

Male Confidence



Table of Contents

Chapter One

Bigger Penis Now: An Intro to the Program

- Want bragging rights?
- Satisfying your partner
- Is this Program for you?

Chapter Two

Were you born with it?

- The Real the Cosmetic
- It's a Muscle?
- Penile Psychological Studies

Chapter Three

Bigger, Better Perfection

- Measuring the Male Member
- Sex and Women
- Seeking Help
- The Other Treatment Options
- Considering Surgery

- Secret Exercises (Making it Grow)
- Muscle stretch exercise
- Maintenance
- Mastering the Performance!

Chapter Four

Pride and Glory

Chapter 1

Bigger Penis Now: An Intro to the Program

Having an erectile dysfunction or lacking in length and width can be a serious blow to the male ego. Now, with this program it doesn't have to be.

Millions of men, all around the world suffer from the same problems and are often left hopeless after several bad medical or other treatment options.

There are obviously self-esteem issues at play here are a resulting in a huge (the third largest growing industry on the Internet) market opportunity and thus exploited by anyone who can device a clever name to get people's attention.

It is the same industry as the female breast enhancement. People's insecurities are often exploited by quacks who will either feel or look enlightened.

We don't offer any gimmicky products, there are no pumps no pills no surgeries. Just the most natural way to give you the length you desire.

A: **Want Bragging Rights?**

Men with the biggest penises are the most confident because the penis has always been considered a sign of male prowess. If you have an average size or a small penis and you too want bragging rights and want to be that confident go getter you always saw yourself as.

Penile enhancement through natural modes is the only way to gain the natural swagger you deserve. And this is your perfect opportunity, just

read and follow the easy exercises and steps to make your penis, your crowning glory!

B: Satisfying your Partner:

Another severe blow to male pride can come from, not being able to please your partner, sexually. Although, they say "size doesn't matter" but at the end of the day you know deep inside that the only reason one says that is because it does matter!

But do not be dis-heartened or go running to any pseudo health gurus just try our all natural regime and see the results for yourself.

You won't believe the growth! And how simple it was to achieve.

C: **Is this Program for you?**

Answer these questions; **do you want a bigger, better, thicker male member?**

Do you want to satisfy your partner?

Do you wish to be more confident?

If you answered yes, read on this book is THE tool to help you with your penis - enhancing success story.

This program will work for you because it is made for "you", it's just that simple. It's all natural

and all very easy; you'll be levitating after you discover the secrets.

Chapter 2

Were you Born with it?

If I start talking about the “gifted” the “naturals” the “talents” of the genital world it’ll be a rather short list. No pun intended.

The average male penis measures up to be around 6 inches at full adulthood and 90% of the male population measures up to this standard.

We will show you that everyone is naturally well hung, some men just have the right developmental tools to get their penises to a better size.

I'm sure they are gifted individuals out there but it is not a point of male envy, not after you read this book! It's so simple you won't believe what you have been missing all this time.

A: **The Real the Cosmetic**

No matter how well done the treatment and the surgery, the "cosmetic" thing is never as good as its real / natural counterpart. Unless of course you are seriously dysfunctional and there are no other options.

Using pumps on your penises is not only useless but in most cases harmful. Same is the case with pills, either they are placebos (water pills) or they come with enough side effects to render you impotent or blind.

No latest cosmetic treatment can or is ever the answer when something so delicate and private is concerned, and if you were looking for “treatments” you will stop now! Natural is the only way for permanent growth that you can be proud of.

B: It's a Muscle?!

Every time you feel the evil urge to do something un-natural to your penis... remind yourself, it's a part of your body!

It's a living breathing muscle! Just like you use your tongue to talk your eyes o dart around. You can train it, there is no need for risky treatments just make your body work in your favor. Naturally!

In the next chapter we show you how.

C: Penile Psychological Studies:

This man made obsession is as expected the point of debate and much reflection in the psychological circles.

The point of these discussions being what drives men to want larger members, and is it really a question of sexual pleasure or the male ego.

Size, Length:

While results are diverse in the medical studies but they are conclusive and almost always the same. The results show that the average human penis is approximately 12.9 – 15 centimeter or 5.1 – 5.9 inches in length.

Size (Circumference):

Typically the girth or the thickness of the male member when studied in medical trials comes to be around 4.9 inches or 12.5 centimeter. This measurement is made when the member is fully erect.

For the purposes of clinical trials the penis is often medically induced to retain full erection so the studies are valid and not varied by the level of erection produced.

Size of the Penis in Newborns:

When fully stretched the average penis size of a newborn baby or infant comes to be 1.5 inches in approximate length.

The average baby penis lies in the 2.2-inch category. The length of the penis at birth and its growth in the ensuing 4-5 years is a direct indication of expected penis size at adulthood reached at the end of puberty.

Growth Patterns for Penises:

Research studies carried on for decades at times suggest that the growth of the penis is not related or proportional to the age of the male.

The growth of the penis is around 4 centimeters at birth and shows little if any growth during the childhood of the male, at reaching puberty this trend changes dramatically.

Men, boys hit puberty at different ages depending upon their own biological compulsions.

Between puberty and adulthood (adolescence) there is a marked increase in the size of the penis where it reaches its full potential at the end of puberty when the man enters adulthood.

Growth after that period is also rare but because of development techniques and medical treatment it can easily be directed or induced.

Measuring the Erect Penis:

When measuring the male human penis as referred to in scientific studies it refers to the penis in its complete erect position.

When these studies are conducted at home by the patients or subjects of the trial the results on average can vary dramatically in comparison to the clinically tested ones.

Men seem to have larger erections while they are at home and measure the penis themselves. Though an area of concern at first about the induction methods for penile erection it has now been proven to be a judgmental error on most men's part or their psyche playing a role.

A general idea about the penile erection (medical staff measured) length as gleaned from the various studies conducted over the years is listed below:

- a. The flaccid penis is not indicative of the erect penis length when tested across different age and race groups. (1998 Journal of Urology)

- b. An impotency study showed that the erect penis of either impotent men or men with erectile dysfunction averages at about 14 centimeters. The study was carried out with Caucasian males where they were medically induced to have an erection. (International Journal of Impotence Research)

- c. A cross country international research carried out suggests that the world wide male penile length is 15-16 centimeters and the circumference is averaged between 11-13 centimeters. (British Journal of Urology 2007)

d. A study on east European male penis size depends on the height and weight of the men, this research is not yet conclusive and further studies are being conducted on this trend. The average length of the East European male was found to be 5.2 inches when fully stretched.

Chapter 3

Bigger, Better, Perfection

This is the chapter that teaches you the technique to make your grow up to 3 inches and stay that way!

Just read on follow the easy nuggets of information by incorporating them into your lifestyle. But before we start, the key thing with body enhancement is confidence! So, do not lose yours!

A: **Measuring the Male Member:**

To measure the male penis correctly it has to be fully erect, following is a step-by-step guide to measuring your penis the right way so when you use these exercises you will be able to appreciate the results.

- i. Get the penis erect in ideal conditions so that the room temperature the mood everything is just right to give you the maximum length.
- ii. You will have to take an average here as the penis size during erections can vary.
- iii. Measure the erect penis at a few different times when erect and get an average for your actual length.
- iv. Men often see their penises as smaller than they are because of the foreshortening view they have from above.

- v. Keep in mind factors like the level of arousal or the time of the day and the frequency of sexual activity in mind so do not think this to be the exact length of your erect penis take it as an approximation.

- vi. Penile length differs in different races because of the varied climatic, lifestyle and genetic inheritances.

- vii. The length should be measure when you are holding the penis parallel to the floor; it can be placed on a table to be exactly straight only if the friction does not adversely affect the size o the erection.

- viii. Ideally a penis should be measured from the tip to the base (towards the testacies).

- ix. Do not measure the penis from underneath the measurement is almost always faulty.

- x. Do not be seated while measuring your penis this can result in false measurements too.

- xi. To measure the thickness or the girth of your penis you will need to have multiple reading to average out too.

- xii. The penis again has to be

completely erect while you measure the thickness.

- xiii. With the erect penis parallel to the floor judge the mid point of the penis and take the measurement from there.
- xiv. If you want to be more accurate you can take three different readings or slightly varying thickness points and take a median of those.
- xv. Consistent results with penis measurements are only recorded when the erection is medically induced and thus at it full potential.

xvi. If you are interested in getting your penis measured in a clinical environment be wary of the unreliable method employed by some doctors who measure the male member by stretching the flaccid penis as far as comfortably possible and then measuring it.

B. Sex and Pleasing your Partner:

The main reason for wanting a bigger penis is to please your partner sexually. The thing here to be kept in mind while thinking of an increase in penis size, is that a women's vagina is flexible can stretch when excited to accommodate any length or circumference.

Next we will discuss a few ways to increase the pleasure threshold for your partner by simple methods while you work on your exercises to naturally enhance your manhood.

- The typical vagina of an adult woman who hasn't had a child and has had intercourse before (not a virgin) is only 7-8 centimeter or 3.5 inches long (approximately) when she's not sexually

excited.

- Women who have given birth especially if through the vaginal passage have a slightly bigger and disfigured vagina when compared to a normal pre birth one.
- When fully sexually aroused, a woman's vagina can extend on average no more than 10 – 11 centimeters in length.
- You will be able to fill the vagina completely if you are of even just the average penis size.
- The only way you won't be able to fill a normal vaginal area is if you indeed have a rare erectile dysfunction and your penis is less than the normal 4 inches.
- Think of the vagina as a stretchable

lubricated sack where you don't have to worry about your 6 inch erection creating a problem for your partner.

- The vagina can stretch amazingly to accommodate any length if you are willing to introduce the penis in gradually, otherwise you will be risking damaging the genitals and causing discomfort for your partner.
- The female human vagina is known to be remarkably stretchy blowing out to almost 200% of its original size if excited properly.
- Men with huge penises (the longest erect penis in humans has been recorded to be

13.2 inches!) can be favorably sexually active if they know how to handle the delicate vagina and be slow and gentle with their entry.

- The penis size matters to a woman when all other techniques of sexual arousal have been forfeited.
- In fact studies on women's perspective suggest that the friction that is created through a longer/broader penis more likely to achieve orgasms even without much need for foreplay.
- The penetration of the penis is also directly proportional to the likely hood of a women achieving an orgasm. Basically the deeper the penetration the greater

the chance of a resulting orgasm.

- Factors such as extended foreplay is a healthy alternative to getting the same results you would with a larger penis and this way the intercourse is more intimate for both partners too.
- Clitoral stimulation is essential if you do or do not have a large penis for a woman to achieve orgasm or climax.
- The G-spot needs to be stimulated to achieve better orgasms. If you can spot the G-spot of your partner you have already won the game.
- For women the length of time to reach climax is at average 8 minutes longer

than a man's so controlling the ejaculation to last the 14- 15 minutes is key in pleasuring your partner.

- A woman's orgasm can be enhanced if the male ejaculation is prolonged even after the female orgasm.
- Size of the male member definitely matters to women, but it matters more to men and is a representation of their ego needs.
- Penis envy a concept made famous in the twentieth century by the mad and the imaginative Dr. Sigmund Freud which says that women are attracted to their mothers and because they cannot have sexual intercourse with their mothers due

to their non-heterosexual organs they develop feelings for their fathers based on wanting their penises this grows into a penis envy in adulthood from every man. This theory has since its hay day been widely discredited.

- Penis envy today is recorded to be more apparent among men. Men have the psychological need to be the biggest penis in the room this is an age old concept where the biggest broadest men were made the chief or leader of the tribe and got the most women or at least their pick of them.
- According to a popular research it is considered scientific fact that the buying of sports or luxury cars like Corvettes and BMWs are inversely proportional to the

length of the penis of that man. Thus the bigger the car the smaller the man, be wise in choosing your next car.

- Moral of the story, a fancy car does not make a man naturally stacked but we can show you the way to get there just be patient.

C: Seeking Help:

If you have read this book carefully and measured your penis accordingly and you are worried that your penis size is not in the normal range for your range, you should seek medical advice.

There should not be an embarrassment in going for medical counseling you may just find out that it is the adverse effect of some medication or some food you might be eating.

However the reason to get your penis checked out is there might be some dysfunctional disease related to the size and if caught in time it can be cured or reversed with either physical or mental work ups depending on the case.

If you're not going to be comfortable consulting your family GP for such a private issue you might want to look for medical assistance elsewhere like:

- You can go to **Private clinics** (they

might be expensive and sometimes run by lunatics so be cautious).

- National Health Service's **free urology clinics**, these are available in every state and are genuine health board certified.
- National Health Service's **sexuality related medicine clinics** are again a safe option as these are certified.
- National Health Service of America's genitourinary or **genital medicine clinics**. You can find your country's alternative to these by searching through the online government run health board websites or database.

- The National Health Service run **family planning clinics**, these will tend to be more catered towards women's needs so you might have to wait a while before you will be treated here.

Again we would suggest going to your GP for abnormalities but if you must choose from a certified medical practitioner and certainly do not attempt to self diagnose or heal.

D: The Other Treatment Options:

Again with trying to get your penis enlarged avoid pseudo sciences like plaque be fore warned and tread with caution here are however some of the option you might be or have already considered.

If the company is legitimate make sure the price is too since this is not something men like to talk about some places take advantage of it and price people as high as they can.

If you can, you should go attend a seminar or conference about penis enlargement and penis size in general for better information.

These seminars are often very enlightening about what treatments are safe and which definitely have worked before.

Some options are listed below:

- **Enlargement Surgery:**

This might just be the most controversial method for penile enlargement especially if you do not have any serious erectile dysfunction. The process is costly, painful and more often than not dangerous.

- **Penis Pumping Devices:**

These too are potentially

damaging to the penile tissue and are of absolutely no good use. They provide no results except discomfort and further reduction in the size.

- **Pills or Patches:** These are a ridiculous idea for making your penis grow. If growth was possible through steroid like pills most body builders would not have prune sized dicks.
- Some European research has suggested that the **stretching and lengthening techniques** you will learn in this book are actually quite beneficial and the exercises if done properly and regularly can result in

significant natural growth.

E. Considering Surgery:

This is of course a private decision that no one else can make for you and if you are willing to go as far as surgery to alleviate your problems than you might be doing the right thing.

A normal sized penis however should not be subjected to surgery. Get your penis measured first and if you do fall in the average category and want to still get the operation performed we suggest you seek professional psychological help.

Below, is a list of reasons why you should and should not opt for a surgical penis enlargement procedure.

- There is a huge risk factor where your penis could bleed out badly damaging the penis itself.
- There is a chance for infections
- There is a chance your penis will be deformed after surgery.
- The slightest flick and the delicate ligament supporting the penis can be gone.
- Post surgery the penises without the ligament might be longer but they are limp as the muscle cannot stand

straight / erect without the ligament.

- The original size of the flaccid penis might increase but the erect penis after surgery will often be the same size.
- The Penis will probably not come as high as it used to while erect before the expensive operation.
- Injecting your own fat into the penis might be a worse-idea, it can lead to serious problems.
- Fat injected in your penis can make it less excitable when in friction.

- Fat injections in your penis can also result in discomfort during peeing.
- You will not be able to perform far a while after the surgery.
- When you are ready to perform after the surgery you will notice the loss of the sensory nerve cells when the sensations are not as strong as they used to be.
- As for the pros to getting a penis

enlargement operation, you can potentially (if everything goes perfectly by the book) have a larger penis that works as well as before.

Again we cannot stress enough the importance of checking out the doctor's credentials before you say yes to a risky and un-necessary procedure like this.

E. Secret Exercises (Making it Grow)

We will take you through 5 easy to follow and understand steps to make the bigger, better performance dream a reality for you!

i. Relaxed Schedule:

Remember before starting that you are not to do these exercises everyday! It can be taxing on the genitals and wear them out. It's a body part it needs rest.

ii. PC Flex:

This exercise is targeted at making your penis hard, and for longer.

What you do is to exercise the urination muscles like when you pee and keep them in the hard position for longer periods working your way up to 30 minutes at a time.

Increase the time gradually otherwise your penis will be too sore.

iii. **OK:**

Hold and Stretch out your penis with your hand making the OK symbol with your fingers.

Hold your penis stretched out for 10-15 second and release, rub down and repeat.

iv. **Jelqing:**

You will require lubrication for these set of exercises.

You will start with giving yourself an erection not all the way just short.

With the OK symbol of your hand grasp you penis at the base and rub the blood in it towards the head.

Repeat 20-25 times to start with.

v. **Warm ups:**

Keep your penis in good working order and avoid cramps by taking luke warm showers before and after the exercises and wrapping your penis in a towel.

F. Muscle Stretch Exercise

These next few exercises not only help to strengthen the length you have achieved in the penis and are a worthwhile effort.

- Start by stretching the head of the penis right in front of you at a right degree angle.
- Hold that position for in 5 to 7 seconds.
- Now make the grip on the head a bit tighter.
- Pull the penis in the right direction.
- Hold for at least 10 seconds.
- Repeat the same motion by pulling the head of the penis in the right direction.

- Lastly pull the head of the penis in a vertically downward position.
- Hold now for 30 seconds to let the blood flow down towards the tip better.
- Ideally this exercise should be performed at least 10 times a day but just 3 to 4 days a week.

Anything more and you risk hurting yourself and fatiguing your precious member so it won't be able to perform as well as you want.

G. Maintenance

This is a life long process, but one you will be happy to do once you see the results. Main points for maintenance are,

- **Eating healthy:**

You will receive all kinds of benefits from a diet rich in vitamins and low in fat. Your sexual organ will also be more likely to function at full capacity.

- **Exercise:**

Exercising your body regularly and keeping in shape will improve the blood flow in the whole body that results in a healthier heart,

which will be advantageous to your sexual organ.

- **Be Patient:**

Starting low building up, do not try getting all the growth in a day! It will not work.

- **Full on Sleep:**

Get some extra sleep it is good for the blood flow to and from the penis. Even a few extra hours a week of sleep will do wonders for your penis performance and growth.

- **Warm up:**

Always remember the warm ups, they will help you avoid any unwanted discomfort.

- **Stopping:**

Once you have reached maximum or desired growth you can slowly cut down on the exercises by eventually just doing it two days a week. Do this slowly.

H: Mastering the Performance!

Now that you have the key to the perfect penis!

In length and In shape.

You will have the confidence to perform and
shine through for your partner.

The confidence will radiate through when you
want to ask people out on dates.

Remember though when trying to impress your partners that length is not everything, pay attention to the clitoris, the G-spot, foreplay and prolonging the act (orgasm) itself.

Enjoy yourself, have fun for if sex is one thing alone it is JOY!

Chapter 4

Pride and Glory

The only thing to do now is to enjoy that proud male member you always wanted and deserve.

Impress your partner with size and with your confidence in the bed.

Do your exercises regularly and perform at the peak of your capacity. Let your penis be your pride and glory!

Just be ready to be complimented on your new “technique”! With these exercises you will be able to impress the natural way!



We hope that we have been helpful in your journey towards not just a better life but a much better sex life.