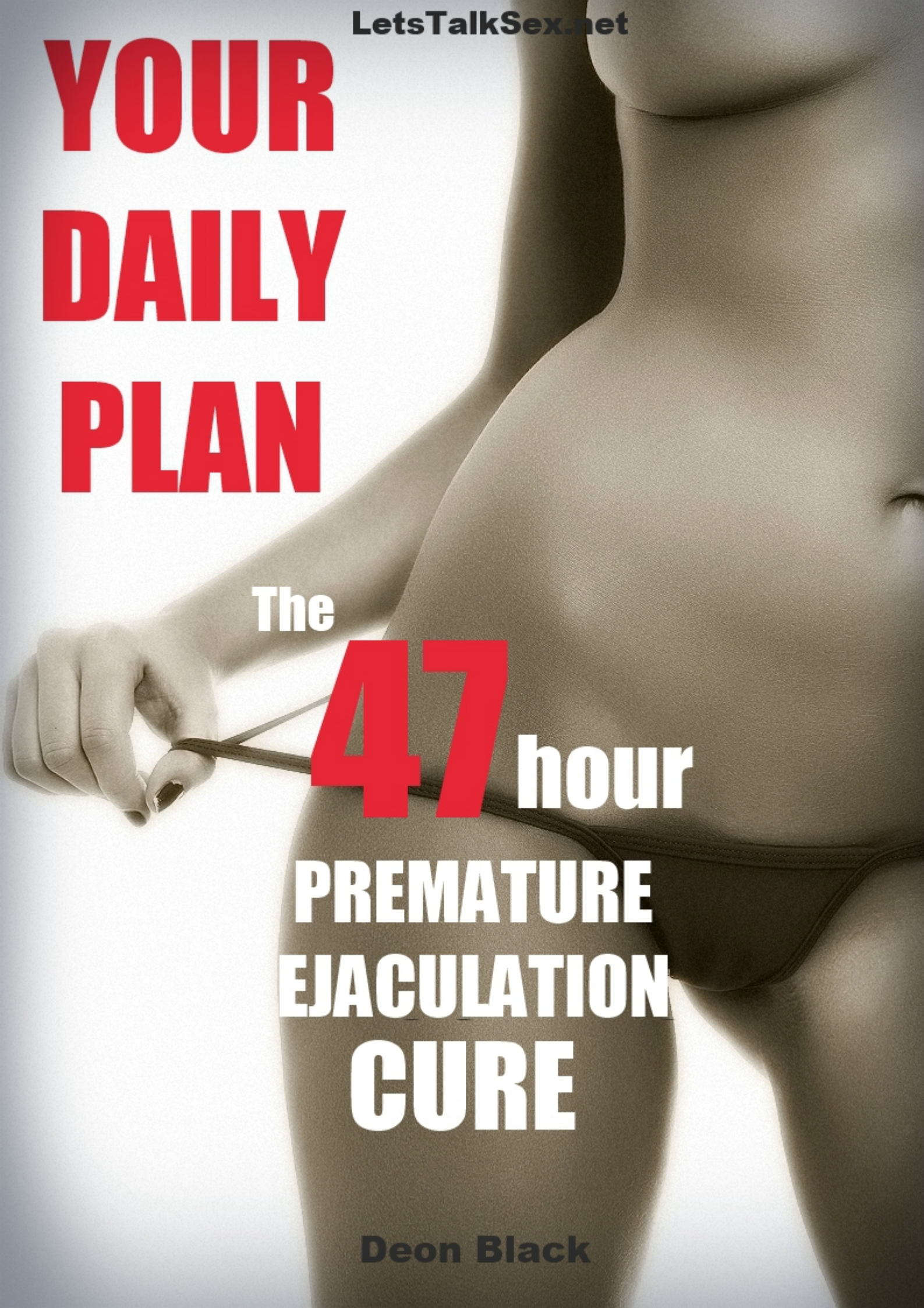
LetsTalkSex.net

YOUR DAILY PLAN



The 47 hour PREMATURE EJACULATION CURE

Deon Black

Your Daily Plan

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The 47 Hour Premature Ejaculation Cure

Created and written by Deon Black

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Important:

For instructions on how to use this Daily Plan refer to the Core Program.

Timing

	Minutes	Days		Total
Action No.1	10	30		300
Action No.2	6	30		180
Action No.3	10	6		60
Action No.4	20	6		120
Action No.5	20	6		120
Action No.6	20	6		120
Action No.7	20	6		120
Action No.8	20	6		120
Action No.9	15	3		45
Action No.10	15	3		45
Action No.11	15	3		45
Action No.12	20	2		40
Technique 1	15	1		15
Technique 2	15	1		15
Technique 3	15	1		15
Action No.13	20	1		20
PF B.	15	24		360
PF C.	6	24		144
PF A.	6	12		72
PF Y.	2	8		16
Action No.14	20	9		180
Action No.15	20	3		60
F. Breathing	3	60		180
Action No.16	20	3		60
Action No.17	20	6		120
Action No.18	20	6		120
Action No.19	2	60		120

2812	minutes --->	46h 52min
		46.87hr

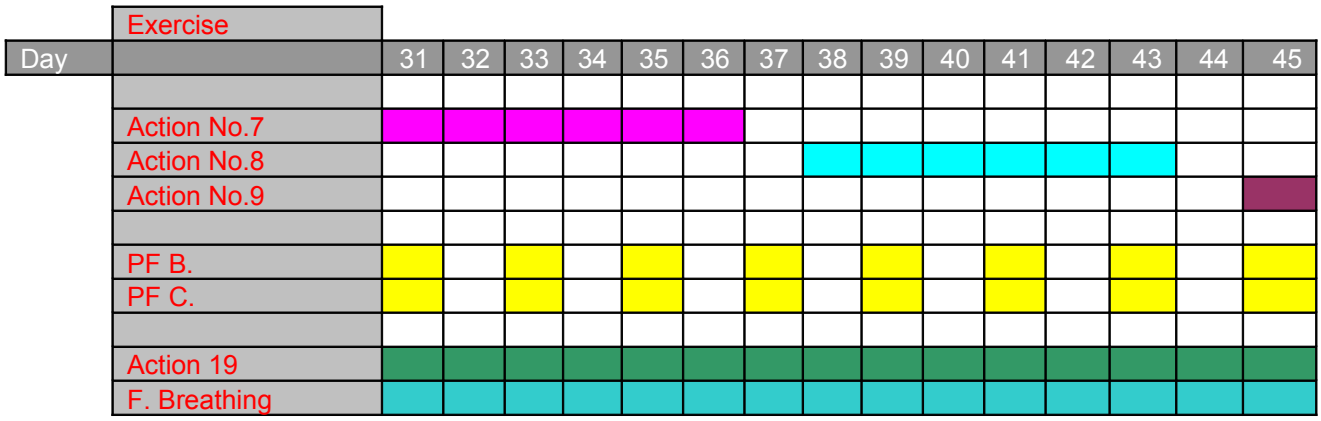
Day 1 to 15

Day	Exercise	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	Action No.1															
	Action No.2															
	Action No.3															
	Action No.4															
	Action No.5															
	Action No.6															

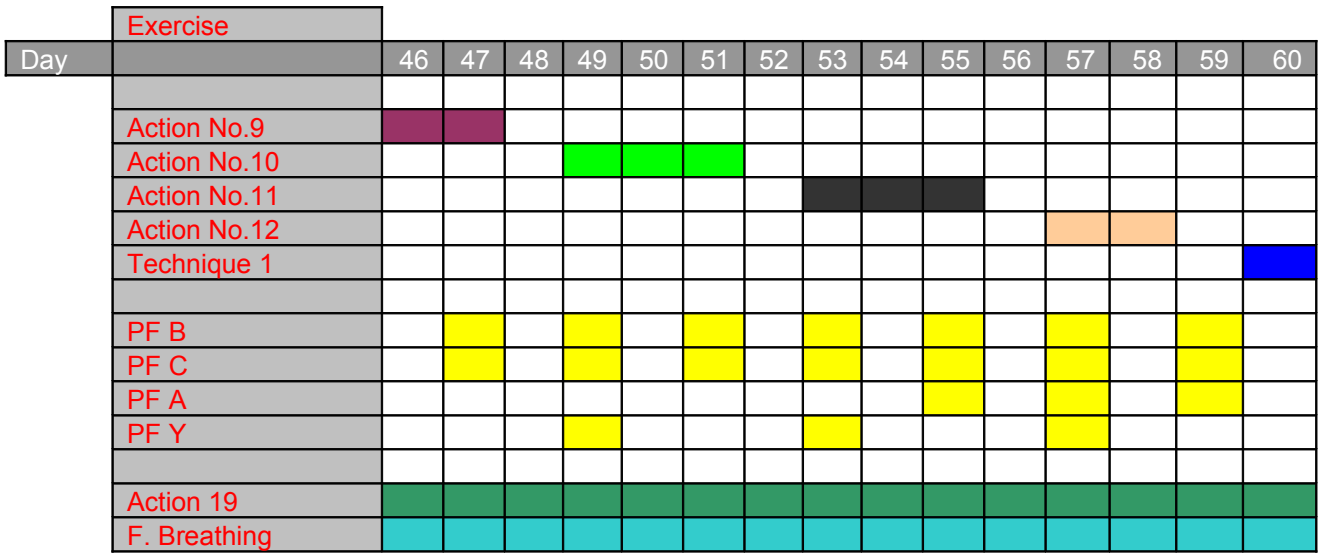
Day 16 to 30

Day	Exercise	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	Action No.1															
	Action No.2															
	Action No.3															
	Action No.4															
	Action No.5															
	Action No.6															

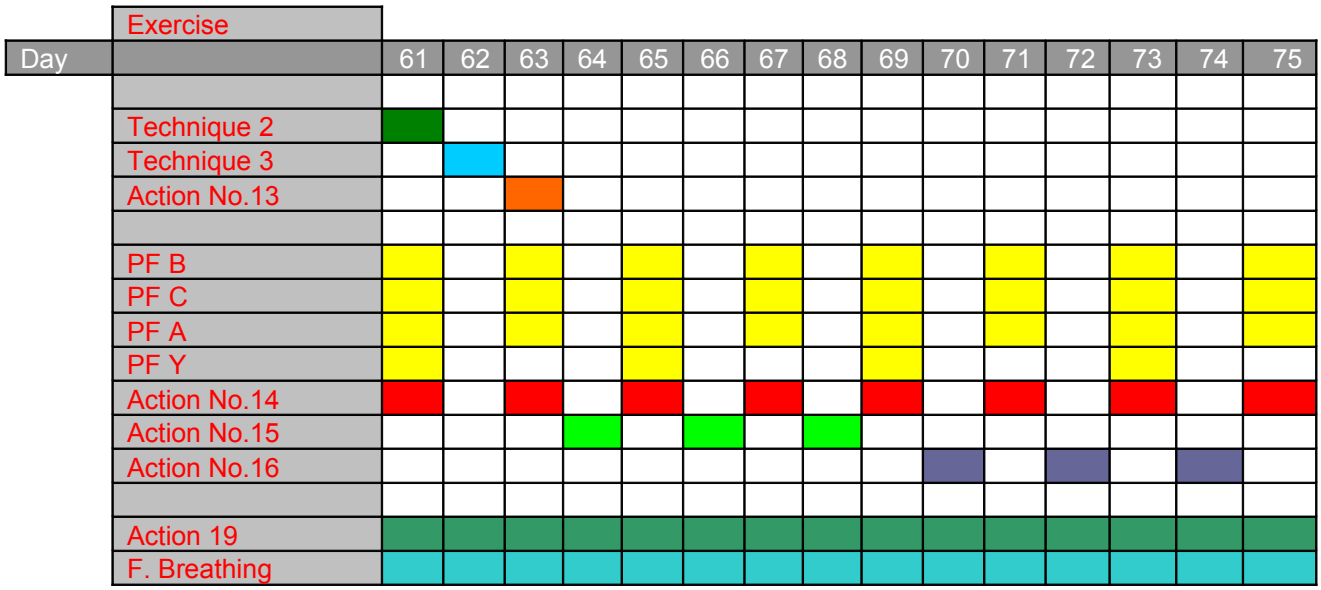
Day 31 to 45



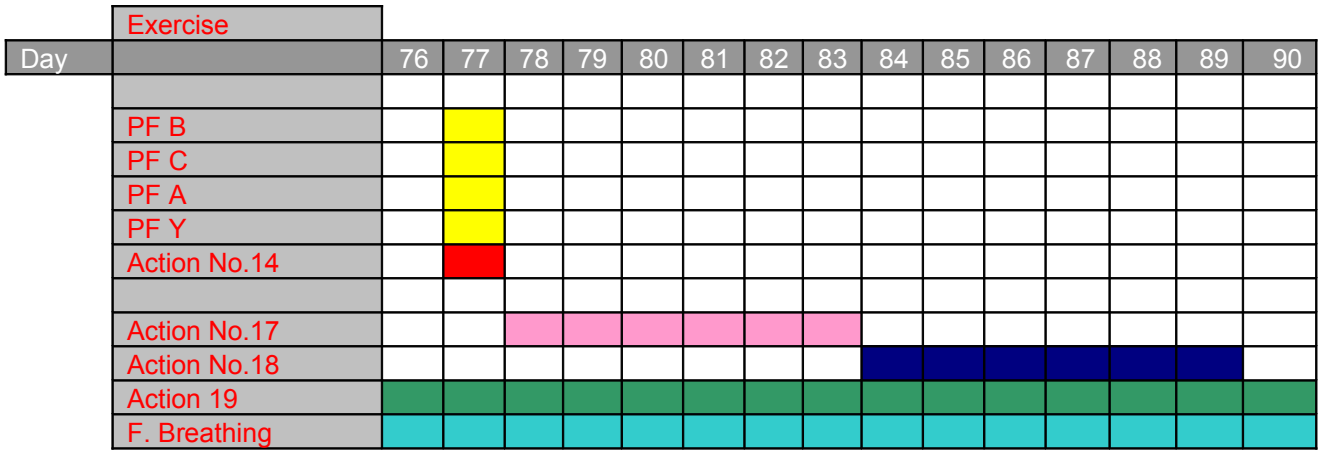
Day 46 to 60



Day 61 to 75



Day 75 to 90



About the Author

Deon Black is the owner and blogger at LetsTalkSex.net.

Everything he writes comes straight from the heart of a man who was desperate and that proudly turned his sex life around with self-education and perseverance. After going through all sorts of trial and error, research and experimentation, he took absolute control of his sexual performance, even beyond what an average man can do.

He's now a leader and an authority and the number one blogger on "premature ejaculation" in the world.

As p.e. survivor, Deon is devoting his life to helping men achieve the sexual performance they dream of in a natural way.

He lives in Europe at the moment, mainly for the good food, and is probably moving to Australia later this year.

You can read more about him or contact him on his blog: LetsTalkSex.net