

Appendix C

A Solution for Those Circumcised Men Who Take Longer Than They Want to Reach Orgasm

(And a Sexual Improvement in General)

This is only an interim solution, for after a man restores, he will find it much easier to come to orgasm (but not prematurely). Yet even after restoration, he may still find this technique desirable on occasion, or even routinely, for it may heighten his orgasm significantly.

Some circumcised men complain that they have to work too hard to achieve orgasm. Some have to pump away for a considerable time—they want to orgasm but find it difficult or impossible. This is not only frustrating for the man, but prolonged aggressive thrusting can also be discomforting for his female partner. Here is a suggestion which should prove helpful.

When the man is ready to go for his orgasm, the couple should assume the missionary position, wherein the woman is on the bottom with her legs open and the man is on top with his legs together. The woman should then close her legs—sliding them together to a point that is comfortable for the man. The man should in turn open his legs so that his legs are straddling her legs, i.e., ***his legs will be spread apart over her legs, which are now almost, or completely, closed together.*** In this position, greater pressure is applied to the penis. This added pressure may be enough to allow the man to come to orgasm virtually at will. Additionally, if the woman twiddles her partner's nipples, this will also help to bring the man to orgasm.

And finally, if prolonged thrusting has caused nerves to become over-stimulated, taking the penis out of the vagina for a moment should revitalize their sensitivity.