



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'm going to introduce you to my special "Hard-On Recovery" method, a 30-second technique for stimulating your penis that allows it to get and stay hard for as long as you wish.

Lots of men don't have the control over the size and duration of their hard-ons that they'd like for a truly memorable sexual experience.

Some find it difficult to maintain an erection during sex, whilst others take longer to get hard again after climax – both of which can lead to shorter and less intense sex sessions.

In some cases, this can be related to age, or erectile dysfunction-related issues.

However, all those issues could be resolved with just a few simple steps – inspired by adult film industry secrets that help the stars stay hard for hour after hour, scene after scene.

I've kept this guide as simple as possible, with clear and practical instructions for carrying out the method, so you can start staying hard for longer - AND getting hard more quickly after climax - as soon as the very next time you're in bed with your woman.

Let's get started...

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 keep you waiting any longer – I'm sure you're keen to start getting more easily and durably hard as soon as possible.

1. Take the middle three fingers on your dominant hand, and rest the fingertips on the head of your penis. You're going to use them to rub the surface of your penis, so apply lubricant to your fingers beforehand if you're concerned about soreness.
2. Slowly and gently, start to rub up and down your shaft, all the way from the top or your foreskin to the bottom of your shaft, and back again.
3. After 10 seconds, increase the speed of your rubbing.
4. For another 10 seconds, rub even faster, although only to a speed you're comfortable with. Then stop.

This method is extremely versatile and can be used at any stage of the sexual process, as it takes just 30 seconds to carry out.

If you're having issues getting erect in the first place or maintaining it, you can use it before you start or during the intercourse itself.

If you've already climaxed but want to regain your erection so you can dive back in for round 2, you can use it immediately following an orgasm as well.

Why does it work?

There's some complex science going on here, so I'll keep it as simple as I can.

Basically, the skin covering your penis is one of the most sensitive areas of the human body.

It's full of "receptor cells" (more than other body parts) for interacting with the world around us.

Our brain's "sensory map" also spends more time processing the signals from those parts of the body to influence our future actions.

So why is it so sensitive? Well, it's mainly for evolutionary reasons.

Your penis is sensitive to stimulation as it's beneficial for humanity if you want to use it for reproduction.

As a result, your brain both makes this stimulation pleasurable *and* directs blood towards your penis.

This gives you a firm erection which you can now use to enjoy the even more pleasurable - and vital – act of sex.

If you're struggling to get an erection, then it's likely your brain isn't sending the right signals to divert blood into your penis during your arousal.

The extra sustained stimulation that the "Hard-On Recovery" method provides, however, can spark the relevant area of your brain into life again.

It directs your blood to the desired destination, and you've got that firm hard-on you wanted.

Does this method work if I've climaxed already?

In short – yes. And here's how.

Most humans have a “refractory period”, where our body recovers from a period of sexual activity before we're ready to go again.

Women's refractory periods tend to be extremely short to non-existent. That's why they're usually able to orgasm multiple times in a single sex session.

Men's refractory periods, however, are relatively long: they can range from a few minutes to a number of days, and it tends to increase with age.

After you orgasm, your brain releases hormones that return your body to its pre-arousal state.

One of the side-effects is, of course, blood being pumped away from your penis.

However, it's possible to overcome these effects by continuing low-intensity sexual stimulation during your normal refractory period.

By continuing stimulation following your orgasm, you're essentially fighting your brain's attempts to calm those parts of your body down – by releasing new, different hormones that bring your sexual function back to life again.

There's no point stimulating yourself too aggressively to begin with. Your body simply won't be ready, and your penis becomes more sensitive in this period, meaning excessive stimulation could become painful.

But a less intense technique – such as the “Hard-On Recovery” method - can help keep your body in an orgasm-ready state, and allow you to get hard again in just minutes – possibly even seconds.

Conclusion

With this guide, hopefully you've seen that improving your erectile function and sexual performance is entirely possible, and that issues like erectile dysfunction don't need to hold you back.

By knowing how to stimulate your penis in the right way, you can manipulate your brain into keeping it harder than you ever thought possible, no matter what your age – and you and your woman will love the benefits.

But whilst this method *can* help you get longer-lasting erections and climax more frequently, it's only a basic technique.

It's designed to be used in emergencies, when no other form of stimulation can give you the erection you desire.

Wouldn't it be great if you could retrain your brain and body to completely overcome the underlying reasons preventing you from getting pulsatingly hard on command?

If you like what this technique can do, then you'll love the more advanced strategies I've got for you that can help you stay hard for even longer and vastly improve the quality of your sexual experience.

ADVANCED techniques for getting and staying hard on command...

To discover how to instantly gain control over your ability to get erections and keep them for as long as you like, you've got the opportunity to learn from adult movie star Aaron Wilcoxx.

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 he's now put together a video explaining the secrets behind 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...



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