



# **I'm gonna take my time: Premature ejaculation - the source of the problem and how to solve it**

*Malwina Gartner*

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### **It's really possible!**

You know already, that every third, or even every other man shares your problem. But the real question is - do you in fact have an issue like that, or do you just think about it too much? Ejaculation disorders can present themselves in lifelong form, which means they occur from the moment of sexual initiation, or might be acquired, for example as a result of masturbatory activity.

Obviously by masturbating, you seek to a fast unload of the sexual tension and by this you create a physiological mechanism of ejaculation within you. During intercourse you are not able to control it, because your organism already remembers a certain behavioral pattern, and does what you tough it to. That's an example of negative training. It all lies in your psychic, and what you have to know, is that 90% of cases have a psychogenic background, and that means, it concerns 9 out of 10 readers of this book. Premature ejaculation, that is an effect of long period of sexual abstinence, or of high sexual tension, is not a problem, moreover it's completely natural (from a physiological point of view). But it may also come about after a period of sexual activity. It may occur occasionally - provoked by certain circumstances. If it happens during every intercourse, it's categorized as a general disorder.

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### **You probably want to know, how to recognize the symptoms? If you do suffer from this condition than:**

- The ejaculation happens against your will, and sooner than you'd wish
- You are not able to control the ejaculation reflex.
- Premature ejaculation (occurring at the beginning of the foreplay, before intercourse)
- Too early ejaculation (in the moment of inserting the penis into the vagina, after a few moves).

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**Thanks to this guidebook, you are able to correctly diagnose the type of problem you are having...** if you actually do have it. If so, you can resolve your premature ejaculation trouble completely anonymously. In most cases it is not necessary to consult a sexologist and the guidelines from this handbook will be enough, to get you to control your ejaculation and consciously prolong the intercourse. Read on, to see, how much help this e-book can offer you.

- You will find out what causes the problem.
- You will discover the nonmedical solutions to the problem of premature ejaculation.
- You will learn about the techniques you can use, to train wanted behavioral responses of your organism.
- You will find out about the condoms that can prolong the intercourse, and other agents that can help you.
- You will read about the medical methods of dealing with your problem and what to expect while consulting a sexologist.



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