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How to Control Premature Ejaculation - 3 Explosive Tips to Help You Last Longer in Bed

Use the right position- The sexual position you might use has a great impact on you and the level of control you can have over your orgasm. Certain position lead to strong stimulation of your penis thus making you orgasm fast. Therefore in order to control your ejaculations you must use the positions where your penis receives the least amount of stimulation which will help you last longer.

So then I looked to the creams. My buddy told me that he had tried out some anesthetic creams. They work by desensitizing your penis a little. In fact, you could even get one in a condom. These were actually really good but they had a couple of drawbacks. For one, I lost a little feeling down there but secondly, they were kind of hard to use when I had a one night stand. I couldn't exactly say "hold on honey while I get out the delay spray", could I? Writing about reduce penile sensitivity is an interesting writing assignment. There is no end to it, as there is so much to write about it!

Most experts agree that the average amount of time a typical man can maintain active thrusting before ejaculation is around three or four minutes. That is a lot longer than I used to be able to last, but a far cry from what the adult film industry would have you believe is average. Keep your mind open to anything when reading about reduce penile sensitivity. Opinions may differ, but it is the base of reduce penile sensitivity that is important.

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