



Proven Simple Technique
to Last Longer in Bed
 Immediately



Gentlemen,
Let's face it, *ejaculating too soon is
the ultimate buzz-killer.*

Ejaculating too quickly can not only
ruin an entire evening...it can also
adversely impact your confidence,
sexual relationships and
psychological well-being.

**There is absolutely something
you can do about it, and it's an
easy fix.**



WORKS EVERY TIME

This simple technique will put you **fully in control of your ejaculation to become a long-lasting lover.**

This will work every single time, there's no skill set needed, and nothing to practice. This is a tip that you can utilize no matter who you are, where you are, or who it is that you're having sex with.



MEN'S PERFORMANCE COACHING

I am an intimacy coach and specialize working with men who suffer from premature ejaculation. Men have the idea that there's some advanced technique they need to start lasting longer or to be a better lover.

Yes, there are some amazing, advanced techniques you need to learn, practice, and integrate over time which make a **HUGE** difference in your lasting power.

But there are some techniques that you haven't even thought of that are so simple that might never have even crossed your mind.



NO RACE TO THE FINISH LINE

When it comes to sex, it is not a race to the finish line.

If you experience Premature Ejaculation, you might be anxious and thinking about it so much that you skip over a lot of details that can help you delay and last longer.





THE BIG SECRET

Okay, so here is the big simple secret to delay your ejaculation and last longer in bed. Are you ready?

The answer is “KEEP YOUR PANTS ON! “

I know you’re thinking okay, is that all?

How could that work?

This makes absolutely ZERO sense.

Let me explain. *Women take longer to heat up than men do, and you can use this fact to your advantage.*



3 EASY STEPS

*To Last Longer in Bed
Immediately*



01 DELAY YOUR CLOTHES COMING OFF: Build Sexual Tension

This is your greatest advantage and many of you are not using it. **The trick here is to delay your own clothes coming off as much as possible.**

You're probably used to having her touch you or start to pleasure you right away. Right?

NOT THIS TIME!

Keeping your pants ON for as long as possible will take the focus OFF you and will prevent her from touching you too soon.

This strategy gives you more time to warm her up before you get any kind of sensation or physical pleasure on your end.



02 PLEASING HER FIRST: Prioritize her satisfaction

Just say to her:

“I'm going to spend this time pleasing you, I want to satisfy you, I don't even want you to touch me. I want you to lay back, relax, and enjoy and let me do this for you.”

Tell her you want to get her ready, warmed up and hot before you allow her the pleasure of touching you back.

Take off most of her clothes and remove your own shirt. Utilize her entire body as a canvas for pleasure:

- Kiss and caress her neck slowly, savoring every moment.
- Slowly massage her entire body.
- Lightly touch her arms, chest, legs and explore sensitive areas.



03 MOVE SUPER SLOW: Embrace the art of mindfulness

Take your time and move **REALLY REALLY SLOW**.

The slower the better.

If you are worried about ejaculating too early, this gives you plenty of time to **FOCUS ON HER BODY** instead of focusing on your own fear, anxiety or worry about what's going to happen to you.

It's almost **IMPOSSIBLE** to go too slow or give too much care to every inch of her body.

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03 MOVE SUPER SLOW: Embrace the art of mindfulness

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The fact that you are keeping your pants on (or at least your underwear on) and denying her the pleasure of touching you back is also going to **DRIVE HER CRAZY.**

Give her an orgasm using your hands and your mouth and that way she is feeling satisfied and wonderful.

When your pants come off and she starts pleasuring you or the two of you start having sex, it won't matter as much how long you last, because you've already taken care of her needs.



SIMPLE AND EFFECTIVE

I hope that you liked this technique.

I know it's ridiculously simple but put it into practice next time especially those of you who are married or have been having sex with the same woman for a long time.

If you're used to having her touch you or start to pleasure you right away, surprise her this time by intentionally taking care of her needs first, going super slow and see how much longer you can last and how much more you're able to please her from start to finish.



A SUCCESS STORY

One of my clients, David, age 47 was discouraged and hopeless. He didn't initiate sex because he could only last about 20 seconds and then the inevitable ejaculation happened.

Sex was frustrating, not pleasurable, and he didn't know what to do.

David learned the proven strategies from my program **LONG LASTING LOVER** and put them into practice right away.

Within a few weeks everything changed!

He was able to re-gain confidence, extend lovemaking and be in control of his ejaculation. David can now last more than 10 MINUTES, which is a HUGE improvement.

WHO AM I

Olga Ribble



My name is Olga, and I am a sex and intimacy coach specializing in male performance.

My mission is to empower men to revitalize their sexual confidence, potency and stamina and become unforgettable lovers.

I created a **program for men with premature ejaculation that works called LONG LASTING LOVER.** It is a holistic approach that combines body-based exercises, mindfulness, integrating new habits, breath work and rewiring unconscious patterns. I rely on ageless practices from Tantra, Taoist sexuality and the latest scientific research and provide a comprehensive proven program that works!

Through my many years of experience and successfully working with hundreds of men, I learned what works for men to gain ejaculatory control and confidence and **it will work for you!**

I will be emailing you important information to assist you on your journey and I look forward to helping you **become a long-lasting lover.**

Please contact me to schedule a FREE DISCOVERY CALL to see how we can work together.