain control, you can take some breaks to regain control of your arousal without breaking the rhythm or breaking the chemistry.

Here's how you can regain control while having sex. If your rhythm was fast or medium, you can slow down to a slow rhythm while relaxing and breathing. You can also simply stop your movement and stay inside of her. Then, you can caress her and kiss her for a while before starting to

move again when you feel ready. This way, you take a break but the connection between you two is not broken.

What I also like to do is to use a change of position to stop and take a break to regain control of my arousal. When you change position with your partner, you have to stop all stimulation and you often even pull out of her vagina. Use this time to relax and bring your arousal down. At the new position, you can wait a little bit before entering her and again while caressing and kissing her. And when you start, start slow. This is how you keep control over your arousal while still keeping the connection and the intimacy with her. This is an art that needs some practice but these are the guidelines.

The Classic PC Muscle Mistake

Ha! The famous PC muscle. Maybe you heard of it before becoming a customer in the training program. There's a lot of information about it that can be found on the internet and in books but all the different sources of information can be misleading and confusing.

In the training program, you learn how to locate your PC muscle (which actually a group of muscles) and how to train it daily. The purpose of training these muscles is to build strength but also to develop dexterity in this area and being aware of this group of muscles.

When you ejaculate, you can notice that involuntary contractions of the PC muscle happen. You can't stop it when it's too late. If you go passed the point of no return, your PC muscle will contract to expel the sperm. So the real purpose of training the PC muscle is not only to make it stronger but to gain control over it. You should be able to contract it when you want but also to consciously RELAX it when you want.

My advice is to experiment with your PC muscle when you practice or when you are with your partner. Every man is different so it's important to know yourself and to know your arousal more precisely. Notice how it feels when you contract your muscles and how it feels when you relax it. Become familiar with how both actions influence your arousal.

Now that brings me to the most common mistakes than men do when it comes to the PC muscle. Don't worry, this is also a mistake that I made in the beginning and I had to figure out by myself that it wasn't working and what to do instead. You are lucky, you will save lots of time and frustration by knowing that already. So what a lot of guys will do is to bring their arousal up and then reaching the point of no return, when they would usually ejaculate. At this point, they will contract their PC muscle as hard as they can to block the ejaculation with the strength. Unfortunately, that usually doesn't work. Sure you can block the sperm from coming out but the problem is that you still ejaculate. Instead of going out of your body, the sperm goes into the bladder. That's not dangerous because the sperm will go out with the urine but you will still lose your erection and feel the effects of ejaculation. You didn't achieve your goal to control your ejaculation this way.

Other teachers will sometimes teach that this is the way to achieve multiple orgasms. I don't believe it's true based on my experience and my discussions with other men. When you want to achieve multiple orgasm (or if you simply want to have total control), you never reach the point of no return. You go so close to that point that you can have an orgasm. That orgasm usually feels different than an ejaculatory one but is also very good. You always remain in control of your arousal and never go over the point of ejaculation.

Personally, I sometimes contract my PC muscle not to block my ejaculation but to prevent my arousal from reaching the point of no return. I slowly bring up my arousal close to orgasm until I reach an orgasm but I don't reach ejaculation. At this point, between the orgasm and the ejaculation, it helps me to contract my PC muscle consciously instead of letting the involuntary contractions of ejaculation happen. This takes a lot of practice but this is possible. Other times, I need to relax my PC muscles consciously in order to calm down my arousal that is going up too quickly. Sometimes, it's that relaxation that allows me to experience an orgasm without ejaculating.

I know it may sound contradictory but you have to experiment. Contracting and relaxing the PC muscles is a bit like to gas pedal and the break pedal of a race car. If you use one or the other too much, you can lose control of your car. But if you find the right balance between the two, you will be able to stay in control and stay on course.

Let me add a little something about having multiple orgasms. Men often ask me if they have to stop stimulation at the moment of orgasm. My answer is yes. I have to stop all stimulation at the moment of orgasm in order to experience that orgasm without ejaculating. But right after the orgasm, you can continue masturbation or intercourse because you don't lose your erection and you don't have a refractory period.

Convince Yourself Before You Convince Her:

Any kind of performance has to do with self confidence. An athlete needs to be confident before performing to have the best chance to win. I'm a boxer and I can tell you that if you lack self-confidence you most likely won't win your fight. You have to enter the ring thinking that you are the best fighter in the world. The same thing applies to business and sales. A good salesman is convinced that his product is great and that the prospect needs it. He's also convinced that he's a great salesman and that he will make the sale. I often heard stories of salesmen convincing themselves before even entering the sales meeting.

The exact same thing applies to sex. When you are confident that you are a great lover and that you can always stay in control, you feel a lot less stress, anxiety and pressure. And then, when you are confident and relaxed, you can deliver, you can have control over your arousal and you reinforce that confidence! And when a woman is in bed with a confident man, she feels his confidence and she will surrender to that. That means she will be able to let go more easily and have more pleasure. When a woman trusts you as a lover, amazing things will happen.

Now you will tell me "but Tony, how can I be confident when I am not that good in bed and I can't last as long as I want in bed"? I know it's hard. But if you continue to believe and accept that as your reality, you will continue to be stressed, anxious, and feel pressure and that will continue to cause you to lose control and nourish your lack of self-confidence as a lover. So what's the solution out of this circle? The answer is; trick your mind! Do like the salesmen do when he convinces himself that he is a great salesman. Convince yourself that you are the best lover in the world!

Repeat those words in your head or even out loud: "I am the best lover in the world. I am always in control of my own arousal. I can please my woman. I am a confident man." This should become your new truth that you believe and accept.

This may sound crazy but trust me, this is a powerful mind trick! You should use it too.

Pay Attention:

For Alex Allman, who is a friend of mine and a mentor, the biggest secret to being a great lover is to pay attention. This may sound pretty simple, but let me try to explain what I believe that means.

A great lover pays full attention to what's happening in the moment. He is aware of his own body, he pays attention to his partner and he is aware of the connection happening between the two lovers. He great lover is not caught up in his head, he feels things and doesn't try to rationalize, he lets the magic happens.

He doesn't think about the past or the future. He doesn't care about yesterday or tomorrow, all he cares about is the present moment. This makes a huge difference. The woman usually feels this full presence and feeds on it. She will also become fully present and she will let herself go in the moment. This is what a great lover does, he creates a moment where both lovers can be fully present, where they can be themselves without fears, without limits and without thinking about the past and the future. Of course, techniques and knowledge are important but what I just described is what really makes the difference.

In the training program, you learn to be aware of your own body and your own arousal. Try to do that also when you are with a partner. I also introduce you to meditation. Believe it or not but meditation can help you greatly to become a great lover. With mediation, you learn to be fully present in the now and not listen to your mind. This will help to be present when you make love with your partner and even be fully present during foreplay which so important.

Then, try to be in tune with her feelings, her sensations and her arousal. Look into her eyes, pay attention to her breath, her voice, her whispers and moans. Pay attention to her body, the tension in her muscles, her reactions to what your doing. Also pay attention to her movements and she is doing to please you and please herself. Is she fully there or is she holding back? How can you connect with her physically and emotionally?

Also, pay attention to the sexual energy. Of course, to your own sexual energy but also to her sexual energy and to the flow of energy between you two. In the program, you learn to circulate this energy in your body but also between the two bodies of the lovers. This is a more abstract concept but it exists and is pretty powerful.

Thank you for reading these lines.

For more information about the training program to last longer in bed and to control your arousal or to learn more about the author, Tony Bonacci, please visit:

www.LastLongerInBedForMen.com

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