



## **Disclaimer**

This guide is for informational purposes only and is not a substitute for medical advice. It is an opinion and should be used for personal entertainment purposes only. This guide is not to be considered as legal, personal, or medical advice and you are responsible for your own doings.

## Introduction

Hey, it's Jack Grave here.

I'm really excited that you decided to go ahead and grab this special report.

Over the next few pages, I'll show you how "the Dynamo Method" can help you and your woman enjoy the most intense and satisfying sexual experiences.

It's a simple but highly effective technique (known about by very few men and women) for giving you firm, powerful and longer-lasting erections.

It can help towards overcoming conditions like erectile dysfunction - potentially making the difference between powerful, mutually satisfying sex... and only lasting a few seconds or minutes.

I'll provide you with clear, practical instructions for how to carry out this technique in just 30 seconds, so you can INSTANTLY put it to work once you're in bed with your woman to help give her wild sexual satisfaction.

Let's cut to the chase...

*Jack Grave*

### **About Jack Grave**

*Jack Grave is a leading men's health expert who has taught sex advice to millions of men from over 100 different countries.*

*Author of countless books and programs helping men improve their performance in the bedroom, men regularly seek out Jack for his expertise on erectile dysfunction, premature ejaculation and female pleasure.*

## What do I do?

I won't overcomplicate this – I know you're keen to find out more and start getting results as soon as possible.

1. Take the palm of your hand, and gently rub it against the tip of your penis in a circular motion. Don't rub too vigorously, otherwise excess friction can build up leading to a soreness – use lubricant if necessary.
2. As you do this, you'll gradually feel yourself getting harder and harder. Whilst it can vary from man to man, within about 30 seconds you should be fully erect.

The simplicity of this method allows it to be used in many different sexual situations – in particular, if you're already in bed with your woman and attempting to get it up as quickly as possible.

## Why does it work?

Essentially, your palms and penis are two of the most sensitive parts of the male body, and they're extremely receptive to the stimuli they receive.

Your palms and penis have a greater number of "receptor cells" in their skin than other, less sensitive body parts, and our brains have a "sensory map" that dedicates more activity to processing the signals from these parts of the body as a result.

Whilst this principle is the same in both male and female brains, in this guide I'm going to stick to the ways in which it positively relates to sensitivity in parts of male anatomy.

It's a question of human evolution, since these two areas are important to how we interact with the world around us.

Your palms? We use them when holding things, touching things and determining whether pleasure or pain will result from our contact with them.

Sticking your hand in a fire, for instance, results in signals telling your brain to pull our hand away to avoid badly burning and damaging our skin.

Your penis? By being sensitive to stimulation, *especially* the tip, the resulting pleasure makes men more enthusiastic about using their penis for intercourse, leading to reproduction and the sustenance of humanity.

Put them both together, and you've got the recipe for an extremely pleasurable experience.

Your penis wants to be stimulated, and your palm enjoys helping stimulate it.

## **Why's it called "the dynamo method"?**

In case you didn't know – a dynamo is a type of electrical generator.

You've probably seen one on a bike, where the movement of the wheels powers a motor in the bike's lights, keeping them bright as the bike moves.

However, we don't need to go into any complicated physics here.

I'll try to keep this simple.

When you rub your penis with your palm, you're doing an energy transfer of your own.

The energy from one thing - the movement of your palm - sends signals to your brain which cause energy to be stored and transferred to another thing – the tip of your penis, causing your erection to grow and harden.

The movement of your palm serves the same purpose as wheels on the bike turning the motor in the dynamo, keeping the light on.

In this case, from the input of your hand movements, you get the output of a firm and large erection.

## Conclusion

With this guide, hopefully you've seen how you don't have to be stuck with erectile dysfunction and performance anxiety.

There are steps you can take to overcome these challenges.

It's simply a case of understanding your body better, and how to stimulate it in ways – like the dynamo method - that require very little time and effort for maximum benefit.

It only takes a little knowledge to go from struggling to keep it up to having intensely powerful and hard erections – the benefits of which both you and your woman will appreciate.

But here's the deal.

Whilst the dynamo method will improve the size and firmness of your erections, it's only a basic technique designed to be used in emergencies, when other forms of stimulation can't help you get hard.

Wouldn't it be great to not only know how to get hard, but how to get harder erections, stay hard and increase your stamina?

If you like what this technique can do, then you'll love the more advanced strategies that can help you last even longer in bed and vastly improve the quality of your sexual experience.

### **ADVANCED techniques for bigger and longer-lasting erections...**

To find out how you can immediately begin increasing your stamina and sexual performance, you've got the opportunity to learn from adult movie star Aaron Wilcox.

As a star of over 200 adult movies, Aaron's had the opportunity to refine his techniques with hundreds of different women, as well as



develop the ability to get rock-hard and orgasm only when he desires and last for long periods, even hours, at a time if necessary.

And now, he's put together a video explaining the methods he uses to achieve his high level of sexual performance so that men like you can see how it's done - and try them out yourself.

Want to find out how experienced professionals like him do it?

Then click below to watch the video...



**CLICK TO WATCH**

Watch the video here: <http://3stepstamina.com/report-video>