

# Appendix B

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## How to Minimize Premature Ejaculation and the “Tap Me” Secret to Prolonging Intercourse

In my own personal experience with a man who was prone to premature ejaculation, we found the following solution.

He would enter me very slowly. After he was fully inserted, we would both remain motionless for about a half-minute to a minute. This allowed him time to get used to being in me. (I think some men—or their partners—begin overly active thrusting too early, and this can quickly lead to a loss of control over the ejaculatory reflex.) Then, while fully inserted, he would wiggle in a side-to-side motion for another moment or two. We both found this very arousing, but not overly stimulating for him, because there is no wildly active thrusting.

After he could tolerate this amount of stimulation, he would proceed to use very short thrusting strokes, while simultaneously pressed up tightly against my clitoral mound. Within another minute or two, he would have complete control over his ejaculatory reflex and could continue to perform actively for as long as we wanted, often for a half-hour or more.

However, if we were at some point thrusting vigorously and he felt I was bringing him too close to ejaculation, he would lightly *tap me on the shoulder*, and I would immediately stop my pelvic movements. After about 15 seconds, we could then proceed to thrust again as actively as we wished. However, if

at any time he felt I was stimulating him to orgasm prematurely, he would “tap me” again. We’d again rest for about 15 seconds, more or less, until he felt he had his ejaculatory reflex under control.

I found this technique to be wonderful because he didn’t have to disrupt our erotic state with an unwelcomed verbal command like, “Stop for a minute.” The non-verbal approach is far superior, in my opinion. It sends the message in a gentle way and does not disrupt the ecstasy of the moment. Also, as a side benefit, the few seconds of rest recharged our sexual organs, so our pleasure was enhanced when we resumed.

As time went on, he increasingly gained greater control over his ejaculatory reflex, and it was rare that he had to tap me at all. Through this method, he developed complete control over his orgasmic response.

The idea in using this technique is for the man to maintain his sexual excitement at a level that provides great pleasure *without striving headlong towards orgasm*. This involves thrusting with short strokes and wiggling and jiggling a lot. My husband says that he finds it much more pleasurable to prolong the sex act at sub-orgasmic plateaus for an extended period of time rather than approaching it with the intent of achieving orgasm relatively quickly. And I agree.

Male readers should keep in mind that helping your female partner to achieve multiple orgasms will, in itself, keep the act alive longer. Experimenting with the sexual position described in Appendix A should help her to accomplish this.

The “tap me” technique and the technique in Appendix A will have their greatest benefit after restoration. Sadly, women of the survey indicated that they do not enjoy prolonged intercourse with the circumcised penis.