

Introduction

This guide addresses two unique situations...

#1 – When you're half way through sex and you suddenly lose your erection and you want to gain it back as quickly as possible...

#2 – When you've noticed that your erection strength isn't the same as it's always been and you want to get it back to what it used to be like

As it turns out, both of these scenarios are 100% fixable.

I know that at times it can feel like nothing can be done and the frustration can feel almost overwhelming, but in this guide I'm going to walk you through step-by-step what to do in the above scenarios to fix these situations.

If only one of the two applies to you then please, by all means, skip ahead to your appropriate section. However, I think that no matter what your situation is I think you'll find what I have to share throughout this guide of immense value.

Let's get started...

Jack Grave

COPYRIGHT WARNING

This guide is copyright 2013 with all rights reserved. It is illegal to copy, distribute, or create derivative works from this work in whole or in part or to contribute to the copying, distribution, or creating of derivative works of this book. All violators will be prosecuted.

Medical Disclaimer

This guide offers an opinion and is for informational purposes only. It is not designed to treat, cure or diagnose any disease, health problem, or other medical condition. In the instance of a disease, health problem or other medical condition then you must consult a doctor. Before attempting any of the exercises or using any of the information contained in this guide you must first consult a doctor or qualified medical physician. This guide is for informational purposes only and is not a substitute for medical advice. Neither the author nor anyone involved in the creation or distribution of this guide is to be held liable for any injury you may endure as a result of using it.

How To Regain An Erection After Losing One During Sex

This situation sucks, doesn't it?

When you're half way through sex, you and your lover are both having fun, but then suddenly your erection starts to fade...

Perhaps there was something that caused you to get distracted...

Perhaps the way the condom feels puts you off...

Perhaps thinking about something in particular causes you to get putt off...

Perhaps a certain sex position triggered it...

Or perhaps for no obvious reason you just lose it...

Well, no matter what the cause of it, I'm going to show you how to regain your erection fast, so you can continue and finish a great sexual event with your partner.

Here's the first step...

Identify The Cause

If you losing your erection during sex happens on a regular basis then it must be a pattern.

It's not just a one-off occurrence that's triggering it.

While it could be that a distraction causes you to lose your erection, if it's happening on a regular basis then it's not just as simple as that.

Because the fact is that there are plenty of men who do get distracted during sex, perhaps even temporarily lose their erection and are able to quickly regain it.

So what's going on?

We need to identify what's causing you to lose your erection.

And I'm going to say something right now that may sound bold to you, but here it goes...

I already know what's causing you to lose your erection during sex...

And it's not a distraction...

It's not something your lover is doing...

It's not down to your attraction to your lover...

It's not to do with a certain sex position...

It's not to do with the condom you're using...

There's only ONE reason why you lose your erection during sex...

The thoughts going through your head.

How can I say that?

Because it's ultimately your brain that triggers whether you get hard or not.

The fact that you can already get hard proves that you have the physical ABILITY to get hard, therefore if you ever lose your erection it can only be down to the thoughts going through your head.

And yes, it could well be that your lover does something challenging, your condom is uncomfortable, there is a distraction in the room or you don't feel as attracted as you could be to your lover...

But between all those things and your erection there is one key middle point...

Your mind.

Everything I've just described are external circumstances.

Before they can affect your erection they must first be processed by your mind.

And what **ULTIMATELY** affects your erection is your mind's response to the external situation.

Therefore it's not the situation that causes you to lose your erection, it's how you respond to it.

Which means, therefore, that the key to regaining a lost erection is mastering how you handle the moment when you lose your erection in your mind.

What matters is the thought patterns that you run through your head.

And if you want to quickly regain your erection then you need to know how to handle your thought process at that point in time.

OK, so how can you “handle your thought process”?

How can you take what's most likely a subconscious process, meaning something that happens without you even realizing, and intervene to help you to regain your erection?

Well what you first need to do is understand the concept known as “state”.

Your state is a way of describing how feel at any particular point in time.

And it's the sum total of three different factors...

#1 – What images you picture in your head

#2 – What words you say to yourself

#3 – Your physiology

In order for you to experience any state, it will be comprised of all of the above three factors.

Now they may be subconscious, but they're happening.

For example, in order for you to feel anger you have #1 picture certain things in your head, #2 say certain words to yourself and #3 carry your body in certain way...

So this could mean #1 picturing how someone has let you down, #2 saying words like "I can't believe they did this, this is outrageous!", #3 holding a tense facial expression, clenching your fists, and so on.

No if you then imagine what it's like to feel very happy you can probably already guess how that's going to turn out differently through the various factors...

#1 you'll probably picture something working out for you and appreciating people, life, specific things and so forth, #2 you'll probably say things like "I'm so happy, it's so great this has happened, etc.", and #3 you'll probably smile and have a relaxed physiology.

Well just like these emotions are experienced through these patterns you also experience these patterns when you lose your erection.

There is a very specific pattern that causes you to lose your erection and if you remain in that pattern you won't be able to regain it.

However, if you're able to change your pattern then as a result you'll be able to quickly regain your erection.

This is the secret to regaining your erection after you lose it.

Perhaps now it's clear how it's not anything external that really causes you to lose it, because even if your external event happens you can still regain and maintain your erection if you run the thought pattern that causes you to get and stay hard.

So what are the next steps?

The next step is to identify the patterns that cause you to lose your erection and the patterns that cause you to gain it.

This is something I highly recommend you actually take the time to write down, because doing this passively while reading won't demonstrate to you the true impact of what's going on in your head.

OK, so let's start with step 1 (kind of makes sense to start there doesn't it...)

#1 – Identify your state pattern when you lose your erection.

Think back a time when you lost your erection during sex...

Try and really associate to that moment in time and really “get back there”.

Then, answer the following...

-When you lose your erection what do you picture in your head? What are the images like? Are they bright, dull? Colored or grey? Small or big? Moving or still?

-When you lose your erection what do you say to yourself? What are the specific words? How do you say them? What tone? What volume?

-When you lose your erection how do you carry yourself physically? What’s your facial expression? What’s your breathing like? Are you tense, relaxed?

And write down any additional notes you may think are relevant to describe what you experience.

Now, as you answer these questions you may be surprised to find obvious reasons why you lose your erection.

Perhaps you say a certain thing that understandably kills your erection or perhaps you picture something that clearly stops you from getting hard.

SIDE-NOTE: Everyone has answers to the questions in this exercise but sometimes, when first performing this exercise people struggle to think of them, so try this...

If you're experiencing this problem then here's a great trick to help you... begin the question with "what if you COULD think of what you picture, say to yourself, how you carry yourself, etc.?"

This will help you answer the questions.

OK, so step two...

#2 - Identify your state pattern when you get aroused and gain and maintain an erection.

Think back a time when you were fully aroused and had a full erection...

Try and really associate to that moment in time and really "get back there".

Then, answer the following...

-When you gain an erection what do you picture in your head? What are the images like? Are they bright, dull? Colored or grey? Small or big? Moving or still?

-When you gain an erection what do you say to yourself? What are the specific words? How do you say them? What tone? What volume?

-When you gain an erection how do you carry yourself physically? What's your facial expression? What's your breathing like? Are you tense, relaxed?

Again, if you struggle to answer then prefix the questions with "what if you COULD answer this..."

Now, once you've completed this exercise if you're like most people you'll probably have noticed some interesting differences.

There should be some clear differences between what it takes for you to get hard vs. what it takes for you to lose an erection.

And these very differences are what's causing you to lose your erection during sex.

If you're losing your erection when you clearly have the physical capability to be fully hard then it must be because of what's going through your head, and the exercise I've just shared is the most effective method for figuring out what's going on in your head and making changes to help correct your situation.

So, how can you apply what I've just shared with you to help you regain an erection if you lose it during sex?

It's easy.

You've done all the ground work, the next step is simple...

When you lose your erection just take a breath and realize and that it's happening because you're running thought patterns that are causing it to happen...

Then, just run your patterns that you know cause you to feel aroused and get hard, based on the exercise you just completed.

If you're losing your erection then remember that this is most probably happening because you're thinking in a very specific way that's causing it to happen.

Therefore if you want to regain your erection all you need to do think in a way that causes you to get hard.

That means picturing the right things in your head, saying the right words to yourself and carrying yourself in the appropriate physical way.

If you do that you'll send all the right messaging to your brain telling it to get hard because you're aroused.

Now doing this may take a bit of practice, because your mind and body will likely be in the HABIT of acting in a way that causes you to lose your erection.

Therefore you have to break this habit through repetition and regularly effort, until eventually your mind and body will experience this new approach as your regular habit.

Then, if you ever lose your erection all you'll have to do is realize that you're losing it because of what you're doing in the mind and body and then change and start doing what you know triggers your arousal and you'll then have the ultimate control over your arousal.

Other Methods To Regaining Your Erection During Sex

Before moving on to the next section of this guide I want to share with you some other quick tricks to regaining a lost erection.

These are a little simpler than what I've just shared and can be used individually or in sync with what I've just shared with you to powerful effect.

Focus On Her Pleasure

Often when we lose an erection it's because we're too focused on ourselves.

Perhaps we're thinking about the pleasure we're getting or perhaps, and more commonly, we're worrying what the person we're with thinks of us...

And this worry often gets enhanced when things go wrong, creating a vicious cycle that feeds itself and actually makes the entire situation worse.

The best and fastest cure to this process is to focus on giving to your partner.

Instead of focusing on your performance, forget all that stuff, and just focus on what you're giving.

Focus on all the pleasure you're giving your partner.

That may mean temporarily switching to giving oral sex or using your fingers to stimulate your partner, but what you'll find is that when you really begin to empathize with the pleasure you're giving your partner and you see all the pleasure she's getting you'll begin to feel aroused as well.

When you're really connected to her pleasure and arousal you can't help but feel aroused yourself and this will quickly translate into you recovering your erection.

Take A Deep Breath

Quite often when we lose an erection we clam up, our bodies get tight.

This is often because of the worry, but it can be for other reasons as well.

When your body is physically weak like this it's much more difficult for it to gain an erection.

Therefore the simplest and fastest way to reverse this situation is to take in a deep breath.

Chances are that up until that point you'll have been breathing shallow and fast.

Instead take in some slow deep breaths.

This sudden surge of Oxygen to the lungs will radically change the state of your body and has the power to snap you out of a negative spiral and help you get empowered to get hard again.

This might sound overly simple, but do not underestimate the power of what I've just shared with you – this technique can help you regain an erection faster than you probably thought was possible.

How To Regain The Erection Quality You Had When You Were Younger

It's a frustrating experience...

You look down and your erection just isn't the same as it used to be...

It's not its full size and it's not its previous level of stiffness.

Why does this happen and what can you do to fix this?

Well the answers are simple...

But they do involve work.

I know that's probably not entirely what you wanted to hear, but I want to share with you only what really works...

I'm not here to promise you a magic pill that will solve the problem for you...

And yes, I am aware of the pills available to get you hard, but did you know for instance some of the reported side effects of medication like Viagra include, and I quote directly from their website... *"men taking PDE5 inhibitors (oral erectile dysfunction medicines, including VIAGRA) reported a sudden decrease or loss of vision"*.

Why face those risks when there are 100% natural methods to increasing erection strength?

I want to share with you the 100% natural ways to rebuild your erection...

And yes, they do each take a small amount of work, but we're talking about rebuilding your manhood here, so I'm sure you'll agree that the effort is well worth it.

OK, so let's get to it...

Rebuild Your Erection Muscles

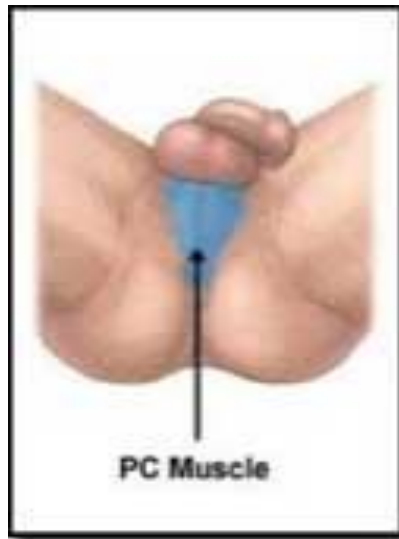
There are two key muscles involved in the erections process...

They are called the Bulbospongiosus muscle and the Pubococcygeus muscle; BC and PC muscle for short.

While your body can pump blood directly into the penis without them, these muscles can help increase the total volume of blood in the penis, therefore increasing its stiffness and size. And I'll actually prove this to you in a second, but first, let's identify where to find these muscles...

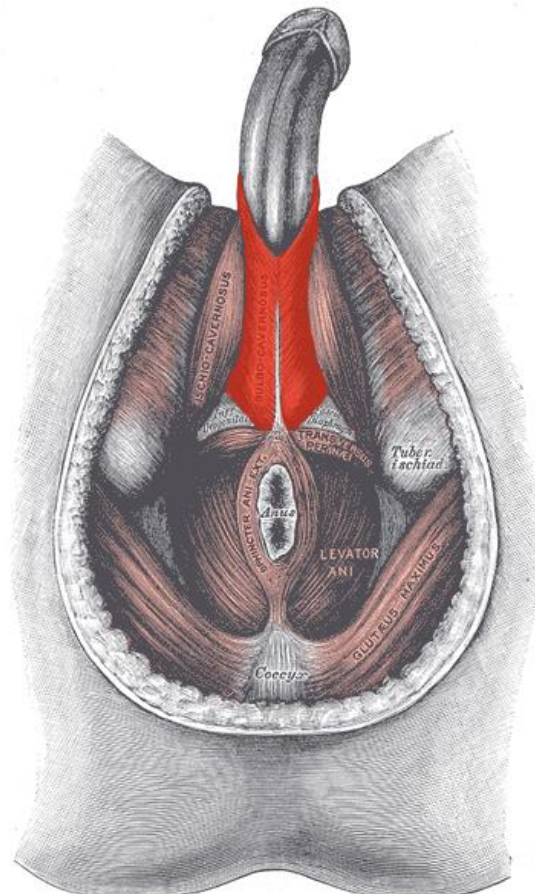
The muscles are located as shown on the diagrams overleaf...

The PC muscle is found here...



Source: http://www.kegelpad.com/For_Your_Health.html

And the BC muscle is found here...



Now, it's very difficult to distinguish between the two and it's not important for what we're trying to achieve here anyway, so don't worry about that... From now on consider them one and the same.

So... the best way to identify these muscles is actually as the same muscles used to stop the urine flow while urinating.

You know what I'm talking about, right?

When you're in free-flow in the bathroom you have the ability to contract a muscle that completely stops the flow.

Well the muscles that stop this flow are the PC and BC muscle.

These same muscles that stop this flow also contribute to pumping blood into the penis during an erection.

And here's the proof of this...

The next time you have erection tightly contract your PC and BC muscles, just as you would while urinating.

When you do so you'll find that blood pressure in your penis visibly increases so you can see the real proof of just how powerful these muscles are.

Now, while these muscles contribute in helping blood flow to the penis the EXTENT to which they contribute depends heavily on this important factor...

Their strength.

The strength of your PC and BC muscle will determine how much additional blood you can pump into the penis.

Therefore, if you experience erections that aren't as strong as you'd like them to be a simple solution is to strengthen your PC and BC muscles.

Strengthening Your BC And PC Muscles

These muscles are very similar to other muscles in your body...

The more you exercise them, the bigger and stronger they'll get.

But you have to do the right exercises and you have to follow the standard exercising principles.

That means not to over-train them, not to do more than you can handle and if you do experience any pain, then stop immediately and rest until they fully recover.

And of course I'm obligated to tell you that you should consult a doctor before beginning any new exercise program.

OK, so with that said, what are the exercises?

Here are three exercises I've recommend in the past for the PC and BC muscle.

Now I should point out that there isn't a "perfect" way to exercise these muscles so don't worry about executing these workouts perfectly, feel free to use these as inspiration and mix things up...

Oh, and two important points...

#1 – You should only perform these exercises while flaccid... Do NOT perform these while erect.

#2 – Do NOT perform these exercises while urinating. The only purpose of contracting during urination is to help you identify the muscles. After that, never perform the workouts during urination.

Workout #1

1. Tighten your PC and BC muscles as tightly as you can and hold them for 2 seconds
2. Relax them fully for 2 seconds
3. Tighten again for 2 seconds
4. Relax for 2 seconds
5. Repeat 10 times
6. Take a minute break
7. Repeat steps 1-5 one more time.

Workout #2

1. Tighten your PC and BC muscles and hold for 10 seconds
2. Relax your them fully for 10 seconds

3. Tighten again for 10 seconds
4. Relax fully again for 10 seconds
5. Repeat steps 1-4 so you do ten 10 second tightenings altogether

Workout #3

1. Tighten your PC and BC muscles and hold as tight as you can until you can't hold them any more
2. Take a minute's break
3. Repeat steps 1-2, three times altogether

And that's really all there is to it.

Pick and do one of these workouts 3-4 times a week.

Experiment and mix up your workouts too.

And feel free to innovate based on these workouts.

Now because of its positioning within the body you can't use any weights to train it, it has to all be done through conscious contraction.

But there is one great advantage to this.

Unless you pull some crazy expression while doing it, it's virtually impossible for someone to know when you're working out your muscles.

This means you can do it while driving, at the office or virtually any other place you want to.

What this also means is that you don't need any dedicated time to do it, because you can do it while also doing other things.

So no excuses about not having the time to complete your exercises :-)

And that's really all there is to it.

I recommend you develop a routine of exercising them.

If you need a kick-start then just set yourself a 2 week challenge of exercising them regularly for that time period.

Decide on a time when you'd happily be able to do your exercises and stick to exercising at that time.

As I'm sure you know, developing a routine is key to successfully implementing a new habit and this something that's worth making a habit of if you want to improve the quality of your erections.

The “Self-Intervention”

Here's another approach to regaining your erection strength.

If your erection quality isn't the same as it used to be then what you first need to do is accept that this has happened for

a reason... accept that this isn't some random act of God, this is the result of cause and effect.

Once you accept that, then next you need to figure out what the cause for this change is.

And let's, for second, assume that age isn't a factor here.

Assuming age isn't relevant, ask yourself, what could it be that has caused my erections to weaken?

If you want to get something out of this I recommend you think hard about this question.

In fact, it's best you grab a notepad and brainstorm and write down a bunch of answers.

Figure out exactly why things could have changed.

Just with the help of this simple exercise you'll be surprised by the amount of ideas you come up with.

Is there something you're doing different behaviorally?

Are you thinking a different way?

Are you acting a different way?

Are you having sex in a different way?

It's not until you sit down and really think about the answers to these questions that you have the potential to make some really interesting discoveries.

It's this form of "self-intervention" that could help you identify a really obvious reason as to why your erections have changed.

Now it could be that this exercise doesn't lead to any huge breakthroughs, but alternatively it could be that you discover a gigantic breakthrough, which if you address, will enable you to completely regain your previous erection quality.

Take some time to complete the exercise I described in this section and you could be thanking yourself for a very long time.

Your Health

Now in the self-intervention I intentionally left out a really obvious question, because I wanted to address this directly...

Have you changed physically?

It's not a subject we often like to talk about, but if you've changed physically it could be that this is a contributing factor to your change in erection strength.

Now don't get me wrong, everything I've shared up to this point has the power to do an incredible amount of help.

And if you implement everything else in this guide it could be that you don't need to address your health, but it's worth bringing up nonetheless.

Did you know for instance that as you gain fat, some of it also gathers within your arteries restricting your overall blood flow?

And I'm sure you know that arteries are the very same vessels that deliver blood to the penis.

This means that by gaining fat you simultaneously reduce the quality and size of your erections.

It's a tough thing to hear, but that's the truth.

So if you want to improve the quality of your erections and you're overweight then losing fat is a very effective way to achieve that.

And if you're not sure how to do this, then don't overthink it...

This is the fastest and simplest way to lose fat...

- Eat less processed food, especially processed carbohydrates
- Eat more greens
- Exercise regularly (use weight / resistance training for fastest weight loss)

Don't use not knowing what to do as an excuse for not getting started.

Just do something towards losing weight and you'll figure out the distinctions as you go along.

Same goes for smoking...

If possible, try and cut back or eliminate it.

Smoking's link to lose of erection strength isn't just speculation either, this has been researched and found to be true, here's what one article in the American Journal of Epidemiology found...

"Compared with men who never smoked, men who smoked at some time had a greater likelihood of erectile dysfunction"

source: <http://aje.oxfordjournals.org/content/161/4/346.full>

Plain and simple.

Again, if you're a smoker, you probably don't want to hear it, but maybe this will encourage you to smoke less or even drop the habit altogether.

Now like I said before this is by no means the only way to regain your erection but if you need a good reason to get in shape or quite smoking, improving the quality of your erections is a pretty good one in my opinion.

Final Thoughts

Like with everything else I teach, regaining your erection comes down the study of cause and effect.

If you do certain things you'll lose your erection or your erection strength...

Whereas if you do other things you'll be able to quickly regain a strong and full erection.

In this guide I've outlined exactly what those thing that you can do to get and maintain a full strong erection are.

The next step now lies with you to take action on everything you've discovered.

As you do, I'm sure you'll rapidly begin to see the results...

And I bet your lover will be very satisfied with them too.

Jack Grave

PS – In this guide I've taught a very special method of rebuilding erections...

I taught you how your "state" impacts your ability to get hard.

Well, if you like what I've shared here, you'll really like the video linked to below...

In this video I build on what you've already discovered here and I show you how to create what I call an "Erection Switch"... an internal switch, which when flipped, will give you a virtually instant erection.

Now I know that might sound too good to be true so let me demonstrate to you exactly how the process works.

Discover exactly you can create your own Erection Switch here...

