



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.

I'm so excited that you decided to download this special report.

In these pages, you're going to discover a special **two-pronged** method which could help you get a raging, throbbing hard-on in as little as 15 seconds.

It combines a simple (but very enjoyable) massage, which you can either perform on yourself or get your partner to do...

...with a powerful breathing technique designed to provoke some very intense, vivid erotic feelings.

Used together, these two techniques flood the mind with a huge burst of stimulation. It's all the invitation your brain needs to instantly trigger a thick, firm hard-on – and send your partner WILD with passion in the bedroom when she sees (and feels) it.

And best of all – it's been shown to work for men of ALL ages and physical conditions.

I've kept this guide as simple as possible, with clear, practical instructions for both of these techniques – and how to make them as effective as possible – so you can start producing the hard-ons you've always wanted to ASAP. Maybe even tonight...

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.

Step 1: Erotic Massage

Right, I know you're keen to try this out as soon as possible.

So let's cut to the chase.

This extremely quick massage stimulates multiple erogenous zones in a very short space of time. They're packed with tons of nerve endings, which – when you stimulate them correctly - release powerful surges of sexual pleasure through the body.

It's designed to provide multiple physical triggers which get the sexual energy flowing – and, just as importantly, flooding your member with all the signals it needs to get rock-solid.

So that's *why* the massage works. But *what* do you do exactly?

Well, here's what.

1. Gently press 2 fingers on each hand into the temple for a few seconds, then slowly glide these fingers down the face, making small circular movements. When you reach the lips, trace around them with a single index finger.
2. Tap two fingers between the navel (bellybutton area) and the genitals. Then, circle the bellybutton with the fingertips, gradually making the circles bigger and bigger – as slowly and gently as you can.
3. Finally, circle the outer palm of one hand with the fingertips of the other hand, then slowly begin to circle the centre of the palm (the most sensitive part). Repeat with the hands reversed. (For added sensuality, run a fingertip from your “circling hand” along the pinkie finger of the other.)

Quick reminder: this massage is just as arousing whether you carry it out on yourself or have a partner do it for you.

It's all about what you find more comfortable, since **exactly the same physical effects occur** whoever does the stimulation.

However, here's a quick bonus tip – if your partner's doing the massaging, she can use her **tongue** instead of fingers for some of these movements.

Not only does this add more variety, but the tongue is very sensitive itself – so she'll feel even more enjoyment putting it in contact with your skin.

There you are – a handy physical technique to get your hard-on juices flowing. Now for the mental one...

Step 2: Erotic Breathing

Okay, you've finished the massage. You're probably feeling pretty good now. There's a good chance your manhood might already be tingling.

But to **really** deepen the intensity of your arousal and send a huge rush of brain signals that gets your penis properly pulsating...

...this simple breathing exercise can do the job nicely.

When your brain's full of day-to-day distractions, it can be hard to direct your energy towards getting firm. Yes, even if you're already aroused: the body just can't get all the hard-on mechanisms moving in the right direction.

That's where this exercise comes in: it helps block out these distractions and keep you fully immersed in the moment.

And your brain? It can focus on releasing the signals you need for a pulsating erection.

Here's the breathing exercise:

1. Close your eyes, then take a big, deep breath in through your nose. Hold it for a couple of seconds.
2. Exhale through your mouth slowly.
3. Repeat as many times as you want.

You haven't missed anything. It's really that simple.

See, when you inhale, a set of receptors in your lungs are activated. They stimulate a part of your nervous system which relaxes bodily functions – meaning that you don't trigger the “fight-or-flight” response our bodies often go through in an intense situation.

The possibility of sex being one of them, of course.

Fight-or-flight usually diverts blood to your vital organs as it thinks they're under threat – but, crucially, not your penis.

With your brain calmed, however, the blood can flow your member instead – and voila, there's your thick hard-on.

Your night of wild, sensual passion with your lover now awaits...

Conclusion

Hopefully you've seen how easy it can be to give your body the very specific physical and mental triggers it needs to produce a raging hard-on – in just a matter of seconds, when YOU decide.

By understanding just a little more about your body and mind, you'll find it simple to stimulate it in ways – particularly the massage – that require very little time and effort, and work no matter your personal circumstances.

It can take you from struggling to keep it up at all to enjoying extremely powerful and hard erections – the benefits of which both you and your woman will appreciate, I'm sure.

But here's the deal.

Whilst this two-pronged 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 quickly get hard, but how to stay hard and increase your stamina?

If you enjoy what this simple method can do, then you'll love the more advanced strategies I've got for you 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 as well as size, you've got the opportunity to learn from adult movie star Aaron Wilcoxx.

A star of over 200 adult movies, Aaron's been able 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 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...



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