



The Art of Lasting Long in Bed: Banish Premature Ejaculation

Anthony Ekanem

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There are different causes of premature ejaculations but the main cause seems to be the man's inability to handle the pleasure he is experiencing during sex". That is what causes the man to orgasm and ejaculate. And the orgasm comes from the stimulation or arousal that the man experiences when he is having sex. What causes most men to experience premature ejaculation is allowing themselves to experience sexual stimulation at a very high intensity level. And talking about intensity levels, it is very important for the man to be aware of the various levels of arousal that he goes through when he is having sex. This book gives a comprehensive guide on how to handle sexual arousal and stimulation thus enabling the man to last longer in bed naturally.

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