TONIGHT'S EMERGENCY PLAN TO LAST LONGER: 7 STEPS

WITH ILLUSTRATIONS!



* No experience needed * Everyone can do it *
Works 100% of the time

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Tonight's Last-Minute Emergency Plan to Last Longer in Bed: 7 Steps (with illustrations)

Written by Deon Black

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Looking for the Table of Contents?

You have no time for that!

Hurry up, scroll down and start reading!

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This guide goes straight to the point.

No theory, no planning, no training.

It just shows you everything you can do to last longer tonight or in an emergency situation (if you've disappointed your partner a lot lately and want to do better tonight, or if you're going to have sex with a special someone or a girl you're dating and want to impress).

I designed this book to help you last longer quickly and easily tonight, but of course for permanent, solid, life-lasting results you might find it useful to check out my training program The 47 Hour Premature Ejaculation Cure.

Let's get started!

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Assumption: You're going to have sex in 1-2 hours.

This book assumes she's not with you yet.

Let's assume you have at least 1 hour before you meet her for sex.

The things you're going to do are:

1. Relax your penis
2. Prepare for success
3. Get comfy and cool down when you're with her
4. Take your time - Slow down during foreplay (important)
5. Get her on top and tell her much you love her body
6. Focus on the pleasure (by telling her how you feel)
7. Make it look like…

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PHASE 1: Relax your penis

She's not with you yet but your mind is starting to think about having sex with her. Right?

This is the first phase. In my training program The 47 Hour Premature Ejaculation Cure I tell you exactly how arousal starts and develops in your mind and give you the tools to handle it forever, but tonight you have no time for training. So let's get straight to the point:

Having sex in your mind and having sex physically creates the same physical reactions in your body.

When you think about sex and imagine it vividly (both consciously or unconsciously - sometimes you visualize but are not aware of doing it) your body starts reacting and preparing for "reproduction": your pelvic floor starts contracting and the arousal grows in your body.

So you need to find the moment when all of this starts. You need to find the moment you start imagining and visualizing tonight's sex.

Since you bought this book, that moment is probably right now!

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Actually for some of you the moment you started visualizing tonight's sex was hours ago, so let's assess your condition first.

Be honest with yourself and determine which of the following arousal situations you're currently in.

a) You're so horny now that you feel like you're almost coming or would come soon if someone or something touches you.

b) You haven't had an erection yet or you have one and feel excited but still in control, like it's not too bad and you can manage it.

Are you closer to a) or b)?

a). Generally speaking I never suggest this, but if you are in the first group of people and feel like coming now, you'd better masturbate and come.

Remember that as said in the introduction I'm assuming you're only two or even just one hour away from sex, this is an emergency situation and there's no time.

If you are going to have sex tomorrow, you don't need to masturbate, actually it's better if you don't.

b). If you're horny but in control, understand that what you need, that your number one commandment is to "relax". I know you've

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heard people telling you to relax during sex, but these people always forget to tell you the missing part of the equation.

Since sex starts the moment you start thinking about it, that's the moment you need to start relaxing and being in control.

When you think about tonight's sex and start getting an erection your arousal is still low and therefore manageable.

So let's do something to keep it in control when it's small!

You need to start relaxing as soon as you start getting aroused and not when you're about to penetrate her.

Do something that relaxes you, if you can't think of anything or don't know what to do, or everything you've tried never works, forget about your own relaxation methods and follow my advice below.

If you are at home:

Lay down on your side, curled up like a baby in the fetal position and breathe in that position for as long as it takes to make you feel more relaxed (usually 15-20 minutes).

It's important that your body is relaxed, but there's one specific part of your body which needs to be relaxed the most, which is the pelvic floor.

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You have no time for that right now (when you go through my training program The 47 Hour Cure you'll learn how to create balance, strength and control in your pelvic floor so that you can last even 40 minutes non stop). I'm not even going to put a picture of the pelvic floor or explain how it works. It would take too long, so here's a very generic summary: just relax your penis.

When your penis gets hard, the blood is compressed into it, just "relax" it as though you want the blood to flow out of your penis.

Relaxing your penis will keep the blood from getting stuck inside allowing it to flow in and out of your tool giving you a "relaxed" erection (if you have an erection already).

Forget about the rest of your body, just make sure your penis is relaxed. Try, try, try and try. Don't force it, just relax.

If relaxing your whole body is difficult for you or too overwhelming, just relax your penis.

Now if you had the possibility of laying down and breathing in the fetal position, great, it should help you relax. If you didn't, I've got another solution for you:

Stand straight.

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Imagine that a hook connected to the ceiling grabs the bone in the middle of your chest and pulls you up.

Your body is relaxed and hanging from this imaginary hook in the middle of your chest. Open your legs wide, take all the space you need, lift your chin, clap your hands or make some hard fists and say to yourself with energy (better if aloud): I can do this! I can do this! I can do this!

Say it with energy! That bloody energy that is making you nervous has to be channeled somewhere else.

Use it to energize yourself! Use your energy to help you out!



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Walk around your room or wherever you are keeping your chest and your chin up, like if you're an Emperor, not a king, but an Emperor!

How's this gonna help you?

I want you to realize what confidence and control feels like and this is the quickest way to do that. It's not gonna transform you overnight, and am not saying you need to do this while you're with her, but you simply need to feel how confidence and control feels.

From now until after you're done with sex tonight try to keep that feeling of mastery, power, uniqueness, domination, etc.

Hold that sensation with you from now until the end of the day.

You need to be in control. There's no time for training, so just keep your back straight and your chest and chin up.

Act in control, relax your penis, breathe.

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PHASE 2: Prepare for success

I don't care what you say, I don't care if you hate condoms, if she's on the pill or whatever.

Go get some condoms. If you have them already, good for you, it's one step less.

You need lube too.

You need lube not just to penetrate her but to masturbate her too. So even if you've never used lube with her before or if you think she's not going to like it or anything like that, just get one. It will help you reduce the friction on your penis and help her if she gets dry after all your fingering.

Next, cut your finger nails.

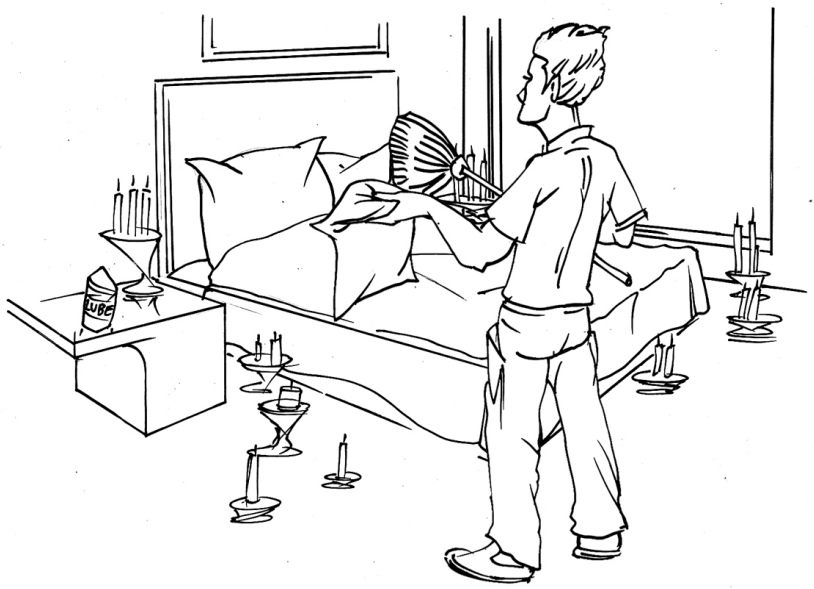
How are you supposed to masturbate her? You're gonna kill her if you don't cut your nails, her clitoris will get scratched and she'll feel pain instead of pleasure.

No excuses, cut your nails.

Then, if you're having sex in your house, make sure everything is clean and in good condition, especially in the bedroom.

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Tidy up and clean your bedroom if necessary. Make it look so clean that you could host an open heart surgery on your bedroom floor.



Why is it important?

First it'll keep you busy, second you'll feel more confident and proud of your house and third, being in a clean, nice looking environment, she'll feel more relaxed (which means she'll orgasm more quickly).

Recap: Get the condoms, get the lube, cut your nails, tidy up your house and create a relaxing environment in your room.

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Soften the lights, maybe get some candles (women love candles! So get some if you can) put on some clean sheets, make everything look nice and soft and play some relaxing music.

Got only death metal or goth music? Get on the internet and stream some nice soft music, it's even better if it's from a female singer.

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PHASE 3: Get comfy and cool down when you're with her

Now, you're going to pick her up or she's coming to pick you up or you're meeting somewhere - basically you're about to see each other.

These first moments together are very important.

You need to keep breathing and keep your penis relaxed (when I say: keep your penis relaxed, I'm not saying to repress the erection! Not at all! Just try to relax the muscles at the base of your penis, try and you'll know what I mean).

How do you stay relaxed when with her?

Listen, I know how difficult this can be if you're used to getting anxious in these situations. So I'm not saying that the next trick is gonna transform you and give you I don't know what, but it will work for tonight.

Here's the trick to help you stay relaxed when she's around tonight:

Whenever you talk, walk, sit or whatever, always keep the goal in your mind to find the most comfortable position you can.

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So if you've got your arm around her on your couch or in the car, try to open up your body and find the most comfortable position.

Ask yourself at any given moment:

Am I as comfortable as I could possibly be?



If the answer is no, get comfortable.

If it's yes, try to find an even more comfortable position.

This trick will keep your mind busy, will make you look relaxed and confident and, even better, it will actually relax your body.

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Of course this is a trick and not a permanent solution. In my program The 47 Hour Cure, I explain the dynamics of arousal in your mind and you'll learn how to solve the problem from the root up for permanent sexual confidence and control.

In chapter two of The 47 Hour Cure you'll develop a fool-proof winning mindset and train your mind for lifelong control, in chapters four and five you'll condition your body to arousal and learn how to totally master it, easily and peasily.

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PHASE 4: Take your time - slow down with foreplay

This is the most important part and what screws most guys. This is the moment that decides your destiny. Foreplay is the time when you determine if you're going to come quickly or last.

It's not easy.

Read carefully! When you start kissing and touching her, basically when foreplay starts: keep your penis relaxed, move slowly, don't allow her to touch your penis (if she does, take her hand and put it on your shoulder and say something cheeky) and gently touch and caress her.

I know how you feel, I know that gently doesn't feel normal because all you want to do is squeeze her ass, grab her breasts and bang hard, but you can't afford that tonight and if you try to do it you'll come soon.

So move slowly and don't allow her to touch your penis much (just a bit and only if you can handle it).

Now, she's lying down naked and you're getting naked too. Get the lube (remember to cut your nails if you want to attempt any masturbation otherwise she'll feel pain and not pleasure).

Kiss her body everywhere for a little while.

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For how long?

Let's say count 100 kisses. Don't do anything else until you've kissed her naked body 100 times (don't just focus on her breasts and ass, move around and kiss everything, even her arms and fingers), it'll help her relax, she'll get hornier and you'll keep your sexual "pace" slow and in control.

Keep the pace slow and in control.

Slow and in control. Got it?

Don't rush! If you rush that's not control.

Tonight's foreplay's number one rule is: slow and in control.

Rule two: Don't go straight to the breasts or to her vagina.

I know how attractive they are and how much your body wants them, you need to avoid those parts at the beginning of your foreplay.

Touch and kiss her whole body beside her vagina and nipples, get close to them but don't go straight there. After your 100 kisses, you can gently make your way there.

When she's relaxed and comfortable, start stimulating her vagina with your finger or tongue.

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Here's some quick tips for that too.

I'm thinking of writing a book about foreplay, masturbation and cunnilingus, if you'd be interested in it send me an email to let me know.

As a quick tip for tonight, forget about the orgasm but focus on pleasure. Focus on giving her pleasure. That's all.

Remember, for tonight: No orgasm but pleasure.

When you focus on pleasure, orgasms may follow.

This is not a fingering/cunilingus book and anyway you have no time to learn a technique in one hour.

So just understand the most important thing: Read her body. Don't listen too much to what she says but understand from her reaction what's working and what's not.

Of course if you go for masturbation you need a bit of lube, if you go for your tongue you don't. If you want to do both you can either use a flavorsome lube or use your tongue first and then add lube and use your finger. These are basic things that you most probably know but I'm writing them just in case.

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Like you did for her breast take your time, slow down, be in control, don’t go straight to the clitoris, but explore her entire vagina.

Go with the flow, enjoy, let her know how much you enjoy her vagina (she loves hearing it), let her know how good her vagina tastes (she’s afraid you might not like the way she tastes, so tell her). Slow down, see what works and focus on giving her pleasure.



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Every technique I could give you now would make you nervous because you have no time to learn it properly and you would look like you have no idea what you're doing in front of her.

So just go slow, focus on her pleasure (not on the orgasm) explore all areas, read her feedback, do what works and enjoy.

Have fun and enjoy doing it.

Don't finger/lick her for more than 10-15 minutes.

If she comes, better, if she doesn't, no worries! You can't go on forever or she'll get tired or sore. After a bit of fingering/ cunnilingus and with your penis hard (but relaxed), go to the next phase and penetrate her.

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PHASE 5: Get her on top and tell her much you love her body

Critical decision moment.

Check out your condition.

How do you feel?

No matter what you've done so far you feel very close to coming?

If that's the case you'd better get your penis in her mouth and come there. Don't even penetrate.

Tell her you like her mouth and are going to have sex with her twice, in her mouth first and in her vagina later (of course if you've come in her mouth, wash yourself before penetration).

If instead you feel excited (and that's normal of course) but you feel better than usual and more in control, then don't hesitate further, get your condom, put quite a bit of lube on, lay down on your back and get her to ride you.

Don't move simply keep your body relaxed while she rides your penis. Find a comfortable position and let her have fun.

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Keep your penis, ass and thighs relaxed and focus on her by telling her how much you like her body and how sexy she is.



First, she'll like hearing it (even the hottest girls on the planet have physical insecurities - no matter how perfect her body looks

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to you, you can rest 110% sure she's got some little insecurities, that's just the way women roll) second it will move your attention to her body which will keep you relaxed.

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PHASE 6: Focus on the pleasure (by telling her how you feel)

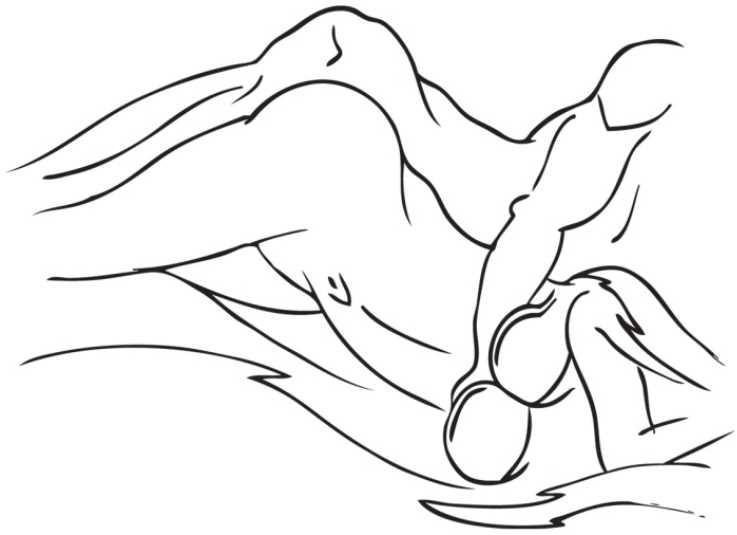
She might get tired of being on top or for some reason you want/need to change. Don't go doggy style for now.

For most men the missionary position is the worst, others like it because they can easily withdraw which makes them feel more in control.

So I'll give you two options.

If you've had no troubles with missionary in the past, go missionary, otherwise go side by side like showed in the picture below.

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Now, everyone's got a different penis and every woman has a different vagina, so no matter how accurate I'm trying to be in giving you these positions you need to find the ones that are good for your bodies.

The trick to understanding if the position is going to be good for you (for tonight) is to pay attention to what part of your penis rubs her vagina the most.

If you feel like your glans (the head of your penis) is rubbing too much, then the position is not good for you, so change until you find one where the shaft (side or base) gets stimulated the most.

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The side by side position should work just fine for that.

While you're thrusting into her, your focus will make all the difference.

Either you can focus on giving her pleasure or if you have done that in the past and it hasn't worked, then focus on your own pleasure.

Focus on the pleasure you feel in that moment all over your body.

Feel the pleasure in your head, in your shoulders and in your feet.

I know you feel a lot of pleasure in your genital area, but focusing on that is not gonna help.

Focus on the pleasure in your body and don't compress it but let it go. Let your body breathe, imagine your body is infinite, wide and occupies the whole room, let the pleasure spread throughout your body (this trick removes pressure from your pelvic area).

If it helps (and it does for most) make noises aloud:

"yeahhh ohhh yeaaahh baby yeahh"

Tell her how much you're enjoying and how much pleasure you feel. Women love that, they feel appreciated and sexy and you'll focus even more on your pleasure without inhibitions, which will

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help you last because you're not trying to repress the arousal but are expressing it with your body and voice and you're not thinking of orgasming but focusing on the pleasure in the moment.

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PHASE 7: After Coming…

I hope you do better than usual tonight and am sure you will, but in case things go wrong there are a few things you need to do.

One, never justify yourself or say sorry.

If you're coming before you were planning to just tell her how much you like her body and that you really want to come inside her.

Make it sound like a compliment and most women will take it as one. Tell her before you come that you're going to come, make it look like a choice.

Don't complain afterwards, don't apologize afterwards but if you feel like you've lost control and are about to come, just tell her you want to and you're going to come inside her because she's so sexy you can't resist.

If instead you've managed to last longer than usual and are happy and proud of yourself (you should be man, not everyone takes the time to improve their sexual skills - your girl is lucky to have you) just take her in your favorite position (doggy style or whatever) and go as fast and hard as you like and come.

Reward yourself for your efforts.

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Whatever you do, remember that afterplay is just as important as foreplay. After you've come, stay with her, kiss her and make her feel sexy and loved. I know your condom is full of sperm and you want to go wash yourself, but as long as your penis is hard and you're outside her vagina watching out for the sperm, make sure to stay with her for a few minutes more.



Then go wash yourself (very well) and decide if you want to start another round or stop there for tonight.

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Read this tomorrow!

For tonight just focus on the above.

This book is an emergency measure and not a definitive solution. It limits your range of action, positions and most importantly it doesn't change your habits.

The best solution for you is my training program The 47 Hour Cure, which trains you step by step, helping you fix this forever.

When you follow my training program, you attack premature ejaculation from the root up, mentally and physically so that lasting longer becomes second nature.

You won't need to think about relaxing because you'll be relaxed, you won't need to think about controlling yourself because you'll be in control.

The 47 Hour Cure makes you the man who's naturally able to last in bed. It's a transformative life changing experience.

It does need you to be willing to train, but the results and the satisfaction you'll experience will be totally worth it.

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