

# THE LONG LASTING SEX FORMULA

The Proven Method ANY Man  
Can Use To Beat Premature  
Ejaculation In 6 Easy Steps

*By Jack Grave*

[www.EjaculationGuru.com](http://www.EjaculationGuru.com)

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## **Never Worry About Premature Ejaculation Again**

Hi, I'm Jack Grave, and today is a great day!

Through some great fortune you've stumbled upon the knowledge that can transform your sex life.

In this report you're going to discover the simple 6 step formula any man can use to last significantly longer in bed.

No matter if you're 18 years old and you've only ever had sex once or if you're well over your 50s and have spent too many years struggling with premature ejaculation...

Whether you think you've got a small penis or think you're just born with the premature ejaculation "gene" ...

This formula will work for you.

And this isn't just a false promise.

In the past few years I've taught literally thousands of men how to last longer in bed, whether through my book [Ejaculation Guru](#) or through my newsletter that goes out to tens of thousands of subscribers.

And in this report I'm going to share this knowledge with you.

Here's how this is going to work...

I'm going to share with you my 6 step formula for lasting longer in bed.

The formula is best applied step by step in the order I give it to you.

Read the whole guide all the way through, and after that take some time to reflect about how you will actually apply what you learn here.

Because I could tell you all the secrets in the world to lasting longer in bed, but if you don't actually end up using them, then you're not going to see any results.

With that said, here is the 6 step formula for lasting longer in bed...

*Jack Grave*

Jack Grave

**PS** – If you want to get even more free tips for lasting longer in bed and find out what I personally did to go from lasting less than 10 seconds to over 30 minutes in bed, then...

**[Click Here To Watch The Free Video Showing How I Learned To Last Over 30 Minutes In Bed](#)**

## **Step #1 - Understand The Real Cause Of Premature Ejaculation And Turn It Around**

So a really common question that gets asked is “what is the cause of premature ejaculation?”

And the truth is that while there are many causes of premature ejaculation, they can all be summarized by one main cause, which is...

“Not taking control of the pleasure you experience during sex”

Now what exactly do I mean by this?

Think for a second about what causes you to orgasm.

I mean, you don't ever just orgasm out of nowhere, do you?

There has to be something to cause you to orgasm.

And what causes you to orgasm is the pleasure, or stimulation, you experience.

Now, the problem that you have if you're not lasting long enough is that you are allowing yourself to experience pleasure, or stimulation, at too higher intensity.

This high intensity of stimulation is what causes you to orgasm earlier than you want.

When you get this, understanding the real cause of premature ejaculation is simple...

You + Uncontrolled Intense Stimulation = Premature Ejaculation

So the question is how can you use this knowledge to get you to last longer in bed?

And the answer is simple.

To last longer in bed all you need to do is take control of your stimulation.

Because if you can take control of your stimulation and reduce it, then naturally it will take longer for you to orgasm.

But this is something that most men just never do.

Most men just assume that there's nothing they can do.

They assume they must just be unlucky, it's their wife, girlfriend or partner's fault, they were born with the wrong "gene", they're too old, too young, have the wrong penis size, etc.

The truth is that if you're not lasting as long as you want to in bed then all you need to do is take control of your stimulation.

When you realize that what you are doing before and during sex is actually affecting how long you last suddenly you can start to dramatically influence how long you last.

When you start acknowledging that every little action you take before and during sex is having some kind of impact on your stimulation, then it becomes easy to make a change.

It becomes easy to see how doing x, y or z is causing you to be over stimulated and therefore is making you orgasm.

So the bottom line of what I'm trying to get through is that you are in control.

The things you do before and during sex have a very real impact on how you last.

It's not your age, penis size, genes or how you were born, it's the actions you take.

And this is great news, because this puts you in the driver's seat.

And the next 5 steps will tell you exactly which actions to change before and during sex to reduce your stimulation and therefore last significantly longer than you ever thought was possible.



## **Step #2 – Use Only These Positions To Beat Premature Ejaculation**

The positions you use during sex can have a dramatic effect on how long you last in bed.

So in this step I want to show which positions can help you last significantly longer in bed and which positions can hugely reduce how long you last.

Now if you remember, in step #1 we talked about how to last longer in bed you need to reduce the stimulation you experience during sex.

So when it comes to positions, lasting longer is as simple as using positions that cause you less stimulation more often than the positions that cause you a lot stimulation.

### **Low stimulation positions**

These are the positions you'll want to favor more often when having sex.

One great low stimulation position is standing up.

This can involve you carrying your woman or just having sex in a position that involves you standing up.

The reason this works so well is because when you're standing up tension and pressure is directed away from your penis.

When you're standing up energy is being spent in your legs keeping you standing and if you're carrying or holding her then energy is also being spent in your upper body.

Since energy is needed elsewhere besides your penis, this takes the pressure off, reduces the stimulation experienced by your penis and therefore makes lasting longer easier.

Another great low stimulation position is having her on top while you lie down.

Now I know a lot men struggle with this position because they feel like they've got no control, but the fact is they're just not using the position correctly.

When you're in this position there are two ways you can reduce your stimulation very effectively.

Firstly you can take control by grabbing her hips.

By holding her hips you communicate to her that you're in charge and therefore you control her thrusting speed.

If you want to slow her down you can by making it obvious by the way you hold her.

Secondly, this position is unlike most other positions where you have to make some kind of movement for them to work.

This means that in this position you can fully relax your body.

Most men when they get in this position forget about stimulation control, get overwhelmed and orgasm quickly.

But when you're in this position take the time to relax.

Take some slow deep breaths and consciously relax all of your muscles.

Allow all the muscles in your legs to relax.

By relaxing your muscles you reduce the tension in your body.

And with less tension in your body you reduce your stimulation and make it more difficult for your body to orgasm.

So if you combine these two benefits together this position works great.

### High stimulation positions

This varies from guy to guy, but often the missionary position (where the woman lies down facing up, with the man on top facing down) is very stimulating.

Because no tension is getting diverted away like in a standing up position and it's much harder to relax than when you, the man, are on the bottom, this position can quite easily cause premature ejaculation.

The problem with this position is that it's just so stimulating to the man.

If you can reduce your time spent in this position or find variations of it that don't cause you to feel as much stimulation then I highly recommend doing that.

### Using position changes

While on the topic of positions I thought I'd give you a quick tip for lasting longer...

In changing positions you often get a quick break from sex, even if it's just for 10 seconds or so.

This 10 second or more break can be very valuable, especially if you're getting close to orgasm, because taking a quick break can sometimes "reset" your stimulation so you'll have a few more minutes before orgasm.

In future look to use your position changes tactically when you're close to orgasm to help you last longer.

Oh, and if you'd like to find out some more positions that can help you last longer in bed then make sure you watch the free video I've made for you on my site by clicking [here](#)...

### **Step #3 – Work This Thrusting Technique That Adds Several Minutes To How Long You Last**

Here I want to give you a thrusting technique that is literally “plug-and-play”.

By this I mean you don't need to think about, work on it, practice it, or anything like that.

This one is as simple as doing it.

And when you do it right, you can add several minutes to how long you last, while giving her some great pleasure at the same time.

Now I call this thrusting technique the “Full Thrust” stimulation reducer.

And how it works is like this...

When having sex most men will thrust in and out fully.

They'll go in as deep as they can, and they'll withdraw almost all the way out.

The problem with this thrusting style is that it is highly stimulating.

And like you learned in step #1, you want to do everything you can to reduce your overall stimulation to a controllable level so you can last longer.

But at the same time you don't want to be thrusting in such a way that it doesn't pleasure her in any way.

Now before I tell you the technique you need to understand this...

The pink mushroom-like end of your penis (also known as the “Glans”) is the most sensitive part of your penis.

And since it’s the most sensitive, this means it causes you to experience the most amount of stimulation and pleasure.

So if you can reduce how much stimulation your Glans receives, then you can last much longer.

In the “Full Thrust” stimulation reducer you aim to thrust and pleasure your woman, while at the same time minimizing the stimulation to your Glans.

The way to do this is as follows...

When you thrust go in as deep as you can without hurting her.

And once you’re this deep continue to thrust, but only withdraw an inch or two.

So while you’re thrusting, all the time you’re still staying very deep inside her.

What this means is that your Glans stays deep inside her as well.

And this means your Glans doesn’t get close to the entrance of her vagina, which happens to be the tightest and most stimulation causing part of the vagina.

So by keeping your Glans well away from the entrance to her vagina it gets very little stimulation, but at the same time she will notice virtually no difference, because she's still experiencing plenty of thrusting.

So while you're reducing your stimulation massively, she's still getting pleased as much as normal.

In a nutshell you last longer, while she still gets the same amount of pleasure.

Now this thrusting technique is a little complex so it might be hard to grasp first time. If you're not 100% sure about how it works then you may want to read it through again, but once you get it, it can work wonders for you in the bedroom.

## **Step #4 – Employ This Counter-Intuitive Sex Method**

As men, in what way do we instinctively like to have sex?

Generally, us men, like to thrust hard and fast.

It just comes naturally to us.

And in porn all the guys do it too.

So it seems like the only sensible thing to do, right?

Well...

Not exactly.

Because what's the problem with thrusting hard and fast?

Thrusting hard and fast causes way too much stimulation.

And again, like you learned in step #1, to last longer in bed you've got to reduce your overall stimulation to a controllable level.

Now, the funny thing is, in our desire to thrust hard and fast, we rarely take in the time to think what the woman really likes.

I mean, in porn women seem to be happy with hard and fast thrusting, but what about real life?

Well, the truth is that in real life women generally like to be made love to in a compassionate and loving way.

This means that they don't need to be rammed super hard to experience an orgasm.



In fact, when you take your time, enjoy foreplay, tease her a lot, build up lots of anticipation and very slowly and teasingly (two steps forward, one step back) start having sex with her, she will go crazy for you.

You see, you've got to realize that women experience sex entirely different to us men.

We men are very much visual and like the look of hard and rough sex, whereas women like to feel things out and be appreciated.

And in many other ways us men experience sex very differently to women.

So when you take your time having sex and when you take things really slow, you're actually speaking their language.

They'll really get into what you're doing and if you set things up right she'll orgasm faster than you ever expected.

Many times you won't even have to be banging her 100mph to get her to orgasm.

Sure, you can choose to increase the speed of your thrusting later on into sex, but you don't need to do it when starting.

The bottom line of what I'm trying to get at is that taking things a little slower is OK.

In fact, it's much more than OK, it's actually very much appreciated by your woman.

And when you take things slow there are two very obvious benefits when it comes to meaning you last longer in bed...

Firstly, if you're going slower then you're giving yourself less stimulation, and as you know, with less stimulation you last longer.

Secondly, if you start out slow then you're giving your penis more time to get used to being in the vagina.

And the reason this is so important is because if you go in and start thrusting very fast then your body instinctively reacts with orgasm.

However, if you go in very slowly then your penis has the chance to "acclimatize" or get used to the feeling of the vagina and therefore the initial powerful stimulating feeling that can trigger very early orgasm goes away.

The more time you spend in the vagina the less stimulated you will be by just being in there.

And once you've been thrusting very slowly for a minute or two, suddenly you can thrust faster and it's not a problem, whereas if you'd started thrusting fast at the beginning your body would have been overwhelmed with stimulation and not have lasted very long at all.

## **Step #5 – Control Your Hormones To Last Longer**

A cause of premature ejaculation that I didn't mention in step #1 are hormones.

(In case you don't know what hormones are, they're basically chemicals released by the body into the blood stream to influence the other parts of the body's processes)

What happens during sex is that, depending on our emotions, different hormones get released into our blood stream.

And sometimes the hormones released into our bloodstream can actually encourage premature ejaculation.

In particular I'm talking about the hormones dopamine and adrenaline.

These two hormones are released when we experience emotions of fear, stress and overexcitement.

Now the reasons behind why these hormones encourage early orgasm aren't exactly certain, but my guess is that in caveman times if you were under physical threat, then being able to reproduce or orgasm quickly would be very important otherwise you'd probably get eaten. So to help a caveman orgasm quickly if he felt under threat (aka. fearful, stressed or overexcited), these two hormones would be released into the blood stream to encourage orgasm.

But the reasons why these two hormones cause premature ejaculation are not important.

What is important is realizing that if you want to last longer in bed, you can't afford to have these two hormones being released into your blood stream in quantities greater than usual and you've therefore got to learn how to control the release of these hormones.

Now if you're thinking "how the heck do I control my hormone levels?!" then don't worry...

Controlling the release of these two hormones is hardly as difficult as it sounds.

It's actually quite simple.

Because remember, what causes the release of these two hormones is experiencing the emotions of fear, stress and overexcitement.

This means to last longer in bed, all you've got to do is find a few things you can do to stop yourself experiencing these emotions before and during sex.

Still sound complicated?

What this really means it that you've got to figure out some ways to relax before and during sex.

And one of the simplest ways to relax before and during sex (without doing anything too advanced) is to use slow deep breathing.

Normally, when most men have sex, they tend to breathe very fast and shallow breaths.

This has the effect of increasing tension in the body, creating fear, stress and overexcitement.

So the simple cure to this is to just become aware of your shallow breathing and instead take in some very slow deep breaths.

As you take in these slow deep breaths you'll begin to notice your body relaxing.

You'll also observe your muscles becoming less tense.

As you find your whole body relaxing your overall tension will drop.

And as your tension drops so will any fear, stress or overexcitement.

And like I said earlier, this reduction in fear, stress or overexcitement slows down the release of dopamine and adrenaline and therefore lasting longer comes naturally.

Now as you probably realize, changing your breathing isn't the only way to eliminate unwanted fear, stress and overexcitement in the body. There are several other very powerful techniques for achieving this that I teach in [Ejaculation Guru](#), so be sure to check them out if you'd like to learn more about this.

## **Step #6 – Masturbate This Way To Re-Condition How Long You Last**

Almost no man realizes this, but...

“When you masturbate you are conditioning your body for how long you expect it to last during sex”

This means that if you normally masturbate under a lot of time pressure and are full of nerves, because someone might walk in on you, then it's highly likely you won't last long when it comes to “the real thing”.

You see, if you normally masturbate for a minute or two before orgasm, then you can expect the same when it comes to having sex, because your body will just assume that's how it is.

It's just totally unrealistic to masturbate for a minute or two, but then when it comes to sex, expect to last 20 to 30 minutes.

Your body just won't know how to handle it.

If you want to last longer in bed, then you've got to start masturbating for as long as you want to last.

And actually doing this is very simple.

From now on, commit to masturbate only in conditions where you feel no pressure.

Do not masturbate if you know you've only got 5 minutes before you've got to do something or you're worried that someone might walk in on you.

Only masturbate when you have the time to do it for as long as you would want to have sex for.

This step is really that simple.

If you find yourself coming close to orgasm during masturbation, then just stop for a minute or so until the feeling goes away and then start again.

This will get you used to feeling what it's like to last for a long time.

You'll be surprised at how much longer you will last in bed after doing this.

## **Free Video That Shows How I Went From Lasting Less Than 10 Seconds To Over 30 Minutes In Bed**

I hope you've found all the advice in this report useful.

If you take what you've learned here and apply it the next few times you have sex I'm confident you can add several minutes to how long you last.

To find out more about how to last longer in bed and beat premature ejaculation make sure you watch the free video on my website on [\*\*How I Went From Lasting Less Than 10 Seconds To Over 30 Minutes In Bed\*\*](#).



In this free video you'll learn the exact methods I used to go from lasting less than 10 seconds in bed to over 30 minutes.

You'll also get a chance to learn...

- The secret "trick" most pornstars use off camera so they never have to worry about premature ejaculation.



- The 4 deadly mistakes you can never afford to make if you want to delay your orgasms
- How to reprogram your brain and blast through your fears so you can last longer in bed naturally.
- The huge myth about premature ejaculation that holds 99% of men back from ever being able to stop it.
- Much, much more.

Come check it out now by clicking [here](#).

And good luck on your journey,

*Jack Grave*

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