HAPPY, HEALTHY, & HUNG:

{UNLOCKING NATURE’S SECRET TO GETTING BIGGER}
Many men have no idea why they find themselves walking around with a mild case of micro-penis. And while Spartagen XT will address the hormonal reasons why your penis might be shrinking with age, *Healthy, Happy, and Hung* is a simple, pleasurable series of exercises (with no equipment required) you can use to take your size to the next level. Try it—the look on a partner’s face when they see your full potential can be priceless.
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In their teens and twenties, most guys don’t give the physical workings of their equipment much thought. It just does things the way they need it to be done, whenever called upon. Whether masturbating, getting a blow job, or having sex with someone, our first sexual experiences are so new and exciting that it’s a cinch to get hard and stay hard long enough to get the job done.

This blissful and unquestioned state can last for a while, but as the years go by, sex may get more complicated. Relationships can become more restrictive as we settle down with a partner. Emotional issues connected with money, children, infidelity or other conditions can intrude into your sex life. Fantasies and sexual experiments you’d like to engage in may become harder to explore. You have less privacy. The list goes on.

By the time we reach our 30s or 40s, a combination of hormonal, physical, and psychological forces can slowly reduce that early vigor. It happens to many—if not most—of us, and when it does, it takes a big and important chunk out of the joy out of life.

If you’ve noticed your penis becoming less responsive, or find yourself wondering whether it seems to have gotten smaller, you’re going to start to experience self-doubt and may even become fearful of your ability to perform in bed. The next thing you know you’re in the spiral of a vicious cycle where that fear feeds on itself.

Your penis seems tiny whenever you look at it or touch it. Sometimes it even “turtles,” shrinking in on itself. This is especially embarrassing if you find yourself in the locker room or showers at the gym. It’s a given guys always check out other how other guys’ equipment looks, and you’re ashamed of your little member and turn away, trying to hide. Let’s call this the case of the inconspicuous penis.
WHAT HAPPENS WHEN YOUR PENIS GOES MIA?

When your Penis goes missing in action this way, you do your best to try not to think about sex, so sex naturally becomes less a part of your life. You’re afraid the right things won’t happen in bed when you want them to, and sure enough, to no one’s surprise, they don’t. Still, you need some occasional relief, and find yourself masturbating instead of engaging sexually with your partner. Because you’ve already spent your seed, you go to bed without an urge to have sex with your partner. This leads to guilt and disappointment, and you experience shame for the time you spent pleasuring yourself alone.

All this and the angst it creates can bring a kind of despair that hangs like a cloud over your sex life. That spills over into your whole life in many other ways, ways you might not even be aware of. You lose confidence in your primary and even secondary relationships. You feel unfulfilled, knowing you’re missing out on something really important. You envy others who seem to have more going on. You begin to doubt your general physical condition, and shy away from activities that you once found fun. You become obsessed thinking about your shrinking Penis.
**TIME TO GET A HEAD**

Letting this vicious cycle continue unabated will only ensure that things will keep getting worse. Step back and take an honest look: you can see it’s something you need to change. The good news is, you *can* change it. You can if you follow the advice you’ll find in this book with dedication and a sense of purpose. Practicing these methods, you will inevitably become more healthy, more happy—and way more hung.

Even better news is that it’s a whole lot of fun to do workouts focused on your Penis intended to amp up your sexual drive. You get to play with yourself and feel good about it, ignoring feelings of guilt and shame. You start by putting yourself in the right frame of mind, and then take a logical, step-by-step approach to address the three root causes behind your inconspicuous penis. Some of those causes are hormonal, some are physical, and a surprising number are psychological. You have to work on all three fronts if you want to solve the problem of you inconspicuous member.

**WHAT SPARTAGEN XT CAN DO FOR YOU**

Spartagen XT can help address the hormonal changes that have sapped your sexual energy on the hormonal level. It will supercharge your inner chemistry and play an important part in helping you reach a point where you feel like you’re hung again.

Go ahead and order, but while but you don’t have to wait until your shipment to arrives to start addressing the problem. You can take your Penis in your hands this very minute and begin doing things with it that will reverse the physical atrophy brought on by inattention. At the same time, you can also begin working on getting yourself into a more sex positive state of mind, which will help reduce your psychological hang-ups. You can’t be successful with this program unless you believe you’re doing the right thing for yourself—and for the other people in your life who love your Penis. Read on to find out more.
Let’s begin by exploring the psychological landscape of sex and society first. Our culture presents us with very conflicted attitudes about sex and especially regarding our genitals. On the one hand, we’re brought up to be monogamous, chaste, and modest—basically to repress our sexual desires and feelings. This is particularly true if those feelings and tendencies are of a nature not generally considered as “normal.” But let’s get real. Sexuality is such a mixed grab bag of emotions and desires and practices that arguably, trying to decide what’s normal is a fool’s game.

Yet over and over, from the time we’re born, we hear cautions from parents, teachers, priests, ministers and others telling us that basically, it’s bad to be sexually active. “Never touch yourself there” is a message that we hear over and over, and we fully and mindlessly embrace it. “Touching ourselves there” is a forbidden act, and if we break the covenant (an agreement we never signed on to, by the way) we should consider ourselves a bad person. Never mind that all the while some of those priests and ministers were getting it on with little boys—but that’s a subject for another time.
BECOMING SEX POSITIVE

There’s a whole new, sexually charged world emerging and as long as you’re alive why miss out on that? You can’t have escaped noticing that you’re confronted with a barrage of images and messages that scream to you from every direction, with the express purpose of causing your penis to stir. Everywhere you look you see erotic themes in advertisements, songs, plays, and movies, and an abundance of Internet pornography that will suit any taste.

We also see more things like naked celebrity photos and sex tapes, stories of young people “sexting” photos of their genitals to their friends, rock stars wearing nothing but socks on their Penis, scantily clad (if at all) participants in pride parades, increasing popularity of nude beaches, and more and more people participating in naked bike rides in cities all over the world, the guys unabashedly displaying their Penis, often even painting them bright colors.

These provocative and barrier-breaking new behaviors are a signal that as a society, we’re taking a more open attitude towards our bodies—and by necessary extension, our genitals. It’s a sex positive movement in thinking, and after you’ve grown up with the repressed attitudes left over from Victorian days, you’ll probably agree that’s a good thing. In this newly liberated culture, find the place where it’s OK for you to stretch your personal boundaries and embrace sex more openly from here on out; it’s one of life’s most pleasurable pastimes.
BE ALL YOU CAN BE

As you start practicing the exercises described below, it’s important that you do it with a sex positive attitude. Why should you feel guilty for wanting a bigger and more responsive Penis? After all, it’s one of the most powerful assets a man has, and can rule his life. All you’re doing is improving its performance and appearance.

What’s more, you’re bringing your sexual feelings to the surface more frequently. When you think about sex more often, you’ll engage in sex more often. As you start getting rid of the downer feelings that come with having a small Penis, your life will improve greatly. Throw out all the negative messages you may have heard since you were a child. Tomorrow is a new day and time’s a wasting.

Still, ingrained repressive sexual messages and attitudes are hard to escape. You’ll probably feel negative thoughts coming over you a time or two. Maybe you’ll feel foolish or perverted as you catch a glimpse of yourself standing in front of the mirror with your rock hard Penis in one hand, your balls cradled in the other. If the negative thoughts come, it’s important to banish them. If they persist, stop what you’re doing and pick things up another time.

THIS REALLY DOES WORK

After establishing a sex positive attitude, the next psychological barrier you need to break is doubt. You’re unsure whether you can convince yourself this will make any difference. Forget doubt, and forge ahead. If you take care to address your situation from all three approaches—the hormonal, physical and psychological—and don’t just concentrate on one or two areas, it will work. More than you can imagine right now.
A DIFFERENT APPROACH

There’s a lot of debate about whether it’s really possible to make your Penis bigger. Some believe you can increase its length and girth. On the internet you can find instructions that involve stretching and pulling it, and a hundred different interpretations of a technique called “jelquing.” Many of these recommendations appear to be quite risky. For instance, there’s even a metal and rubber roller/clamp-like device you can buy that looks rather scary. Jelquing has its place, but watch out for doing things that seem like they can strain or harm your Penis. If it hurts, it’s not good.

The Healthy, Happy and Hung program takes a different approach. These exercises concentrate on getting your Penis rock hard and gorged with blood several times a day. When you flood the corporus cavernosum (sponge-like regions in your Penis) with blood repeatedly, you’re training them to work better. They’ll fill up faster, and after awhile empty more slowly. You’re also getting a psychological benefit in seeing the hard evidence of this in your hands and in your mirror. That leads to more self confidence.

RESULTS BUILD ON THEMSELVES

After you begin regular practice, you’ll be pleased to find your Penis isn’t as eager to return to its former tiny size. It’s been let out of confinement and it means to stay that way. As sexual feelings come into your head and your Penis more often, you’ll discover you’ve now landed in another vicious cycle—only this time, it’s a positive cycle, lustily building on itself with increased intensity day after day.

After just a few days of this Penis workout, you’ll be pleasantly surprised as you notice how well it’s working. It might be when you wake up rock hard one morning, harder than you can ever remember being. Or you could be walking naked across a room and feel your Penis gently swinging back and forth, lightly slapping against your thighs because it’s hanging lower than usual.

Walking down the street, you may feel a straining against the fabric of your jeans, as your Penis seeks to find more space to spread out. You might get a sudden and unexpected boner in the middle of a meeting or at a restaurant, which will pleasantly take you back in time to your twenties. Only now, with your newfound appreciation of how much better a bigger Penis can make you feel, instead of being embarrassed by it, you’ll secretly be proud. After years of your Penis hiding, you’ll feel an urge to flaunt it when appropriate.

When you gain the confidence that your Penis can swell bigger and harder than it has in years, your fears about your sexual performance in bed will diminish. You’ll look forward to slipping under the covers with your mate.
It takes concentration and dedication to the cause

The final brain barrier to break is laziness. We all tend to start out enthusiastically on new projects like exercise routines, gym memberships, or diets, and then we let them lapse, giving lame excuses about why we quit. If you really want this very special program to work, you need to stick to it. Set time aside to perform these exercises every day. Otherwise, your progress will be slow and unrewarding.

Of course, neglecting to practice the piano or to visit the gym is easy to rationalize because it takes a lot of effort, and the reward is more gradual. Not wanting to practice becomes less of an issue when it comes to playing with your Penis; it’s something you can really look forward to because it just feels so damned good.

You may find snippets of time you can carve out to squeeze in a little extra practice. Just be discreet and don’t take too many risks as to when and where you engage in your workouts, because after all, it usually arouses disapproval—or worse—when someone discovers a guy playing with his Penis in an unexpected situation.

Now that we have set the stage psychologically (sex positive attitude, confidence in the outcome, and a commitment to staying with it), it’s time to take matters into your own hands.
LEARNING SEXUAL CONTINENCE

We all know how to jack off. Over the years, through lots of diligent practice, we've become very skilled and have learned just the right techniques to bring ourselves to glorious ejaculation. Sometimes our orgasms when jacking off are even more powerful and more rewarding than when we have sex with a partner. That's probably because we know what we like better than anyone else. We know the lotion or lubricant we prefer, the optimal time of day and place, the most effective and nuanced hand movements, when to stroke, pause, thrust.

Even when we're not having a successful relationship with another person, we're usually able to fill a sock or a tissue with our cum. Because it's an act we've been taught is dirty or obscene, we tend to try for a climax as quickly as possible. We get pretty damned good at it.

The exercises you'll learn by reading on are definitely not about jacking off. They share some similarities with the standard practice, but there's one key difference: the goal is not to come. Instead, it's to spend as much time as you can with your Penis in your hands, rock hard, sending more and more blood into it without ever ejaculating. You bring yourself just to the edge of climax as many times as you can. Just before you reach the point of no return, you back off and let the feelings subside.

You close the session basking in the afterglow, the swoleness still there, diminishing, but diminishing slowly. The successful practice session leaves behind the warm feeling of having returned your semen back inside your balls, its energy being absorbed into your body, waiting for a better—and perhaps more social—time to be released.
It’s hard work and it’s fun

This may sound impossible to you, and admittedly, establishing the kind of control that lets you bring yourself back from the brink—the very brink you’ve happily tumbled over hundreds or thousands of times—is not an easy feat to accomplish. But with a little bit of training, and regular practice you’ll soon master the ability.

It’s called sexual continence, and it has many benefits besides just helping your Penis get and remain bigger. Once you can control your ejaculation, you’ll gain more power over how your Penis behaves in any situation. You’ll get better at sending signals to it, letting it know what you expect from it. It’ll get better at responding to those signals and rewarding you with a sudden rush of blood to engorge it, sending pleasant synapses tingling all through your body. Let’s look at how you can learn to do this.
Penis exercises 101

Just like any other muscle, those that make up our Penis need to be exercised if we intend for them to grow stronger and larger. But because the muscles in your Penis are soft tissue, they're different than say your biceps, which can be enlarged by lifting weights. That's why we approach enlarging the Penis from the inside out. Filling it up to new levels, over and over. Stretching its capabilities.

Maybe you have an active sex life, and in spite of that still find your Penis becoming inconspicuous. You’re surprised because you put your equipment to regular use in bed, but the rest of the time it runs away and hides. Adding these exercises to your daily routine can fix that. A sex or jerk-off session a couple of times a week doesn’t really qualify as exercise because it doesn’t last more than a few minutes, and doesn’t contain enough repetitions. Once you blow your load, it’s hard to jump back in the saddle and keep going.

After you learn to train your muscles so they can impede and contain ejaculation, you can spend all the time in the world getting yourself rock hard, over and over, even for hours at a time if you want, showing your Penis it can hold more blood than it ever thought possible. You’ll be stimulating and opening up passageways so the blood can flow into and through it more quickly and easily.

When these sessions are over, your Penis won’t want to return to its turtle position. Instead, it rather likes the feeling of being swollen, and would prefer to stay that way. You are happy to grant it permission, and because you’ve learned to control ejaculation, you’re not at great risk of ejaculating in your pants.
GROUND CONTROL TO MAJOR TOM

We begin our exploration by locating the PC muscle, which lies between your balls and your anus. It’s the muscle you use to keep yourself from pissing all over the place when your bladder’s full and there’s no toilet nearby. Because the PC muscle controls the contractions during orgasm, training it to become stronger and more responsive will eventually lead to sexual continence.

The muscle is a valve of sorts, and you need to practice making it open and contract over and over. As it builds up strength, you continue to exercise it more forcefully. Each of these exercises works on the PC muscle in a different way, and if you practice them daily, you can even get to a point where you become multi-orgasmic. What a great goal!

RANDOM PENIS LIFTS

This is an exercise you can do at many different times throughout the day. When you’re at work, in the car or on the bus, waiting in a checkout line, watching TV, or even when you’re washing the dishes. All you do is locate your PC muscle and contract it. You’ll feel a slight rising in your Penis, and a tightening in your balls.

Start out with short sessions, contract, hold for 3 seconds and do ten repetitions. Gradually, increase the time you hold the muscle to five seconds, and repeat fifteen times. Continue to add repetitions and the length of time you hold them as desired. Any time you’re bored, throw in a few extra reps.

This exercise is especially easy to do because you don’t have to be undressed to practice it. In fact, it’s kind of fun to do it while you’re talking with someone else and they aren’t even aware you’re engaged on another level. As your PC muscle gets stronger, you’ll feel the urge to do random Penis lifts habitually because your Penis will start reminding you to.
PISSING YOUR WAY TO BLISS

Quite simply, learning to piss a new way is a powerful technique you can employ in learning to control the muscles in your Penis. It’s one of the first methods you learned in childhood about controlling your body, as you were being potty-trained: holding in your flow of urine.

There’s a lot to be gained from learning to piss differently. It’ll take just a little more time than your usual method, and it will bring pleasurable sensations. The technique is easy to learn and employ. Make it a habit to piss this way whenever you can. Do take note: as you first practice this technique, your aim will become more sloppy and you may have to wipe down the edge of the toilet bowl more often. Later on, like with the other techniques, you’ll gain more control and this will be less of an issue.

Here’s what you do: If you’re in a private setting, you can rub your Penis a little so it gets semi erect. (This isn't absolutely necessary for the exercise, but when you can squeeze it in, it helps make it more fun.) As you begin the flow of urine, shut it off, hold, and then release it again.

When you’re just starting out, you’ll probably be able to do 15-20 spurts. Eventually, as you become more adept, you can work your way up to 50, 80, even 100. If your bladder is still partly full once you reach 100, give in totally and make a mental note of the sensations in your Penis as you feel the warm urine stream through it.

Within a few days of putting this practice to work every time you piss, you’ll begin to notice better control of your PC muscle. You’ll also notice that pissing, something you used to just see as a somewhat pleasant bodily function, has now become more erotically charged. This presents another opportunity to surface sexual feelings more often, and it’s such a good way to add more control and size to your Penis with very little effort.
JACKING ON—NOT OFF

This is the core exercise in our program for getting hung. It’s the one where you’ll really start to see results, and it’s a whole lot of good, clean fun. Keep in mind though that it’s also the most challenging, because to do it right you play with yourself until you get rock hard and tingling like mad—so much you can hardly stand it—and then turn off your ejaculation before it happens.

With the control you’ve started to achieve from practicing the random Penis lifts and bliss pissing techniques, you’re training yourself to be able to stop your ejaculation before it happens. And once you can do that, you can consider it quite an achievement. You’ll be keeping your sperm inside you, and that’s a valuable treasure for maintaining and increasing virility.

Guys in their 20s can shoot their load halfway across the room, but as we age, our sperm production lessens, and frequent ejaculation actually shortens the length of orgasms. So as you learn to jack on—not off—your number one goal is to keep your semen inside your body. Why would you want to throw it in the trash can wadded up in a Kleenex when you can put it to better use inside you?

When you first begin practicing jacking on, there will be times when you start feeling so turned on you unexpectedly pass the point of no return and end up shooting an unplanned load. Not to worry, because your session probably accomplished a lot of strengthening and extra engorgement before that happened, so the time spent wasn’t all in vain. And besides, shooting a load of unexpected jism isn’t a bad consolation prize—and you can always come back to play again later.

But it’s important to note that jacking on isn’t meant to be a series of whack-off sessions where you shoot your load and zip up your pants. It’s a powerful training technique that will bring you amazing results if you stick to the rules.

1. A little something to smooth the way

Make sure you have a good lubricant, because you’re going to need it. You’ll be rubbing your Penis much more than you’re used to, and you don’t want it to get sore. Too much friction can cause it to become very irritated with you and it will punish you by becoming unresponsive. When your Penis gets sore it’s difficult to bring it to life. If you feel your little buddy becoming irritable, lay off the program for a couple of days until he feels better.

A lot of guys prefer light oils like coconut (be sure it’s unrefined) or grapeseed for this purpose. Coconut has a pleasant smell, and your skin absorbs it quickly. One caution: Don’t use it for sex with a latex condom, because these oils will dissolve condoms or cause small holes in them. You never want holes in a condom.
2. All hands on deck

Ideally, you’re stripped down completely naked and are standing in front of a full-length mirror (as long as you can do so comfortably and privately). Visuals are rewarding during this kind of workout, and seeing your progress as you view your rock hard Penis will make you even more excited. There’s a kind of feedback loop that starts to happen.

Place your feet about 24 inches apart, firmly on the floor. If it’s cold you can keep your socks on. Make sure your knees are not locked, and that your posture is good. Take a few deep breaths, and relax your arms and shoulders. Form a victory sign with your left hand, and place those two fingers down at the shaft of your Penis, fingertips pressing lightly on your balls, lifting them up slightly from behind. Start opening and closing the V on the shaft to get the blood flowing, and observe the swelling that takes place.

Next, lube up your other hand and tickle the glans (tip) of your penis until you feel it beginning to swell. You know better than anyone else what you like to do to it to make it really hard during your regular jack-off sessions, so do that until it gets really, really engorged. But keep in mind: if you feel yourself coming near the edge, drop your Penis like a hot potato and let the feelings subside. Wait until you’re sure you’re back in control to pick up where you left off.
3. Neural networks go wild

When you stop the ejaculation in its tracks, you’ll feel the tingly, orgasm-like spasms traveling back up through your balls and across various pathways through your body. Pay attention to where the feelings happen. You might feel them in your toes, down the side or back of your calves and thighs, maybe in your butt cheeks. Sometimes they reach all the way up your back as high as your shoulders. Tracing these pathways mentally adds to the physical sensation you’ll experience, and later on you’ll be able to reach out to those areas to bring sexual impulses to your Penis. It’s a magic two-way street.

Right after you’ve sent the proto-orgasm back into your body, contract your PC muscle to fill your Penis with more blood, and keep doing so until it feels like it might burst. (Don’t worry, it won’t.) Keep contracting the PC muscle making your Penis harder and harder. When it’s really impressively big, gently bounce it around in your hand, delighting in how heavy it feels. Luxuriate all you want in the pleasurable synapses that are lighting up your nervous system. Just don’t blow your load.

4. Build up to it slowly

To get the most from your jacking-on sessions, keep them short at first, limiting their time to no more than 15 minutes max. In the beginning, practice no more than once or twice a day. It’s better to leave yourself yearning for more than to overindulge. If you start off jacking on too often, or for too long of a time, you’ll inevitably keep losing control. And because you’ve satisfied yourself with an ejaculation, you’ll have a harder time getting excited for your next session. Instead, first train yourself well—like any good soldier.

You know how it is once you get working your Penis, it feels good and you don’t want to pleasure to stop. But for this to work, your intention must be to develop self control. Otherwise, all you’ll be doing is some fine-tuned masturbation. If you spill your sperm, you’ll need more time until your next jacking on session can begin.

As you successfully control your ejaculations, gradually lengthen the time for play in future workouts. If you find yourself cumming every time, it’s a signal that you’re doing this wrong and really need to back off and practice the other exercises until you can better control yourself. Remember, losing all that sperm—especially when you’re older—depletes your virility. Save it for a time when you’re making love to someone. And even then, keep it inside of you as long as you can, so you can experience the pleasure of multiple orgasms before finally letting go of your precious load.

Next, we’ll learn how you can double your pleasure and triple your fun by exploring some more advanced techniques.
### PRIMING THE PUMP

This method is adapted from jelqing, but isn’t dangerous like some of the more extreme jelquing techniques. Only do this exercise when your Penis is about 50% to 75% hard; doing it when completely erect can be painful. Lube up the shaft and both hands. You’ll need a lot.

Hold the tip of your semi-erect Penis with your left hand, and place your right hand at the base. Make a circle with your thumb and index finger around your Penis. Squeeze slightly, and move it from the shaft to the tip, moving the blood being pumped up to the head. Do this slowly, taking two or three seconds to travel the length.

When you reach the head, keep your hand there briefly and contract your Penis with your PC muscle so you make the head bulge as much as possible. Now move your left hand to the shaft and do the same stroke down to the tip. Squeeze slightly and visualize the extra blood you’re pumping into the spongy cavities in your Penis. Alternate repeatedly, at least 10 strokes at a time.

### DOIN’ THE PENIS SLAP

Still naked and watching yourself in the mirror, make sure you have a semi-hard or even fully erect Penis. It shouldn’t be rock hard like you can achieve during your jacking on workout, because what we’re about to do could hurt. You want it hanging kind of long and loose, not standing at perfect attention.

Gently rotate your hips back and forth so your hanging Penis swings from one side to the other, slapping lightly on your thighs, right to left. Note how proud it makes you feel that it has this kind of heft. Pay attention to the sensations on your thighs when the tip of your Penis hits. Mentally send those sensations back to your balls. Listen to the sound the slapping makes on your legs: that’s your Penis! How often have you actually heard sounds caused by it?

If you get an urge to let your Penis rise and point upward during the slapping
repetitions, consider resisting it. Not giving into the urge will further establish who’s in control here, you or your Penis. Every little victory you have over it increases your confidence that you can make it do what you want. Alternatively, you can contract the PC muscle and let your Penis rise while you’re doing the exercise. Either way you choose, you’ll be strengthening it.

Doing the Penis slap feels a little silly, and that’s kind of the point. It lightens the mood. But it will get your Penis used to swinging freely, blood coursing into it as it does. This is something it’s not all that familiar with, after years spent cramped into your underpants all day and night. You can trust it will enjoy the sensation.

From time to time, as you’re walking down a hallway or down the street completely dressed, flash back on what it feels like to do the Penis slap, and imagine you’re doing it then and there. As you might imagine, this exercise is even more fun and effective when running naked along a beach.

**ROLLING THE BALLS**

Think about it: When you are in a heavy jack-off session, your Penis usually gets all the attention. But your balls play an important part in bringing you sexual pleasure, producing the semen and other good stuff that comes out when you shoot your load. They deserve some TLC too.

Assume the victory position with your left hand. Lift your balls slightly. Lube up your right hand, slip it behind your Penis (it doesn’t matter what state of erection you’re in) and lightly rub your balls, holding your fingers together and circling them over their surface. Feel the blood surge into them, enjoy watching your Penis swinging back and forth as you do the massage. This is very pleasurable, and you can do it as many times and for as long as you want.

**THE HANDS FREE PENIS LIFT**

When you’re fully erect, turn sideways to the mirror so you’ll better be able to see the angle your Penis is pointing. In this exercise you want to lift it higher, hold it there, and let it drop. You contract your PC muscle to lift, hold and then release. Unless you need to touch it to keep it rigid, keep your hands off it.

Start with a set of three with ten repetitions each. As you gain strength and control, you’ll be able to increase the angle your erection points, and keep it pointing skyward for quite a while. When you’re regularly able to do this, see if you can keep a towel suspended over it, and for how long. If you can’t do this at first, take heart, because you’ll eventually be able to.
MORE WAYS TO RAMP UP SEX POSITIVITY

Now we turn to some things you can do that will help move you into even more of a sex positive frame of mind. Doing so will help you leave the state of inconspicuous penis far behind. It’s a way of tapping into waves of all the sexual energy out there in the world that other people are creating and broadcasting. It will help you root out negative and repressive thoughts, and put you in a pleasant state of buzzy openness. Some examples of how to become more sex positive follow below.
BE NAKED AS MUCH AS YOU CAN

When you’re naked, you’re aware of every surface of your body. Of course, this includes your Penis and balls. To enhance sex positive feelings, get naked as often as possible. And get naked outdoors whenever you can.

There are few things as sublime as lying in the buff in the sunshine, feeling the sun’s rays beat down on your Penis and balls, gently warming them up. Perhaps a soft wind tickles them, or you feel a few grains of sand blowing across the taut skin. Whether you’re at a sexy nude beach or in the privacy of your back yard, this just feels awesome.

When you’re naked as much as possible, your Penis gets to hang free and loose, rather than being all stuffed up inside a pair of briefs or boxer shorts, out of sight and out of reach. It’s able to breathe in the air surrounding it, and sunlight gives it a healthy dose of Vitamin D. Vitamin D is essential in building up your testosterone levels, and there’s no better way to obtain it than directly from the sun. Be sure to wear sunscreen if you’re new to sunning your Penis, or plan spending an entire summer day in the nude.

While naked, you can also reach down and touch your Penis easily, giving it a playful squeeze every now and then to let it know you still love it. And as it swells you can glance down at it with pride. If you’re in a private enough place, you can even engage in a jack-on practice session, enjoying the uninhibited feelings wash over you in the open air.

THE LURE OF PUBLIC NUDITY

If you live near a nude beach and haven’t tried it, what are you waiting for? When you’re naked with others you are forced to let go of body image fears by simply confronting them openly. Once you drop your jockey shorts onto the sand and stand there in the buff, you’ve broken a powerful taboo, putting fear of exposure in your past instead of your present.

You may have had dreams about being naked in a public situation. Now those dreams can turn from horrified to pleasurable. It really is erotic being naked surrounded by other naked people, despite what some defensive, prudish naturists might claim. You’ll like it.
What happens on a nude beach?

Perhaps you think you don’t have a good enough physique—or you’re fearful of showing your (currently) small Penis to others and that’s why you’re afraid of going naked in front of others. Those fears are just flimsy excuses and unfounded. When you get to the beach you’ll see both men and women (though usually, mostly men) with body types of every kind.

Few of the guys seem concerned about the size of their Penis, whether it’s small or large. And if your Penis turtles and disappears on you, you can roll over onto your stomach, and practice some random Penis lifts to bring it back to life. Be careful and don’t take things too far; those lifts might turn out to be so effective that you’re then faced with the opposite problem: getting a hard-on in public.

In years past there was an unofficial code among nudists that when guys got erections they covered them up. Nowadays, that’s not as true as you see a growing number of guys content to just let nature take its course, lying, standing or walking around partially or even fully erect. No one seems to mind, and in fact it adds to the sexually charged energy of the beach.

There’s not a lot of public sex on most nude beaches, although it does occur, and it can be fun to watch another couple get it on out in the open, knowing they’re becoming even more aroused in proportion to the number of people witnessing their public display.

If it’s not possible for you to go to a nude beach, you can certainly enjoy the experience vicariously. Search Google Images with the term, and you’ll find thousands of photos of people enjoying themselves in the buff. By looking at them, you’ll come to adopt a feeling of normalcy about nude recreation. And that’s sex positive.
PARTICIPATE IN A NAKED BIKE RIDE EVENT

Cities all over the globe are the scene of World Naked Bike Rides. One of the largest is in Philadelphia, where more than a thousand people strip down and parade through the city on their bikes. The police ignore this flagrant flaunting of the law, and in fact, help with traffic control and public safety. Everybody congregates first in a park, where they strip down, decorate each other with body paint, and get ready for the ride.

If you can locate a naked bike ride, consider joining it, whatever your age or physical condition. In the U.S., they take place in Boston, Chicago, Los Angeles, St. Louis, and many other cities. San Francisco, as you might imagine, has organized naked bike rides several times a year. If you’re afraid of being photographed or identified, wear a mask or some other kind of headgear.

Maybe you can’t imagine doing such a thing, and that’s understandable for many of us. At the same time, you can search WBNR on Google Images and delight in viewing an endless stream of photos of the folks who are OK with riding a bicycle naked through the streets. Look closely and you’ll notice one thing these pictures have in common, everyone in them has a huge smile on their face, obviously having the time of their life. That’s sex positive and even if you can’t join them, you can think about what it would be like.
SLEEP NAKED (AND DO LESS LAUNDRY)

Sleeping naked is also a good way to become more sex positive. If you don’t already do it, consider trying it. Really, what is the reason for going to bed in pajamas or sleeping in a pair of undershorts you’ve worn all day? Could it be a vestige of that Victorian anti-sex repression? Sliding between the sheets naked and falling asleep that way relaxes you into a more erotic state of mind that can sex up your dreams. Researchers have found that the average guy gets a hard-on involuntarily about five times during the night. When you sleep naked, your Penis gets to range free all night long, you can adjust it and play with it more easily, and you’ll be likely to wake up with a raging boner.

LOVE YOUR MORNING WOOD

Morning wood is awesome. Waking up with an extravagant hard-on is one of life’s pleasures for a man. As you become conscious and begin to notice it, the message it sends is that you are a man—a virile man. Because it happens involuntarily, there’s a kind of purity about it.

Take a couple of minutes and savor it before getting out of bed. Reach down and stroke it a few times to make it rage harder. Roll over on your stomach pressing it into the mattress and contract and release your PC muscle a number of times. See how long you can keep it rigid. Can you piss with a hard-on? Do you still have the boner when you get into the shower?

MAKE THE MOST OF YOUR SHOWER TIME

Speaking of the shower, you’ve probably realized by now that it’s a perfect time and place for your jacking on exercise practice sessions. Make them part of your daily routine in the shower; it’s a good way to start the day, or relieve tension when you get home from work. “I’m just going to pop in for a quick shower before dinner, honey!”

Just don’t practice your jacking on techniques when you’re at the gym or public pool—even if you think nobody is watching. Instead, proudly display the results of them there.
WORK NAKED IF YOU CAN

More and more guys work remotely at least part of the time, if not every day. If you’re one of these fellows, and you’re home alone during the workday, you have a perfect opportunity to increase the amount of your time spent naked. If your office is chilly, buy a small portable electric heater and place it near your desk.

Keep a pair of shorts and a t-shirt on somewhere nearby so if the doorbell rings or your significant other returns home unexpectedly you can dress quickly. But otherwise, enjoy the feeling of being nude, and the opportunity for touching yourself whenever you like. It might feel weird or perverted at first, but why should it be seen that way? Of course you’ll want to get dressed—or at least wear a shirt—if you’re going to be on a Skype or video call.

IF YOU CAN’T GO NAKED, AT LEAST GO COMMANDO

Free up your Penis and balls by going without underwear whenever you can. A loose pair of shorts in the summer are a lot more pleasant when you can feel your equipment swinging back and forth, unrestrained. The feeling of it rubbing against the fabric can be very pleasant. In the winter a loose pair of sweat pants made from soft fleece are the perfect home for your Penis to swing free. It’s probably not advisable to go to work commando (depending on what your workplace is like), but it sure is nice for weekends and vacations.

PORNOGRAPHY: A DOUBLE EDGED SWORD

If you used to scrounge for Playboy magazines when you were a boy to get a dose of erotic content, you can appreciate the ease of finding and viewing pornographic photos, videos and stories from the (relative) privacy of your own laptop. No matter what turns you on, it’s available day and night, anonymously (relatively) and for free.

But sometimes pornography can have an adverse effect when you’re trying to become more sex positive. You’ll find that it may in fact prove disheartening or even depressing to you, because many of the guys you’ll see are so enormously endowed, hung like horses. This can stroke your feelings of inadequacy, and open up the floodgates to a deluge of self doubt and repressive sexual feelings.

You have to remember, these guys are pros. They’re selected to perform precisely because their Penis are that huge. They’re not normal when compared to the rest of us. Porn stars probably don’t have to concern themselves with practicing jack-on techniques—although if they did, they might become even more bankable.
Now we turn to the final part of the program, where you address hormonal inadequacies. You’ve heard the term, “raging hormones.” Most likely, it makes you think of adolescents, whose bodies are trying to sort out and process the hormones that are making them come alive sexually. Their genitals begin to develop, and their sex drives rev up. The implication is that because of the hormones, they can’t control themselves. Maybe they can’t control themselves, but they sure have some spectacular experiences with their Penis.

When you’re an adolescent male, boners pop up at all times of day, opportune (with a lover) and inopportune (in the locker room). Wet dreams happen during the night, often leaving the boy embarrassed when he wakes up. At first, when he’s just entering puberty, these hormones are only produced at night. Later on when he’s growing like gangbusters, the hormones are produced around the clock. Just what are those hormones?

There’s FSH, or follicle stimulating hormone. This is what causes public hair to grow, and when FSH reaches the testicles, it causes the growth of the channels which manufacture sperm. There’s also a hormone called LH, which causes your balls to produce androgens that lead to reproductive development. Although there are many androgens, testosterone is the primary one.
**TESTOSTERONE IS THE KEY INGREDIENT**

Testosterone does a lot for a guy. It plays a key role in developing your sex organs and prostate, and it enhances your secondary sexual characteristics such as increased muscle and bone mass, and the growth of body hair. Testosterone is essential for a healthy life; it even prevents osteoporosis.

After about age 30, testosterone levels begin to decline. When men fall in love, their testosterone level drops. When they become fathers, it drops even further. Guys with high testosterone levels have a higher incidence of marital infidelity (go figure!) and guys whose wives are no longer fertile experience a drop as well. If a man stops having morning erections, that can signal a drop in testosterone. And when your testosterone levels drop, you’re more likely to experience depression or mood disorders.

**WAYS TO BUILD UP YOUR TESTOSTERONE**

There are other steps you can take to increase your testosterone. Cutting down on your sugar intake is one. So is eating less meat and cheese, and more nuts and vegetables. Stop smoking and drink less alcohol. The sacrifices you make in these areas will lead to testosterone production, and that will lead to a bigger Penis.

If you’re out of shape and spend a lot of time sitting, you need to get out and start walking, running, swimming, biking, or engaging in some form of regular aerobic exercise. Vigorous, high intensity exercise is essential. Otherwise, all the jacking on in the world isn’t going to have the impact on the size, shape and functioning of your Penis that you’re hoping for.

Strength training also increases testosterone. Get some small weights and start lifting them. If you’re overweight—and a significant number of us are—figure out how to shed some pounds and that will make you feel better when you shed your clothes. A pot belly will encroach on the base of the penis, and that makes it look smaller.

Sun exposure is the best way to increase your intake of Vitamin D, and that helps build testosterone as well. Vitamin D deficiency is said to be at crisis proportions in the population. Some experts are now recommending exposing as much of your skin as possible to the sun around solar noon until it turns the lightest shade of pink.
BEGIN YOUR ADVENTURE RIGHT NOW

Only you can turn this situation around. By carefully addressing each of the hormonal, physical and psychological conditions that have led to your inconspicuous Penis, you’ll not only feel more Healthy, Happy and Hung, you’ll feel better about yourself than you have in years. Enjoy these exercises and do them in a guilt-free, sex positive state of mind.