

BIG PENIS **SECRETS**



**Several Step-by-step
Penis Enlargement Exercises**

**Plus The Truth About PE Gadgets & Pills * Power Foods & Herbs
Motivational Tips * Penis Measurement Guide * And More!**



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Introduction

Nothing can wreak secret havoc in our lives like having less penis than we'd like. It has both social and psychological consequences: low self-confidence, sexual anxiety, relationship fears, and social maladjustment – all of which takes a toll.

Whether real or imagined, having more penis girth and length are key ingredients in pleasuring and keeping our partner. For, if we don't feel confident about what we're bringing to the bedroom, the self-doubt alone can poison a good relationship.



This book provides hard-to-find information for guys who want a stronger, longer sexual presence. There are many purported ways to achieve more “manhood,” but most of the methods on the market either don't work or they're dangerous.

From penis pills and patches to pricey vacuum pumps and surgeries, a plethora of people with scams abound, all preying upon guys with a complex about their penis size. There are probably hundreds of penis enlargement schemes, but only one way is completely safe and effective: natural penis enlargement exercises supported by a diet designed to maximize the regimen's effect.

This ebook promotes good health and penis strength from within, and it costs next to nothing to implement. Well, as with any commitment to pumping up, you'll have to invest plenty of quality time. But with this program, you're spending lots of time massaging your dick. Who'd have a problem with doing this, not when it's proven to result in more inches to love?

So, forget about those expensive rip offs. Don't waste your time with money-sucking vaccums or pumps. To get your hands on an extra couple of inches, all you'll need are your own two hands, a good lubricant, certain power foods, and at least 7 minutes a day. Do this for a few months and *voila*, your girl will be so happy to see you “coming”!

The best way, by far, to grow the penis is through natural means. But before getting into the specific recommendations, it's essential to first understand our penises – ourselves... For, somehow, we are our dicks...

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Conclusion: Laws of Attraction

I can't express enough how important it is to patient. Increasing your penis larger takes time. Don't be too eager: You'll sorely disappoint yourself.

Finally getting a larger penis is worth whatever length of time it takes. You've lived this long with what you have now. So, what's another 6 or 7 months, another 2 or 3 years to rock a big cock?

Instead, focus on this:



Belief: This is crucial. You've got to wake up every morning eager to spend quality time making your dick bigger. Every day, it's got to be a constant thrill to get busy doing PE again.

Visualize: Put your mind's eye to work. You must constantly visualize what your bigger, badder stick will look like. Even imagine the moans and groans it'll generate when you're making love. Visualization is powerful; your thoughts are your reality.

Perseverance: While PE definitely works, it simply takes time. If you grow merely a half-inch a month, in two months you and your girl will know something's changed. So damned what if it takes several months – or even years – to make the gains you dream of. Slack off, and you'll never get 'er done. Don't fall into the trap of measuring yourself every day, either. Measure once a month and no more.

Focusing: Give your best with every stretch, stroke and squeeze. Don't waste your PE time simply going through the motions. Focus on making every motion sublime and singularly crucial to seeing the gains you're determined to make.

Acclimating: Many guys realize satisfying progress at a nice clip in the first couple of months, and then the gains seem to peter off. That's probably because the penis gets used to the same old PE routine. So, don't get stuck in one gear if you suddenly notice a growth stall. Shake things up a bit. Try new stretch angles, for example. Shoot to do more PE another time of the day. Always keep your prick guessing. It likes a challenge.

As a result, you'll not only improve how healthy and confident your penis looks, but how both you and "it" perform in bed! With PE, you'll **definitely** experience stronger ejaculations and last longer for the woman in your life. In fact, you'll feel like more The Man in all aspects of your life. And that's a new attitude you can take to the bank!