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Home remedies. The baseball technique: Think of something that isn't sexy. This technique can work to some degree, but

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it's not a good way of making love. Your... 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 ...

How to Deal with Premature Ejaculation—dummies

Here's how: 1. Remember, it's not just about you. Lovemaking is pleasure, connection, and eroticism between two people. Sure, men... 2. Orgasm quickly. Go again. My favorite intervention for premature ejaculation is to take the brakes off. I get... 3. Stimulate the whole body. While traditionally ...

5 Ways to Overcome Premature Ejaculation | Psychology Today

Premature ejaculation, or finishing sex within three minutes, is a common problem for men. A new FDA-approved tool might be able to help. ... Men coping with PE were simply left out to dry ...

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It is estimated that 30 million American men have problems with premature ejaculation. This book contains the latest, scientifically-based, multidimensional methods for overcoming all types of premature ejaculation and includes a complete relapse prevention program. Explore a multidimensional, bio-psychological approach to dealing with this problem and strengthening your sexual relationship.

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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 ...

There are also certain medical conditions which can trigger premature ejaculation, including erectile dysfunction, an overactive thyroid, certain prostate-related conditions and diabetes. Physical causes. www.doctorfox.co.uk. The psychological causes of premature ejaculation vary from person to person.

A man's guide to overcoming Premature Ejaculation

If your premature ejaculation is caused by a physical condition, treating the underlying condition should help. A GP can suggest possible treatment options. Treating premature ejaculation caused by psychological factors can be more challenging. But most men who persevere with treatment find the problem resolves. Self-help. There are a number of self-help techniques you can try before getting medical help. These include:

Can premature ejaculation be controlled?—NHS

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~~Coping with Premature Ejaculation | NewHarbinger.com~~

Explore a multidimensional, bio-psychological approach to dealing with this problem and strengthening your sexual relationship. Explode the myths of male sexual performance and analyze male sexual desire. 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.

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