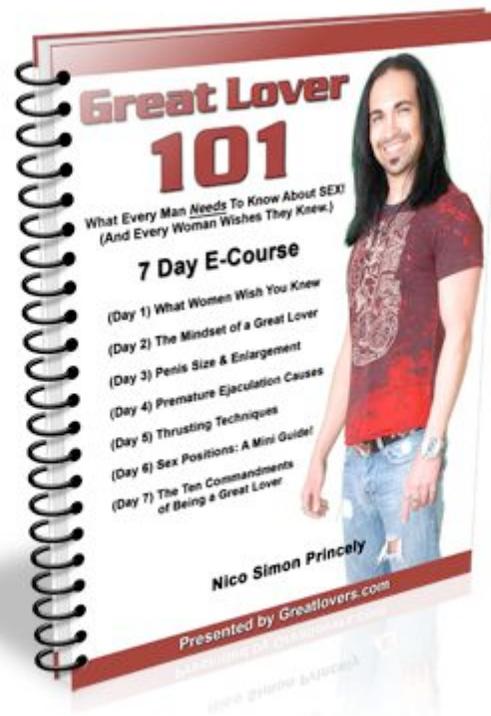


Great Lover 101

What Every Man Needs To know About SEX!
(And Every Woman Wishes They Knew)



(Day 1) What Women Wish You Knew

Nico Simon Princely
Greatlovers Publishing, Las Vegas, Nevada

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About The Author...

Nico Simon Princely has been writing and selling e-books since 1998.

His e-books include...

The Penis of Steel Manual: A Guide to Supercharged Sexual Performance, Ejaculatory Control, Penis Enlargement and Sexual Technique!

Visit <http://www.Greatlovers.com> for more information.

The FE Manual: A Guide to G-Spot Orgasms & Female Ejaculation.

Visit <http://www.femaleejaculations.com> for more information

He has been involved with the study of human sexuality, sexual performance & technique for over 20 years.

Note: This was originally created as a 7 Day E-Course, broken up into 7 different files to be delivered over 7 days.

Here, I have compiled all 7 files into one, for those of you who prefer to read it all at once. It's still sequentially structured, the way it was originally intended, in 7 parts.

7 Day E-Course Outline

(Day 1) What Women Wish You Knew

(Day 2) The Mindset of a Great Lover

(Day 3) The Whole Truth About Penis Size & Enlargement

(Day 4) Premature Ejaculation: Causes & Cures

(Day 5) Thrusting Techniques

(Day 6) Sex Positions: A Mini Guide!

(Day 7) The Ten Commandments of Being A Great Lover

(Day 1)

What Women Wish You Knew (But Won't Ever Tell You.)

The first thing women wish you knew is that...

- 39% of Women fake orgasm during sex
(Source: Durex Condoms Website)
- 83% of Women don't have orgasms every time they have sex.
(Source: Durex Condoms Website)

Yes, that's right: most women do not have a fulfilling sex life. Through my years of research and one on one discussion with women, it has become my opinion that this lack of sexual fulfillment is due for the most part to the fact that **most men suck in bed!**

I have heard the stories from women of the guys that cum too fast, have small penises, don't get hard enough, and have no clue about how a woman's body works, or how to turn her on. Sometimes these stories were told to me over drinks; other times the conversations occurred in bed, right after they told me they had never cum so many times in their lives, or that I was the best lover they had ever been with, or that it was the first time they ever had an orgasm during intercourse!

Those harsh statistics above also mean that unless you are one of the few men who are exceptional lovers, the odds are that your partner falls into the 83% of women that don't have orgasms and are sexually unsatisfied. But she is most likely afraid to tell you, out of fear of hurting your feelings.

So she suffers from your lack of sexual ability hoping things will get better. Or maybe she cheats, or is planning to break up with you. While this may sound harsh, it could be true—and you might not realize this until it's too late.

Let me ask you a question...

How long would you stay with a woman if you only had an orgasm with her during sex 17% of the time, and 83% of the time you felt unsatisfied?

I'm willing to bet that you would not stay in that situation very long unless you had sex with other women. Your partner feels the same way. Sure, if the rest of the relationship is perfect she may be able to endure it for awhile—but sooner or later it will take its toll, and she will leave or cheat.

Now, if you're a single man and you suck in bed, chances are that you're going to be single for a very long time. These days, women are more sexually aware than ever before. Due to internet porn, most girls by their 18 birthday have been exposed to wild sex pictures and scenes of all kinds of sex with men that have huge cocks, who look like they fuck like champions. (I say "look like they fuck like champions," because female pornstars often fake orgasms)

Many women these days expect men to be hung like horses and have the sexual abilities of a pornstar, because that's what they are used to seeing. But in reality, when these women actually have sex they are usually very disappointed because...

- **The average penis size is only 6.5 inches in length and 5.0 inches in circumference.** (Source: Durex Condoms Website)
- **The average male only lasts 2-3 minutes during intercourse.** (Source: Kinsey Institute Report on Sex)

This poses a real problem because the average woman needs at least 8-10 minutes of continuous stimulation to reach orgasm. (I am not going to deal with the penis size issue here, because I am going to dedicate a whole section to it later on.)

After these women have sex for awhile, they realize that reality and porn sex are totally different, and that most men are just not that good in bed unless—they were lucky enough to be coached by those few men that are great lovers.

The Second thing women wish you knew is that most men...

- Don't spend enough time on foreplay
- Don't know what they are doing
- Are not good at oral sex
- Don't last long enough during sex
- Are selfish in bed
- Are too timid in bed / not dominant enough in bed.
- Are not adventurous enough in bed

I want to go down the list and cover each one briefly, and give you some pointers that will help you improve in these areas.

Most men don't spend enough time on foreplay

Most men rush through foreplay and try to get their cock into her as soon as possible and get off. This is not what a woman wants or desires. Women like to be teased and teased before they are pleased both mentally and physically. This builds the desire in her body, makes her get wet, and makes her want you inside her.

Unless you're having a quickie in a location where you're limited in time, you should always devote at least 20 minutes in foreplay: kissing, caressing, touching, licking, and playing with all parts of her body, building her desire and arousal. Give her one or more orgasms with your hands or mouth.

You can also build her desire and take her to the edge of orgasm with your hands and mouth, and then stop and *not* let her have one. This will give her an even more powerful orgasm when you do make her cum during intercourse. (Only do this if you 100% sure that you can give her an orgasm during intercourse, as most women don't have orgasms during intercourse—and most men do not know how to give them one through intercourse alone.)

Most men don't know what they are doing

This is 100% correct! But why is it that most men don't know what they are doing when it comes to sex?

There are several reasons...

1. Men and women respond differently sexually. If a man only follows what *he* likes, it's not going to work for 95% of the women out there.
2. The average man has had little to no sexual training or education on how to please a woman sexually or bring her to orgasm.
3. Most men learn about sex when they are teenagers, from their teenage friends who are usually as ignorant as they are. "Sex education" mainly focuses on reproduction and not how to give your partner pleasure.
4. Men often learn bad sexual technique and habits from porn movies. Yes there are some good techniques and things you can pick up by watching porn but they are far and few between.

The guys in porn have big cocks and can last awhile, and some of them are good at oral. They might be better in bed than the average guy, but they are NOT great lovers (at least not in the films).

How do I know this? Because I have friends in the adult industry, both male and female, and I have talked to them about sex. I also have dated a girl who, before she dated me, was seeing one of the better looking famous male pornstars—and she never had an orgasm during intercourse with him. Yet I always give her multiple orgasms during intercourse. She also told me how she had to stop him from "porn fucking" her several times (behaving in bed as if the cameras were rolling).

5. The problem is that most porn films are designed to sell to a male audience, so they can jerk off to it. What turns men on, and women on,

are usually different. This is why many women like to watch the girl-girl scenes more than they like boy-girl scenes.

Most men are not good at oral sex

Most men don't have a clue on how to please a woman with their mouth, and then there are those that just don't like to do it.

I personally love to go down on a woman if she is clean and smells good and I'm really into her. If she doesn't, then I am not going down there and in fact I am probably not going to have sex with her at all.

If you have a hang up about going down on a woman get over it! If you want to be a truly great lover you need to be able to please a woman with your mouth, hands and cock. And if she is clean (STD free) and smells ok, there is no reason for you not to do it.

A few oral sex tips...

- Know female anatomy as it applies to sexual pleasure. You must know where everything is so you can stimulate the right part.
- Kiss, lick and suck her other non-genital hotspots before you move to her pussy.
- Always start off lightly with indirect clitoral stimulation and then build up to more direct stimulation.
- Start slowly then increase your speed.
- Pay attention to her body language. If she is pushing her pussy into your mouth you're doing it right; if she is pulling away, it means you're using either too much pressure or too much direct stimulation on her clit.
- When you find what she likes, stick with it until she comes
- If you are lucky enough to find a woman that will give you directions while you are down there, by all means follow them and do what she says. She knows her pussy better than you do!

Most men don't last long enough during sex

This is another big problem many women run into. It actually their #1 sexual complaint about men. Most men ejaculate in 2-3 minutes, or at least this was the case when Dr. Alfred Kinsey did his study back in 1948. I personally think people are more sexually evolved these days and that most men have learned how to last longer through training, sexual activity or masturbation. But I still think that on average, most men last about 15 minutes or less.

Women need 8-10 minutes (some longer) on average to have an orgasm. This can be reduced depending on a number of factors, both mental and physical. If you build her arousal level up very high, and then know how to turn her on, you can make a woman cum in just a couple of minutes. But all women are different.

Side Note: I once had a girlfriend who would have an orgasm any time that I had an orgasm. It didn't matter if it was 3, 15 or 45 minutes—she always came when I came. There was nothing I did special; she was just like that. Some women are just lucky, and consider yourself lucky if you find one.

Another thing I have discovered is that once you make a woman cum really hard, she can get so turned on by the memory of it, and the anticipation and expectation, that the next time she is with you she will come much faster.

One time I dated a woman that I gave ten or so orgasms in one session, many of which were female ejaculatory squirting orgasms. She said I was the best lover she ever had.

The next time she came over I grabbed her pushed her up against the wall and just fucked her standing hard and fast. She had an orgasm in about 60-90 seconds. Why? What did I do that was so great? I didn't do anything great. I just did it so well the first time that she expected everything I did to be great and mentally she was ready to cum again. She was turned on, and I turned her on even more with a very dominant sexual act that made her cum right away.

Now I want to give you some tips on how to last longer during sex.

- Don't have orgasm as your goal. Make your goal mutual pleasure.
- Slow down. You're not in a race to see who can cum the fastest.
- Slow down your breathing and breathe more deeply. This will help you to last longer during sex.
- If you think your gong to cum soon, STOP, pull out and take a break. Use this time to stimulate your partner with your hands or mouth, and then go back to intercourse when you have control of the situation.

That's all I am going to give you for now on that because I am gong to be covering premature ejaculation in greater depth later in this E-Course, on Day 4. But those are some things you can apply right away.

Most men are selfish in bed

If you are one of those selfish men, you are going to end up losing in the end. No woman is going to stay with a selfish lover for very long, and if she does she will resent him, treat him badly and cheat on him. There is no excuse for being selfish in bed.

Give to her and make her pleasure as important as your own, but not more important than your own. It's give & take. Not take & take, or give & give.

When you give a lot you should expect it to be reciprocated, and if she is acting selfish I think it's time to find another lover. I won't put up with a selfish woman for a second, no matter how hot looks!

I'd rather have sex with a giving, fun "7" than a selfish "10" who acts like she did *me* a favor to show up. I'll show her the door. ("Don't let the door hit you in the ass on the way out, honey!") As you can tell, I am not much for selfish women who have attitudes or overly high opinions of themselves based on their looks.

But the bottom line here is, be giving. A great lover loves to give women pleasure, and when you give them that kind of pleasure they will open up to you and give *you* pleasure.

Most men are too timid in bed / not dominant enough in bed.

This means they are not confident lovers, don't take the lead and lead the woman sexually, and don't ask for what they want—or are just not dominant in bed.

Women are sexually turned on by strong, confident lovers who are not afraid to lead them sexually. This is why I have been able to get women to do things with me that they won't do with other men. I take the lead and lead them there instead of asking or begging for it, like so many men do.

You will become a confident lover when you have educated yourself and learned how to please a woman in bed, and when you have developed the ability to last as long as you desire in bed.

You will also be more confident if you have a larger than average penis. Men with larger penises naturally act more dominant sexually. If you were born with a large penis, thank GOD right now for that gift. If you were not naturally endowed with a large penis, then you can do what I and thousands of other men have done, and enlarge your penis.

Most men are not adventurous enough in bed

Another complaint of women is that most men are not that adventurous or willing to try new things in bed. Then, the sex gets stale and routine.

Most women are more adventurous than men, but hide it from their lovers until he brings it up. The reason for this is some men often judge a woman to be a slut or think she is a sex maniac, and stop trusting her once they find out how sexual she really is.

I prefer a girl that is adventurous & sexual. But many men feel threatened by it.

A friend of mine that I have known since childhood, who is even more sexually adventurous than me, once told me a story of another mutual friend whose wife wanted to try anal sex, but he didn't want to do it. I looked at him and said "What the fuck?" He looked back and agreed.

Now think about this situation for a minute. She wants to try something new with her husband, and he does not want to try it. This means for her to bring it up she has most likely been experimenting with anal play already on her own, and likes it.

Now he has the opportunity to bring something new into their sex life, and enrich their relationship, and he does not want to do it. This is why many women say that most men are not adventurous enough in bed.

Women want a man that will lead her on a sexual adventure and think up new experiences for them.

I actually just finished an E-book/Audio course on this called: "Be a Better Lover Tonight: The Things to Blow Her Mind Tonight!" It's filled with ways to bring more passion, excitement, and adventure into your sex life. I give it away free as a bonus with my "Penis of Steel Manual" that I sell at Greatlovers.com

If you want to quickly adding some fuel to the fires of passion in your bedroom, you should get a copy of it and apply the techniques.

It's not always your fault

So far I have been talking about how most men are not good in bed. But I also want to be fair and let you know that it's not always your fault if you can't give a woman an orgasm.

Now if you're ignorant, lazy or selfish that's one thing, and it is your fault. But when you have studied and educated yourself on how to please a woman, been unselfish, and made a real effort, that is another thing altogether.

I have written several books on sexual performance and technique. I've been told by many women that I am the best lover they have ever had, and gave them their first orgasm during intercourse. In some cases I've given them more orgasms than they've ever had before. Yet I still run into women once in awhile that I can't give an orgasm to.

Does that make me a bad lover? Of course not. It used to really bother me when that happened, but I have learned that sometimes things are blocking it from happening that are beyond your control such as...

- If a woman is taking anti-depressants or other drugs it can prevent her from having an orgasm no matter what you do to her.
- Some women have a mental block and just can't let themselves go and allow themselves to have an orgasm with a man.
- If a woman has been drinking too much it can affect her ability to have an orgasm.
- Some women have low hormone levels and this reduces their sensitivity and ability to have an orgasm.
- Some women have a unusually small clitoris and require an unusual amount of pressure and stimulation to make them have an orgasm.
- Sometimes there is just not enough sexual chemistry between the two or there is not enough attraction on one or both parts.
- Stress, lack of sleep, poor health, too much exercise or not enough exercise...all of these things can affect sexual performance for both men and women.
- No matter how great in bed you are or she is, one of you might just be having an off night.

The point I want to make here is that you should learn to be a confident, great lover, but if you have a bad night or run into a frigid or sexually unresponsive woman, don't let it affect your confidence. It's not always your fault.

How can you tell if she had an orgasm?

Right now you might be wondering if your partner is actually having orgasms with you or if she is faking it. And if you are one of those guys that think "sure she is," you might be surprised to find out the truth.

While there are several signs that she has had an orgasm, such as increased heart rate and heavy breathing, most of them can be faked or are also present during very high levels of arousal. One that is difficult to fake is flushing of the upper chest. Her chest will look pink from a flush of blood into the area. But this is hard to see in low light.

Also there are some women that are very vocal during sex and moan almost continuously while you are fucking them. This does not mean that they had an orgasm. She could have had ten, or she could have had none there is really no way to tell for sure. Never assume anything!

There are also women that hardly make a sound when they come, but they have orgasms none the less.

So the best way is to ask her “Did you cum?” or “Did you have an orgasm?” and ask her to tell you the truth, because you want to make sure that you are giving her as much pleasure as she is giving you.

Is she says “Yes,” then you’re good. If she says “I’m not sure,” “I don’t know,” or “I think I did,” that means NO! And you are going to have to learn how to give her orgasms.

Well that’s all for this section, but keep an eye out for the next issue tomorrow in your e-mail in which I will be covering “**The Mindset of a Great Lover**”

If you don’t want to wait 7 days to read all of this course you can download the entire course right now here. [Click to download the entire course now.](#)

Nico Simon Princely has been studying human sexuality, sexual technique for most of his life most of his life since he was 14 years of age. He also has extensive knowledge in the areas of dating, seduction, holistic health, nutrition and fitness.

He is the author of both:

“**The Penis of Steel Manual**” a guide for men on penis enlargement, ejaculatory control, sexual technique. [Visit Greatlovers.com for more info.](#)

“**The FE manual**” a guide on how to give any woman G-spot orgasms and female ejaculatory orgasms.” [Visit FemaleEjaculations.com for more info.](#)

(Day 2)

The Mindset of a Great Lover

Sex starts in the mind. In fact, our brains is our most powerful sexual organ. Your mood and state of mind set the tone for your sexual experience. One of the best ways to become a great lover is to develop the mindset of a great lover. When you act from that mindset it will be felt through your physical actions and you will start being a great lover.

But first, let's look at the typical male mindset when it comes to sex. When men talk about sex, they tend to say things like...

- I got lucky!
- I got some!
- She gave me some.
- She was just a fuck.
- We had sex the first night; she was a slut.

Many men also put up with disrespect, flakiness, and bad behavior from women and still want to have sex with them, because they feel they are getting something from her.

Now let's look at the mindset of a great lover. A great lover knows that he is exceptional in bed and that he has the ability to bring women incredible pleasure when he has sex with them. He knows that his skills are rare, and it makes him more valuable. He also looks at sex differently.

He does not look at it in terms of taking or getting anything from a woman, but in terms of giving an incredible gift of himself, and of pleasure to her. Because of this viewpoint he does not give this gift to women who disrespect him, or do not value him or his time. After all, why would you want to give a gift of incredible pleasure to someone who was inconsiderate with you, or disrespected you and made you feel bad?

He realizes that...

- He is giving her a gift of amazing pleasure that most men can't give her, so in reality *she* is the lucky one.
- Whether the sex occurred with a one night stand or in an ongoing relationship, it was a mutually beneficial experience where both people shared themselves and brought pleasure to each other.
- If a woman is not willing, there are always other women that will be more than happy to give themselves to him, and receive his gift of pleasure.
- Women are very sexual beings and he allows them to express themselves without him without judging or labeling them as sluts, just because they had sex with him quickly. He may call her a slut (if it turns her on and she wants to play the "dirty girl") but in reality he respects her as a sexual being.
- Every woman is different. What some women think is disgusting, others find a huge turn on. What some women find painful, others find intensely ecstatic and pleasurable.
- The goal of sex is pleasure, and the experience of being with that person. Not getting off, or orgasm. The goal is the actual experience itself.
- There is a time and place for a whole spectrum of sexual experience, from mad, passionate, animalistic fucking to soft tender lovemaking and everything in between. A fulfilling sex life with your partner is about being able to experience all of that spectrum.

To sum up The Mindset of a Great Lover:

1. In this mindset, your only goal is to please your lover and hers is to please you.
2. In this mindset your orgasm is not a priority. You are not here to get off, but to *experience*.
3. You feel complete appreciation and respect for your partner and her sexual desires. No matter if she wants you to be soft and loving, or if she wants you to treat her like a dirty little whore, you appreciate that she is sharing her sexual desires with you.
4. You savor the feel of her skin, the scent of her hair, the way she tastes, the way she looks.

5. You are inspired by her.

Some ways to shift into this mode of thinking:

1. Slow way down during foreplay and sex. You're not in a hurry. Enjoy it and make it last.
2. Have extended foreplay—really touch and stroke every inch of her body.
3. Buy a book on sensual massage, and learn to give your lover a full body massage before you have sex. Have her do the same for you.
4. Take a very warm bath together, put on some slow relaxing music and candles, and wash each other's bodies. Women love this!
5. When you touch her, really feel her skin with yours.
6. There is no score to keep, no "I nailed her," "I got off," "I got her off"...you are there only to share a beautiful experience with each other, and to please each other. Remove your ego from the experience. Don't try to be a great lover; just let it flow and be one with the experience.
7. Take your time and don't rush, play with each other, have fun. Don't be too serious.

Well that's all for Day 2, but tomorrow make sure you check your e-mail because I'll be covering "**The Ten Commandments of Being A Great Lover.**"

Nico Simon Princely has been studying human sexuality, sexual technique for most of his life since he was 14 years of age. He also has extensive knowledge in the areas of dating, seduction, holistic health, nutrition and fitness.

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(Day 3)

The Whole Truth About Penis Size & Enlargement

Today I am going to tell you the whole truth about penis size and enlargement. A lot of what I say will be contrary to what you might have heard elsewhere because I am going to tell you both the good and the bad of it. I am not going to sugar coat it or tell you what you want to hear just so I can sell you a product. My goal here is not to sell, but to inform. I may even lose a few sales by doing this, but this attitude and approach is what has kept me in business online since 1998 and made me one of the foremost authorities online on penis enlargement. I am going to start with the one question on almost everyone's mind regarding penis size...

Does penis size really matter?

Yes it does! I'm sorry to say for the under endowed men out there. How could it not? I mean, think about it. Does the size and tightness of a woman's vagina matter to you? Of course it does. And 90% of the people who say it does not matter must be men, because I have been running a survey on the web for a while now and I ask women directly: "Does Penis Size Matter?" Most say yes, it does. There are some that say it does not matter, but overall, the majority says it does. I also asked "What is the perfect size?" and once again most said 7-8 inches in length and thick.

Men and women from cultures all over the world, since time began, have put great importance on the size of a man's penis. A large penis is equated with manhood, power, status, masculinity, sexual prowess and ability. People say things about men like, "He is well endowed." which makes him sound rich or gifted (which he actually is). Or "He is hung!" And every man's favorite that they want to hear from their lover: "You're so big!". If you're not one of the lucky guys out there, you're probably feeling left out right about now.

What's worse is when women laugh about a man's penis size (hopefully not in front of him. And if a woman ever laughs at this, you see her for what she is: a cold, heartless bitch!). You can't help the size you were born with, just as she can't help her breast size or vagina size she was born with. But you can do something about your size and I will be getting to that soon enough. First I want to answer one of the great questions of all time. No, not "what is the meaning of life," but one almost equally important to you if you were not born very well endowed.

And that question is...

Can I increase the size of my penis?

I am very happy to say yes you can. I have personally added both length and girth to my penis and so have countless other men all over the world.

Men in many cultures have used penis enlargement techniques for hundreds of years. Traditionally, the secrets of penis enlargement have been passed along in ancient sexual texts and from father to son. Other more modern techniques that have been developed in the recent years have been hidden from the general public, or dismissed as a hoax or novelty of no real value.

And what's worse is that there are many products that are scams, or make promises and claims that are just plain B.S. or simply don't deliver. It also seems that everyone and their brother is now claiming to be an expert on penis enlargement with their "Proven Formula," selling it to you on their web site where they also bash and try to discredit proven methods of enlargement that have a long history of producing real results.

Then we have the medical community. 95% of the medical community does not acknowledge anything that does not come from a drug company or the medical establishment, and of course they don't want anyone else to be right or any solution to be accepted unless they get their cut.

I once got into an argument with a penis enlargement surgeon who told me enlargement was not possible without surgery. I said, well then how do you explain me gaining 1" in length and ¾" in girth—and the gains of my clients? He told me that it wasn't proof, just anecdotal evidence. He said it was not scientific. (I forgot to ask him how he explains the 5,000 men a year that end up with botched enlargement surgeries.)

This closed-minded thinking is the same reason why we have herbs that work better than many drugs you will never hear about. Every year, many patients suffering from so-called "incurable" diseases are healed by alternative medicines. The medical community will not conduct studies on anything that they can not patent, control and sell. My point here is that just because the medical community does not acknowledge something does not make it so.

NOTE: If you or someone you know has a serious illness that the medical community says there is no cure for, you owe it to yourself to look into alternative medicines. Start by doing a search on Google for the name of the disease and "alternative medicine" or "Natural cures". Almost all diseases are caused from the body being overly toxic, and most diseases can be eliminated by detoxification and a change in thinking, diet, environmental factors and lifestyle.

To be fair, some open-minded doctors who think outside of the box, or have tried non-surgical enlargement techniques personally, do acknowledge them and even recommend them.

So how do you tell what is good and what is not?

I'll tell you. But first I want to tell you how penis enlargement actually works.

Penis enlargement is accomplished by utilizing certain methods, techniques, and exercises which are designed to stretch the suspensory ligaments of the penis. This allows the spongy tissues of the Corpora Caverosa & Corpus Spongiosum to expand further and accommodate more blood into your penis, the end result being a longer, thicker, meatier penis. I teach these techniques in my "Penis of Steel Manual."

Now let me tell you some of the methods that work, and some others that don't.

Manual Techniques:

These are techniques that you can do with your hands, in the privacy of your bedroom or bathroom. These increase length mostly, but can also add some girth. They do work, and you will see benefit over time. I cover this method and these manual techniques, and the optimal way to use them, in my manual.

Pumping Techniques:

Ahhh...pumps. Do they really work? Yes they do. High quality pumps really do work, and are great for increasing the thickness and girth of your penis if used properly over time. I feel very strongly that pumps should be used in a comprehensive penis enlargement program to get the maximum and quickest results. Most web sites that sell penis enlargement programs try to discredit pumps by telling you they don't work and will harm you.

The funny thing is that vacuum pumps have been used since 1917 when the first one received a patent, and anyone who has seriously researched penis enlargement will find much evidence that they in fact do produce results.

Pumping is the lazy man's way to a bigger penis because it is the easiest and most pleasurable way to make gains, and you see instant results that become permanent over time.

Weights & Traction:

Weights and Traction devices also work, and if they are used properly they can produce results. But they are expensive and uncomfortable, and offer the most potential for injury in my opinion. So I do not include them in my manual at this time. If I find a device that I feel is worthwhile, I will include it in my manual at that time. I am currently reviewing several systems myself.

Cream & Lotions:

I have not encountered a penis enlargement cream or lotion that works. I have never heard of any good results from these products. But I have heard from people that have wasted money on products like these, and gotten absolutely no benefit from them. So I would say, avoid them.

There are some creams that enhance sensitivity and also make your erection harder, and if you're not already getting hard, full erections, these products can maybe make you a bit bigger. But I have never seen any permanent gains from a cream. So as an enhancer, they are ok, but for enlargement it just does not work.

Note: If you work for a company that makes a cream that works, contact me and I will be happy to review it as I am always open to new possibilities.

Herbs, Supplements & Pills:

Well, yes and no.

Yes, if you have weak erections and are not getting fully erect, there are herbs and supplements that can give you harder, bigger and stronger erections. So you may see some increase in the size of your erections, and they will be bigger, thicker and fuller.

Also, some supplements can raise your testosterone levels and may prevent penis shrinkage and cause some growth if used along with some of the other techniques covered above.

No, you will not really see an increase using the supplements alone without any exercises. I have yet to see a pill that will make any man gain 2-3 inches just from taking it, like most of them claim. This is why most companies that are legit now refer to their products simply as "performance enhancers."

I feel that performance enhancing supplements should be taken with a penis enlargement program to keep the blood supply flowing into your penis and to keep your penis at its maximum flaccid and erect size, as much as possible. I personally take performance-enhancing super foods and supplements almost every day, because of all the wonderful health benefits they offer.

Now I want to cover some of the most frequently asked questions that I get on my web site regarding penis enlargement.

Penis Enlargement FAQ's

Q: How long will it take for me to see results?

A: It's different for everyone. I have customers that have told me they gained 1/2" in the first month! However, some take longer. Expect to use the techniques for a minimum of 6 months to 1 year to get an increase of 1 or more inches.

Now I know this is not what you will read on other sites, and perhaps not what you want to hear. You want to hear "use this product for 6 weeks and gain 2" in length and 2" in girth!" But I am **not** going to lie to you. My commitment here, as I said in the beginning, is to inform you and tell you the truth. Most men will not have those kind of results in only 6 weeks.

Q: I see so many sites that all promise to be the best. What makes yours any different?

A: I have been on the web with my site since early 1998. When I first started there were about 5 sites in Yahoo! for penis enlargement...and now look at it. I have been here for almost 10 years because I offer a quality product. **I give you real expectations and real results, not hype and false promises that don't deliver.** And unlike many of the other sites out there, Greatlovers.com has been featured on TV and I have been interviewed on the radio on...

- KRZR with Jen Lipp!
- 98 ROCK with Kirk, Mark and Lopez!
- Generation Now on the American Radio Network with Ryan Jones!
- PLAYBOY XM radio show Night Calls with Juli & Tiffany!

I am frequently asked to do interviews on the subjects of sex and penis enlargement.

Q: But I see other sites that promise quicker and more dramatic results...

A: Remember the old saying, "If it's too good to be true, it usually is!" This saying definitely applies here. Penis enlargement takes time and consistency to get real results. No, you will not gain 2-3 inches in 6 weeks no matter what they claim, or what you do! I have never seen it in over 10 years. Sites that make these claims also tell you to spend 2-3 hours a day doing the exercises once you get into their members area. I have personally seen results with 15 minutes to 1 hour a day of time spent!

Let me tell you a quick story. Many years ago I was contacted by a young man that wanted to license my manual to sell on his site, because he thought the material was excellent. I declined. He proceeded to STEAL my manual and copy it word for word in some places. I sued him and made him stop!

The funny thing was that even though he was essentially selling my manual, he was making claims that I would never make! He claimed that you could gain several inches in just 2-3 months, and had numerous testimonials on his site with pictures of huge penises. Yet how was it that using the same manual and information as my customers, his were getting these “dramatic results? (Plus, his site was up for only a short amount of time—so where did all of these “testimonials” come from, unless he created them himself?) If it sounds too good to be true, it usually is. I’ll say that because I handle my business honestly.

Q: I see pictures on other sites and some of them say “before” and “after”...

A: Well I hate to say it, but most of those pictures are either stock photos or fakes. I had a viewer contact me via e-mail recently and here is what he said...

"I figured most of those pictures on other sites were fake (I've seen one on four sites for four different techniques with a different guy's name each time)! Please tell me where those come from!"

Well to answer his question, most of them are stock porn photos that anyone can buy and license for a small fee. It's funny: all of these sites claim to have pictures and testimonials from people with their names and addresses. In all of my time on the web with my site, I have never had any of my clients even think to take before and after pictures, and most are reluctant to use their full name. That is why you will notice on my site that I usually have their initials when they have given me permission to do so. Only a handful of people, including Michael Aaron, have let me use their name.

Would you want your full name and a picture of your penis on the web? Most people wouldn't. So I don't believe in all of those pictures and “too good to be true” testimonials that I've seen on other sites.

But since we are talking about testimonials, I want to show you a few that I have received from my customers. No hype or too good to be true results. Just the REAL TRUTH about what they got from my manual.

"I have been able to GAIN AT LEAST 1 INCH IN LENGTH. (Although I cannot help but wonder how much I would have gained if I didn't skip so many days and months.)"

At first when I started using the program, it was a really intense feeling about using the stretching techniques and other. So for about 3 months I did these techniques without using any sort of pump at all. This was my first penis enlargement manual. But I'm a greedy type, my shame, so I quit the current program, and went to VARIOUS different web sites, and even books about Penis Enlargement. This went on for about up to date.

I'm not a doctor, nor do I claim to have any medical background behind me, but I have read tons of information on penis enlargement.

I can honestly say this:

I cannot believe those sites who advertise "Gain Inches in six weeks!" Six weeks, where are the inches?

As Roderigo from Othello would say "I have wasted myself out of my means, and so with what little wit I have, return again to Venice".

In other words, after heavy research of other manuals, I have found that YOURS IS THE MOST COST EFFECTIVE, AND EASIEST to fit into a time." - M.T.

"I've been using the techniques in your penis of steel manual, and it works great, I've grown a half inch in length and about 3/4 an inch in girth so far, and I use the (ejaculation control) technique and it helps me to last almost as long as I want! Thank you so much for the techniques described in your manual!" - J.G.

"I have been doing research on these subject areas for almost two years now and you do have the most complete and accurate manual I have ever read. It took me over a dozen other publications and resources to find the equivalent of your manual. I have used most of your techniques and I agree that they do work." - M.B.

"I have been exercising my self, it has been a very reassuring experience. It is easy, with no strings attached, a great comfort to find someone on the net that is not deceiving the common net user. Thank you very much!" - S.E.

Before I end this section of the course I want to give you a few tips on what to avoid if you do buy an enlargement manual or product.

Warning: Don't buy any manual or products until you read below.

1. Don't buy an enlargement system that only has one kind of technique. Many people out there are saying that only their way works. Listen, everyone is an individual and we all will get individual results—and some methods work better than others, for some people. That's why my manual teaches a combined synergistic approach!
2. Don't buy a program that gives you unrealistic expectations. Once again, watch the hype. If you have 4 inches now, you are not going to have 8 in 2-3 months, and you will not double your size to 12 inches if you already have 6 inches. You will not add 3" in 30 days! All of these type of claims are only made to separate you from your money with unrealistic, hyped-up fantasies. If it's too good to be true it usually is! The only thing you will get from following such unrealistic expectations is disappointment and a lighter wallet.
3. Don't buy a manual that only covers just penis enlargement! Once again I believe you should get your money's worth, so why buy a manual that only covers just the aspect of enlargement? That is why in my manual I also cover sexual performance, ejaculatory control, herbs, supplements and sexual technique. If you actually apply what I teach you in your copy of my manual, there is no way that you won't have a better sex life.
4. Don't buy from any one that does not offer a 100% Risk Free Money Back Guarantee! There are a lot of people out there that want to make a quick buck off of you, and once they get your money, that's it. That's why I offer a 100% risk free money back guarantee! Why do I do this?

Because I believe in my manual and know it has real value, and I want you as customers for life since I am working on other products and books as well—and I want you to enjoy every one of them. And I know that if I were to rip you off, you would never buy from me again. So it is in my best interest to make you happy and give you real value for your money. And by offering a 100% risk free money back guarantee, I know you will feel safe and secure...when you buy your copy of my manual now.

5. Also check out my [enlargement scams section on Greatlovers.com](#) to find out more of the scams people are using right now.

That's all for this section, but keep an eye out for the next issue tomorrow in your e-mail in which I will be covering **“Premature Ejaculation: Causes & Cures”**

If you don't want to wait 7 days to read all of this course you can download the entire course right now here. [Click to download the entire course now.](#)

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(Day 4)

Premature Ejaculation: Causes & Cures

For far too many men and their partners, premature ejaculation is a problem that greatly affects their sex lives. Many people ask “How soon is premature?” For our purposes in this discussion, “premature” is any time you ejaculate before you decide to, and before your partner is sexually satisfied. Premature ejaculation can lead to frustration for both partners. In fact, premature ejaculation is one of the biggest complaints women have of their lovers—even more so than penis size.

After all, it does not matter how big it is...if you can't last long enough to use it the right way!

To make it worse, the more often this happens, the more frustration it creates between you and your partner. And if you are with a new partner, it could kill the chance of you even getting a second chance with her again. After all, why would she want to be with you if she learns right up front that you can't satisfy her sexual needs?

There could be several different causes for premature ejaculation. You could be tired, inexperienced, have poor sexual conditioning, or weak sexual muscles (also called PC muscles).

Another reason many men suffer from Premature Ejaculation is that they have trained their mind and bodies to ejaculate quickly through years of rapid masturbation just to get off quickly. This really is doing them more harm than good. The masturbation is not the problem, but rather the process of rushing through it to ejaculate quickly.

When this happens it causes many men to lose confidence in their sexual ability. Also it can cause performance anxiety which will only cause more loss of control, as you will be resisting ejaculation so much that you will actually cause it to happen. If you are worried, nervous or anxious about ejaculating too soon it is almost certain that it will become a self-fulfilling prophecy.

If someone asked me, what was the best thing they could do to improve their sex life, I would have to say learn to control your ejaculation. This way you can last long enough to please any woman (provided you have good technique), and you would never have to face the embarrassment of ejaculating too soon again.

The good news is that you can learn how to last as long as you desire, and train your body to have sex without experiencing premature ejaculation. There are several different approaches. I think a synergistic approach, combining them all, is best. I cover in my manual how to banish premature ejaculation forever.

There are also herbs and supplements that can help you last longer, and techniques that will train you and teach you how to last longer.

Maybe you have the fantasy of having sex with 2 or more women at the same time. Now ask yourself a question: are you man enough to please more than one woman? And what I mean when I say this is, can you last long enough to satisfy more than one woman—or even just one?

If the answer is no, then you have no business being with two women. You'll only leave them both unsatisfied.

So what can you do to end premature ejaculation?

A few things you can do are...

- One way you can help to increase your ability and ejaculatory control is, when you masturbate, try to last as long as you can or at least 15 minutes.

This will help to train your body to last longer before ejaculation. I recommend that every man who masturbates (95% of men masturbate and the other 5% lie!...lol) to do it this way so that not only will it be more pleasurable but also more productive.

- When you have sex don't have orgasm as your goal. Make your goal mutual pleasure.
- Slow down, you're not in a race to see who can cum the fastest.
- Shallow breathing leads to faster ejaculation. Slow your breathing and breath more deeply. This will help you to last longer during sex.
- If you think your gong to cum soon, STOP and pull out, take a break, and stimulate your partner with your hands or mouth. Then go back to intercourse when you have control of the situation.
- There are also herbs and natural supplements that can help you to last longer.

If premature ejaculation is a problem for you I suggest you get my Penis of Steel Manual because I cover many sure-fire techniques in depth that will help you banish premature ejaculation forever!

That's all for this section, but keep an eye out for the next issue tomorrow in your e-mail in which I will be covering **“Thrusting Techniques”**

If you don't want to wait 7 days to read all of this course you can download the entire course right now here. [Click to download the entire course now.](#)

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(Day 5)

Thrusting Techniques

“You’re the best fuck I ever had!”

That’s honestly what an ex-girlfriend said to me after I used the secret thrusting techniques that I teach in the “Penis of Steel Manual.” Even after we eventually broke up, she still wanted to have sex with me!

How would you like to have that power, and ability?

Well you can! I learned how, just as my customers from all over the world have learned from me.

When you are able to satisfy a woman in this manner through intercourse, she will be even more devoted to you than before. She will feel even closer to you than before.

The reason for this is that most women are not able to have orgasms through intercourse alone, and when you are able to make a woman cum over and over again during intercourse she will be fulfilled in a way that is new or special to her. It will stand out in her mind from all of the other partners, and sex, she has had—and all of those nights where she was left unsatisfied by intercourse.

You will feel an incredible surge of self-confidence in your ability to satisfy women when you are able to make a woman cum like this.

See here’s the thing. So many women have been with men that just go in & out and in & out over and over again, with little and or no variation in rhythm and or speed or anything! And others just pound them hard and fast, and yes that’s fun sometimes—and has its place—but the sensation of just being pounded or doing the same thing over and over gets old fast because of the way the nerves become accustomed to the same stimulation repeated over and over.

Let me give you an example...

1. Put your left hand in your lap.
2. Turn your hand so that your palm is facing up.
3. Now with your other hand take your first and second fingers and run them fast back and forth on your left forearm between your wrist and your elbow in a straight line.
4. Now try it very slow.
5. Do you feel the difference in the amount of sensation?

6. Now trying it again slow but in a winding path back and forth.
7. Now mix it up and alternate between fast and slow.

Now which felt better the back and forth, the slow winding path, or the alternating stroke. My guess is that the slow winding stroke, but even too much of that can get old which is why you should alternate back and forth. When you alternate the sensation of both kinds of strokes they both stay fresh, and the sensation is increased.

Do you see where I am going with this?

Well, then why thrust the same way every time? Variety is the spice of life and maker of great sex! The above principal when applied to intercourse can greatly enhance the experience for both partners.

Now I'm not talking about positions, but about the actual thrusting of your penis into her vagina, no matter what position you are in (except for woman on top. Then it's *her* job.)

Most women don't even know how good it can be, because all they have only had pound, pound, pound! They are *amazed* when they feel this kind of thrusting for the first time.

Men all over the world that have used these techniques have heard from women, "You are the best lover I have ever had!", "This is the best sex I have ever had!" or my personal favorite "You're the best fuck I ever had!" When you do a woman the right way, she knows where to come back for more the next time she get's horny. Also, she will be horny a lot more often because she can't stop thinking about how great it was.

Many women have actually had their first orgasms during intercourse when they had the ancient thrusting techniques used on them!

I can't actually go into all of the techniques here, but I will give you some good tips that will improve your technique right away.

During Intercourse you should...

- Vary your speed and rhythm of thrust.
- Vary your depth of thrust.
- Always wait until the woman is almost begging for it before you put it in! Don't rush to it.
- Always wait until she is very wet.

- Never Rush things through intercourse.
- Pull out once in awhile and then re-insert your penis.

The above techniques will really help you out, but if you want to learn the incredibly powerful thrusting techniques that I mentioned before then visit <http://www.greatlovers.com> and get my penis of steel manual, and you can begin using these amazing techniques tonight!

Well that's all for Day 5 but tomorrow make sure you check your e-mail because I'll be covering "**Sex Positions**"

If you don't want to wait 7 days to read all of this course you can download the entire course right now here. [Click to download the entire course now.](#)

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(Day 6)

Sex Positions: A Mini Guide!

There are so many positions that one can have sex in. So many that there are *whole books* on just sexual positions. But why do we need so many positions?

Here are a few different reasons and a few tips to help you get the most out of the most common sexual positions...

Variety is The Spice of a Good Sex Life

Trying new sex positions can spice up your sex life, whether it's with a new partner or one you have been with for awhile. It can also be erotic, adventurous, fun, entertaining and even comical to try new sex positions with your partner. You may also find a new position that provides a new kind of or greater stimulation.

Let It Flow...

When having sex, a great lover moves from position to position easily—almost like a dance. This alone can be very erotic for the female, watching her lover control their movements with grace and skill. You should practice moving from position to position in a flowing manner. You can also do it in a dominant and forceful manner, but don't be clumsy or awkward about it.

Lasting Longer

Some positions also allow for greater ejaculatory control and prolonged intercourse. If you feel like you're going to ejaculate before you are ready, you can stop and change to a position that will allow you to last longer. Or conversely, if you are ready to cum, you can change to a position that will make you come right away. To use positions like this you will first have to learn the positions that make you cum fast, and the ones in which you last longer. Learning this is a lot of fun!

Don't Change Position Too Often

When having sex try a few new positions, but don't rush through them or change too often. To do so can break your rhythm. A good time to change is when you think you are close to ejaculation, yet you can still stop and change positions. This will also give you a short break and help you last longer or when the stimulation is starting to feel routine, and you are starting to get desensitized.

If your partner can only cum in a certain position I would not recommend changing from that position one until she has cum. The main point is to try to

expand your options and to be creative and adventurous. But don't change when you both are enjoying it! There is no reason to.

Different Kinds of Stimulation

You can actually stimulate different areas of your partner's vagina by changing positions or by only changing the angle of thrusting in the same position. Some positions allow for greater clitoral stimulation, some for deeper penetration, some for shallow penetration, and others for direct G-Spot Stimulation.

Riding high up in the missionary position as you thrust in and out will increase clitoral stimulation but even better is the "Slide & Glide Technique" I teach in my "Penis of Steel" manual. I never use the missionary position without it.

Woman on top positions work very well also for increasing clitoral stimulation during intercourse (see figure 1 below)



Figure 1



Figure 2

For G-spot stimulation you can try this position (see figure 2 above) where you are on your knees and almost sitting on your feet, with her legs go past your hips and she partially supports herself with her feet on the bed as she lays on her back. You will be thrusting at an upward angle and this will provide added stimulation to the top wall of the vagina where her G-spot is located!

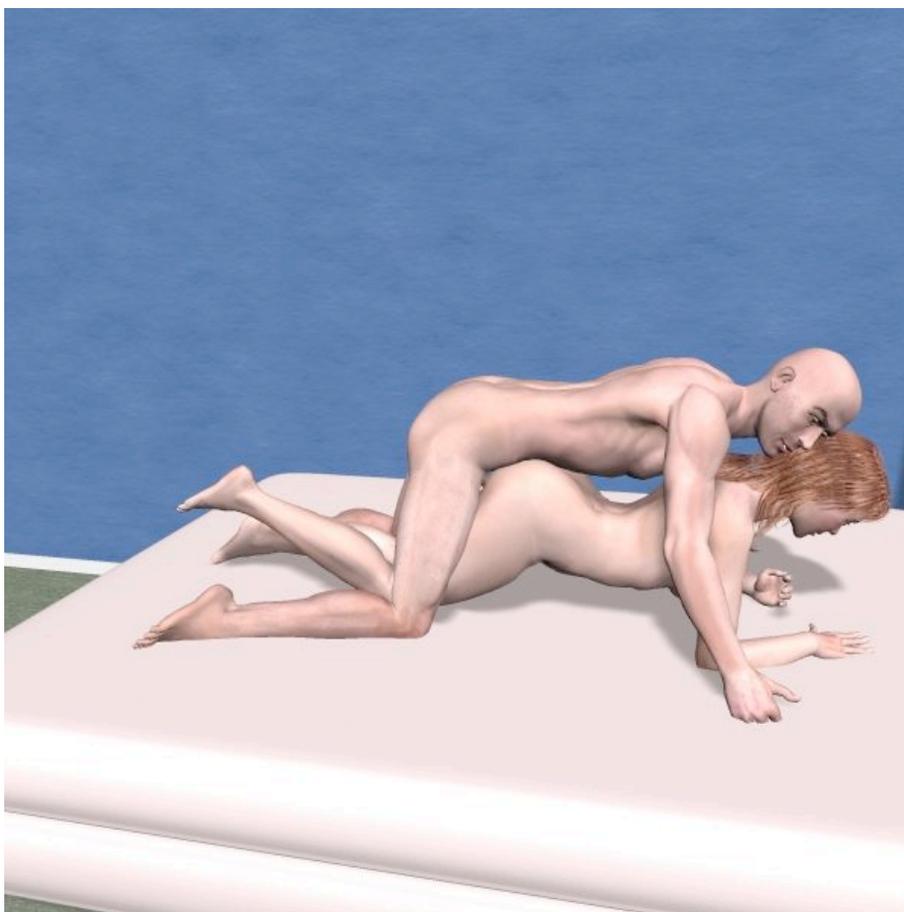


Figure 3

Another good position for G-Spot stimulation is (see figure 3 above) when she is face down and you are on top entering her from. If you ride high in this position it will also stimulate the top wall of her vagina and her G-spot.



Figure 4

The side by side or “spoons” position (see figure 4 above) is great for added closeness and variation. This position is also great for first time anal intercourse, as it puts the woman in a very relaxed position.

Of course, all of the above positions can be and should be used with the thrusting techniques in my “Penis of Steel Manual.” They will work together to give your partner the greatest pleasure possible during intercourse.

Once you learn them, they will add so much to your sex life and sexual ability. You’ll wonder how you ever had sex without them! I’m not even close to kidding and I’m not hyping you. I only sell what I personally use. And I mean it when I say, it’s truly amazing what the secrets in my manual can do for your sex life!

Well that's all for Day 6 but tomorrow make sure you check your e-mail because I'll be covering "**The Ten Commandments of Being a Great Lover!**"

If you don't want to wait 7 days to read all of this course you can download the entire course right now here. [Click to download the entire course now.](#)

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(Day 7)

The Ten Commandments Of Being a Great Lover

We have covered a lot of different areas in this 7 day E-course so today I want to finish with a refresher and summary of what I feel are the most important aspects of being a great lover. Now I'm going to share with you what I feel are the Ten Commandments of being a great lover.

Before I get started, I want to say that these commandments have nothing to do with the Biblical Ten Commandments and I certainly mean no disrespect.

I call these the Ten Commandments because they must be followed if you are to be a great lover, and the title "Ten Commandments" reinforces how important it is to follow these rules.

Follow these commandments and you will become a Great Lover. Maybe the greatest lover she has ever had!

So without further ado...

I. Thou Shalt Excite and Arouse a Woman's Mind:

If you excite and arouse a woman's mind her body will follow, and you won't be able to get rid of her (not that you would want to). Let me give you some examples. Let's say you are out with your lover for a long evening. You might lean over to her and whisper in her ear, "When I get you home you are going to get it!" or "When I get you alone I am going to lick you till you beg me to stop!" Say it in a sexy, seductive tone of voice. This will be running through her mind all night, and when you get her home DO IT. She will be so turned on because she has been playing it over and over again in her mind, all night long.

II. Thou Shalt Tease Her Before You Please Her:

Women loved to be teased! It builds their anticipation and desire. You have to make them want it BAD! Start the teasing with the first kiss and taking all the way through to the very end of your love making. So go slowly and make her desire grow more and more with

each kiss, touch, caress, thrust etc...

III. Thou Shalt Make love To Her Whole Body:

In truth a woman's whole body is one big erogenous zone. The highly skilled great lover recognizes this and knows that the woman's body before him is like a fine musical instrument from which he can compose a beautiful concerto—or like an artist's pallet from which to he can paint a masterpiece. So first you should look at each and every inch of a woman body as a spot that should be teased, caressed, kissed, licked, sucked, nibbled and pleased.

IV. Thou Shalt Learn to Turn Her on with Your Voice and Words:

Learn how to develop a rich deep voice that will make her tremble with desire when you talk to her. Learn to caress her with your words. You should also learn to express yourself and let yourself go during sex. If you feel like moaning, do so—it will turn her on. Learn to talk dirty, but test this slowly at first or ask her some time (out of bed) if she would be into it. Some women might be offended and others will get incredibly turned on by it. And by all means, if she starts talking to you in a certain way, or dirty, follow her lead and talk back to her the same way.

There are different levels of language you can use to express yourself and your passion for her. For example, instead of saying "I want to fuck you", say "I want to feel myself inside you right now!", "You turn me on so much, I have to have you NOW!" You get the idea...and you'll find out which way she likes it best.

V. Thou Shalt Become An Oral Expert:

Many women say they have their most powerful orgasms when they are receiving oral stimulation. You must be able to please a woman orally, with your mouth, tongue and lips. Make her feel that you love to taste her and that it's a great pleasure that you really enjoy. When you can please her like this she will love you for it!

VI. Thou Shalt Be a Master Of Intercourse and Thrusting Techniques:

For many women intercourse can get boring if it's just in and out. This is why you absolutely must learn the art of satisfying a woman

with your cock (I don't like use the word "penis" that much, because most women find the word a turn off) during intercourse. If you have ever heard women talk about sex, you will hear them talk about boring lovers and exciting and exotic lovers. Latin lovers from South America are known for their ability to move their hips in a certain hips in a certain way that drives women wild. Beyond that, there are ancient thrusting techniques that take women through 9 levels of orgasmic pleasure—and my personal favorite, which lets you give a woman clitoral stimulation during intercourse without using your hands. I teach this and many more thrusting techniques in my Penis of Steel manual. When you can please a woman like this with just your cock, it sets you are part from the other men in her mind that she has been with.

VII. Thou Shalt Not Cum Too Soon:

You have to last long enough to please her. If you can't last long enough to please your lover, you will leave her unsatisfied and frustrated. If this continues, she will look elsewhere for her pleasure. Can you blame her? You would do the same. So if you have a problem with premature ejaculation, or would just like to learn how to last longer and have male multiple orgasms, check out those sections in my manual.

VIII. Thou Shalt Be Hard as Steel:

Women love a rock hard cock! You need to be as hard as you can be and be able to keep it up for as long as you and your partner desires. You don't even want to know what women are thinking when a man can't get it up! While a truly loving partner will be understanding, I think it's best to avoid that situation if at all possible. And if your erections are not as hard as they used to be, or you just want to be at your maximum at all times, then you need to learn about the herbs & supplements that I cover in the Penis of Steel manual. I cover herbs and supplements and even how your diet and life style can kill your sexual stamina, and how to prevent this. When you are with a woman and you are hard as steel, she really feels that you really desire her, and it even turns her on more!

IX. Thou Shalt Reach Your Maximum Size Potential:

Let's talk about size for a moment! I truly believe that technique is more

important than just size alone. But when you combine technique with a good size, that's a combination you can't beat. And these days, penis size is big in the media! I am listening to a song right now in fact, by Methods Of Mayhem, called "Get Naked"—in which the rapper Little Kim says, "Under Seven Inches, Sorry!" And I think there was a Janet Jackson song where she said "I need 8 inches or more!" As screwed as that is, size is becoming more important to woman—especially younger, more impressionable women! So if you are one of those guy who always felt you were a bit undersized, or just want to be above average, you owe it to yourself to enlarge your penis. It worked for me and I am so glad that I did it. What a difference it has made in my attitude and self-confidence alone. Not to mention the pleasure of my partner(s). You really can add length and thickness to your penis. It won't happen overnight, but it does happen, just like going to the gym, you work out and then one day you look in the mirror and BAM you are looking good, except now you have bigger penis! Reach your maximum potential don't settle for less in any area of your life! Or you will regret it! Go for the gold! Never settle for less than the best in any area of your life... You deserve it!

X. Thou Shalt Not Be A Selfish Lover:

This is probably the most important rule of all. If you violate this one, you will be alone and you can be as selfish with your hand as you want to be!

You need to make your partner's pleasure equal to your own. I never want a woman to ever have anything other than an incredible experience with me. On several occasions, I've had women that I have dated refer me, when out with their girlfriends, as "great in bed."

My point here is not to brag, but give to you the lessons that I have learned...

1) Women talk, and it's better for them to be saying good things about you and referring you to their friends than to have them saying bad things, trying to warn their friends and "cock block" you. Your reputation as a great lover will get around, but so will your reputation as a selfish or lousy lover. Which reputation would you rather have?

2) **DON'T Fuck women over!** Keep them as friends if at all possible. Don't lie or cheat. Tell them your terms, and if they can accept it, fine. If not, tell them "let's just be friends." How great is it to have a woman setting you up with other women and saying "He's great in bed and is very sensual!" versus, "He's an asshole, and has a little dick" (even if you don't). So be unselfish and treat them with respect. When you're a great lover you **don't**

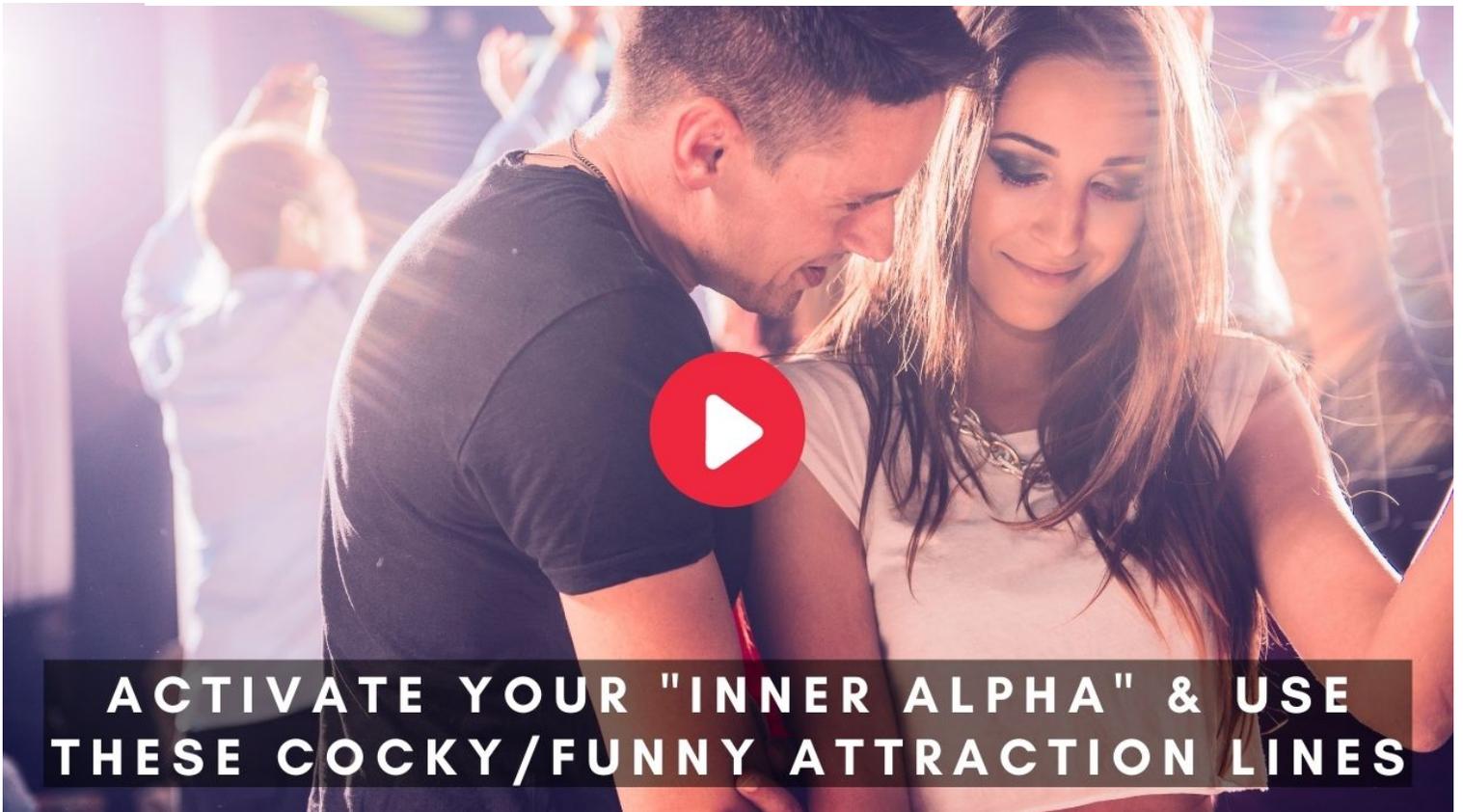
need to lie to get laid, and if it does not work out, be friends!

This concludes the Great Lover 101: 7 Day E-Course. I hope that you found it both informative and entertaining, and that you start putting this knowledge to good use.

WE HIGHLY RECOMMEND:

Here's your **private invite** to check out the brand-new **"Maximum Alpha Male"** program. Discover how to activate your Inner Alpha in just seconds and become the confident, dominant LEADER women are hard-wired to follow.

Then use these cocky & funny lines to **spark instant sexual attraction** without any risk of rejection. Click the image below to get these tactics NOW.



ACTIVATE YOUR "INNER ALPHA" & USE THESE COCKY/FUNNY ATTRACTION LINES