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"Coping with Premature Ejaculation is chock-full of great suggestions for improving one's sex life. Written by two experienced sex therapists, the book offers sound advice and sensible suggestions for gaining control over ejaculation and, more importantly, for becoming a better lover!" ...

Coping With Premature Ejaculation: How to Overcome PE ...

Home remedies. The baseball technique: Think of something that isn't sexy. This technique can work to some degree, but it's not a good way of making love ... Condoms: Condoms cut down on the sensations that a man has. If one condom doesn't work, then put on two or more. Although using two condoms ...

How to Deal with Premature Ejaculation - dummies

Common treatment options for premature ejaculation include behavioral techniques, topical anesthetics, medications and counseling. Keep in mind that it might take time to find the treatment or combination of treatments that will work for you. Behavioral treatment plus drug therapy might be the most effective course.

Premature ejaculation - Diagnosis and treatment - Mayo Clinic

How to deal with premature ejaculation Have him do the Valsalva maneuver and build up his PC muscles. Join in the fun by doing your kegels. Nerves and anxiety can trigger premature ejaculation. Encourage relaxation. A little pre-sex yoga, meditation, or... Try climax control condoms. They feature a ...

Come on! How to deal with premature ejaculation -Bedsider

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My favorite intervention for premature ejaculation is to take the brakes off. I get agreement from the couple for him to go for broke! Ejaculation is caused by two things: anxiety and erotic...

5 Ways to Overcome Premature Ejaculation | Psychology Today

When attempting to deal with your premature ejaculation issues, it's important not to see alcohol or drugs as an answer. 'Numbing yourself' ahead of sexual encounters and self-medicating won't get...

How To Deal With Premature Ejaculation - AskMen

Regardless of how long he can wait before orgasm, it can take women longer to get there. He can help you by making an effort to delay ejaculation, and in other ways. You likely need clitoral stimulation in addition to intercourse, so ask him to use his fingers, tongue or toys to please you before, during or after he orgasms.

How to Deal With Premature Ejaculation: What Every Couple ...

Doctors often recommend counseling to treat premature ejaculation. That may include psychotherapy, as well as learning ways to communicate with your partner about sexual dysfunction. Another...

How to Overcome Premature Ejaculation - Sexual Health ...

To help with delayed ejaculation, your husband needs to learn to concentrate on his own arousal, because he isn't able to experience it as arousing enough to send him over the edge. So spend some time just touching him and pleasuring him without actual intercourse.

Sexual Dysfunction in Marriage: Dealing with Premature ...

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In This Book You Will Learn Premature Ejaculation: Definition, True Symptoms Causes of Premature Ejaculation Secret Muscle Exercises Powerful Breathing Techniques Meditation Skills For Control Physical exercises & the Importance Pleasuring Your Partner without Penetration (secret arousal zones) Coping with Premature Ejaculation on a Mental and Emotional Level ...And much more!

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Learn about the different types of premature ejaculation and use assessment exercises to find out which you suffer from. Then, follow one of the structured, symptom-specific treatment strategies based on psychological, relational, and physiological techniques. Find out ways to prevent relapse. Enhance and improve your overall sexual relationship.

Coping with Premature Ejaculation by McCarthy, Barry W ...

“Coping with Premature Ejaculation is chock-full of great suggestions for improving one’s sex life. Written by two experienced sex therapists, the book offers sound advice and sensible suggestions for gaining control over ejaculation and, more importantly, for becoming a better lover!” ...

Coping with Premature Ejaculation | NewHarbinger.com

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