



## **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.

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## Introduction

Hey, Jack here.

Trust me, you're not going to regret downloading this special report.

That's because it contains a simple technique – which I've named **"The X Method"** ...

...that's designed to help men of all ages overcome performance anxiety, improve stamina and produce the thick, firm hard-ons (on command) they've always wanted.

It works by "hacking" your nervous system to break the mental cycles that lead to performance anxiety... meaning you'll be able to consistently enjoy incredible sex, getting and staying ridiculously hard whenever you please.

You can quickly carry it out in just a few minutes before you start to get intimate.

Don't be daunted by the clever science behind this method: I've kept everything as simple as possible.

You'll find clear, straightforward instructions for **"The X Method"** so you can put it into practice straight away.

Yep, you could banish performance anxiety forever – and become an incredible performer in the bedroom that drives your woman wild with pleasure and excitement – as soon as TONIGHT.

I hope you find this useful. 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.*

## Why do so many men struggle to beat performance anxiety?

I'll share my method with you in a moment (it's in the next section).

But first, I want to explain why the other ways men try to overcome performance anxiety often fail.

Here's the gist of it:

When men run into an issue with their sex lives – whether it's performance anxiety, disappointing hard-ons or poor stamina...

...they look for some advanced technique and trick to add to their routine.

By mastering it, they'll fix whatever's been holding them back all this time – and become the lover they've always imagined being.

Of course, these things CAN lead to improvements.

But here's what men frequently forget.

If you don't have the **FUNDAMENTALS that lead to good performance nailed down**, it's unlikely this extra stuff will improve your results.

Here's the truth:

A huge number of male sexual issues come from neglecting the simple things.

We get so fixated on “the one thing” that'll make us an incredible lover that we forget the importance of doing the basics well.

But I think men should be far more excited about having good fundamentals.

After all, they're far easier to work on and improve than any of the more advanced sex “hacks” out there.

And when you have got them nailed, that's when the advanced stuff really helps turn up the heat.

That's why "**The X Method**" is so useful.

It targets a basic aspect of the sexual process that most men never even think about...

...but is very simple to address – and can dramatically change their results when they do. No fancy new skills needed.

Best of all, it requires almost no practice and can be completed in a matter of minutes.

Want to try it out? Just read the next page...

## “The X Method”

Okay, I’ve stalled long enough.

The fundamental part of the sexual process that so many men neglect, to their great cost...

...isn’t some complicated position or “move”.

It’s their **breathing**.

Yes, following the right breathing pattern can disrupt the mechanisms responsible for performance anxiety – and get your brain to send blood to the right place at the right time.

Small wonder so many guys forget about it. I mean, it’s not the most exciting solution!

But it’s one that has a significant impact on your results.

Since you know how to breathe already (I hope!) it’s merely a question of following the right rhythm.

And this quick exercise helps you do just that.

The next time you’re about to make things hot and steamy with your lover, do this before you start...

1. Take a big, deep breath in through your nose, ensuring your shoulders stay loose and relaxed. You should feel your chest rise very slightly.
2. Breathe out via your mouth. Make sure your jaw stays nice and relaxed and your lips softly pursed, exhaling the air nice and slowly.
3. Repeat as much as you want until you’re in a nice, relaxed state of calm. Whether that’s 30 seconds or 10 minutes, do it as long as you need to feel totally comfortable.

And that’s it. You can do it standing up, lying down, wherever: it can be just as effective.

Seems very simple, right?

However, it definitely isn't too good to be true.

Read on to find out why "**The X Method**" works...

## WHY does this work?

Now, this involves some pretty complex science.

Don't panic – you don't need to fully understand it to make this work for you.

So I've tried to strip out all the fancy jargon and keep this as simple as possible.

Here goes...

Basically, your lungs contain a set of receptors.

When you inhale and exhale, this stimulates a bit of your nervous system which causes several bodily functions to relax.

This means the “fight-or-flight” response isn't triggered as the situation suddenly feels far less threatening – which, if you're a man with performance anxiety, is very likely to happen if you're afraid of being unable to perform.

“Fight-or-flight”, for complex evolutionary reasons, diverts our blood flow to several crucial parts of the body to protect them from the threat.

But, importantly, *not* your penis.

With this breathing exercise, however, you've got a tool to fight back against your nerves and calm your brain down.

It's the whole reason we're told to “take a deep breath” when we're feeling stressed.

And, as it turns out, doing so can lead to some pretty sweet improvements to your performance in bed.

Not just **overcoming performance anxiety**...

...but also **boosting your stamina** to last WAY longer before climaxing...

...and, obviously, producing **much thicker, more engorged hard-ons**.

## Conclusion

With this simple breathing technique, you've hopefully seen that overcoming performance anxiety doesn't need to be hugely complicated.

Just a little extra know-how about your body responds to stress can allow you to directly control it. By simply by focusing on the fundamental little processes that help you and your partner enjoy amazing sex, you'll start seeing improvements no matter what your personal circumstances.

Struggling with performance anxiety is something millions of men go through every day. However, it is much simpler to address than most men realize – and I'm sure you'll be pleasuring your woman like never once you start doing this.

And as I said earlier, when you've got this basic process sorted, THEN you can use the more advanced stuff to take things further.

Truth be told, "The X Method" is a good starter method for enhancing sexual prowess... but it's only scratching the surface.

Do you like the idea of not just eliminating performance anxiety, but giving your partner multiple screaming orgasms a night...

...and enjoying the kind of stamina only adult stars are usually capable of?

If so, then you'll love this more advanced strategy I've got for you.

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

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

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...



**CLICK TO WATCH**

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