

EJACULATION MASTERY

Series



Lloyd Lester

Ejaculation Mastery Series

Audio Transcript of Interview With Lloyd Lester, Author, [Ejaculation By Command](#)

Jim Bryson: Hi, this is Jim Bryson. Today we've the pleasure of speaking with Lloyd Lester, the author of *Ejaculation By Command* to talk about some of the things that many of our readers have been asking with regards to premature ejaculation and lasting longer in bed.

Hi Lloyd!

Lloyd Lester: Hi Jim, great to hear from you again.

Jim: Lloyd, would you tell us a little bit more about yourself, what you do and what your latest ebook is all about?

Lloyd: Yes, certainly.

I've been involved in sexual health research and education for over 10 years. Well, I focus primarily on male sexuality and helping guys overcome sexual dysfunctions, especially premature ejaculation. As someone who previously suffered from premature ejaculation, I could share the pain, frustration, embarrassment and deep sense of humiliation associated with the inability to last longer enough in bed.

It wasn't a bed of roses for me. It took me many years of trial and error, plenty of research and learning from my own mistakes before I found the key to beating premature ejaculation for good. And I share this all in my latest ebook called *Ejaculation By Command*, what truly works and what not, and how you can permanently fix premature ejaculation for good.

Jim: OK, alright great! This interview is going to be very informal, the time is all yours and I'm going to let you do most of the talking. I have a couple of questions that some of our readers have asked about in the past.

First things first... there is a myriad of myths, lies and misconceptions out there about premature ejaculation. What do you think is the most prevalent myths and misconceptions that most men don't even know?

Lloyd: Well that's a really important question and a starting point for men who really want to permanently end their premature ejaculation problem. As a matter of fact, there is a ton of misinformation out there about sexual dysfunction and specifically premature ejaculation, and unfortunately most guys don't even realize that.

First of all, when it comes to premature ejaculation, most guys tend to think they are the only one suffering from it and there's nothing they can do about it. They mistakenly assume that most other men can last 10, 15, 20 minutes or even hours, without breaking a sweat. They think they themselves are bad in bed, they are bad lovers who can't satisfy women. Worst still, many guys find it difficult to talk about this problem with their partners.

This isn't necessarily true. You see, a lot of this misconception about staying power arises from what guys see in adult or porn movies, and made worse by what today's media is putting out about sex. You know, the kind of strong, physical masculine image that we as men are supposed to live up to. And when we fail to live up to that image, it often leads to a lot of problems and feelings of inadequacy, disappointment and even sexual insecurity.

And it can all spiral into a vicious cycle. The more insecure you feel about your own sexuality, the quicker you'll ejaculate; the quicker you come to an orgasm, the less confidence you have the next time you have sex!

Jim: Ok, alright, so in most cases, men think that they are in a unique situation, they are alone in suffering from PE, there's no one they can turn to, is that true? Well I know for a fact that some guys are embarrassed about bringing this sort of problem to their doctors! Is that a common perception?

Lloyd: Yeah, you're absolutely right. One of the most prevalent misconceptions is that men tend to think no one else has a problem like them, that their case of premature ejaculation is worse than anyone else. In fact, many of us do not know where we can turn to for help, other than relying on the media and internet where a lot of these myths and lies originate from in the first place.

Jim: So what other kinds of information about premature ejaculation is wrong out there? I reckon some of these bad advice are dangerous and can even worsen a person's problem?

Lloyd: Yeah, that is so true. As a matter of fact, a lot of the information, advice and even articles out there are written from a perspective of trying to prey on men's insecurity and feelings of inadequacy.

Think about this... a man's desire to satisfy his female partner sexually is very deeply ingrained in him. There is nothing worse to know that you're a quick shooter, so to speak, and unable to even do the most basic sexual thing, that is, to last a long enough during sex.

And the male enhancement industry is very quick to exploit and capitalize on one of men's inner most fears about sexual inadequacy. Many guys end up spending tons of money, time and effort on solutions that don't work, or at least

don't work long term. Worse still, some of these solutions end up making their sex lives even worse.

Jim: So what are some of these premature ejaculation solutions that you reckon would do more harm than good?

Lloyd: I'm pretty sure most men have heard of miracle cures, quick fixes that promise to add minutes to your sex overnight. Pills, creams, gels, sprays, and even specialty condoms... there is a whole gamut out there. The simple truth is this... what most of these products do, especially the creams, gels and sprays is that they numb the sensations in the penis so that you can keep your erection longer.

There are two obvious disadvantages here... firstly you don't get to enjoy sex as much as you deserve, because the numbing stuff takes away a lot of the sensation. Secondly, when you put those stuff on your penis and your penis goes into the vagina, that stuff will rub off onto the vagina and that goes numb as well. Without a doubt, this will eventually hurt your sex life.

Jim: Alright, I think that is spot on when you say those numbing or desensitizing agents are actually going to have a negative effect on a woman as well.

Lloyd: Yeah, that's absolutely right.

What we also need to realize is that premature ejaculation is a very common problem, as many as 40 percent of the male population will experience this at some point in their lives. It doesn't mean you are a bad lover, husband or boyfriend. It doesn't mean you're stuck with this problem for the rest of your sexual life. Premature ejaculation is something that you can overcome, with a little bit of effort and practice... and without relying on those quick fixes that do more harm than good.

Jim: Well I guess many men, when they buy those premature ejaculation products like creams, gels and sprays, they are actually hoping for a miracle solution to their problem. And obviously after a week, two weeks, when their problem still remain, they will think that solution doesn't work for them, although they reckon it works for everyone else...but not just for them.

Lloyd: Yes, that could very well be true, and you know, this thing can easily become a vicious cycle, making a man feel worse about the problem, making him less likely to seek out proper long term treatments that could help him overcome the problem, making him feel worse about his sex life, and eventually making him avoid intimacy with his partner.

Jim: Alright, I think you hit the nail on the head because I've had experience with readers who had written in, and although I'm certainly no expert, but one of the things that seem to happen is that the insecurity, the anxiety and the embarrassment of premature ejaculation makes them avoid having sex altogether.

Lloyd: You're absolutely right.

Jim: Now, what about anti-depressants, or medications that are used to treat anxieties...do they help in preventing an early ejaculation, since we know that many cases of premature ejaculation stems from stress and performance anxiety?

Lloyd: Well, yes and no. There are medical professionals who explain that part of what causes premature ejaculation is that the brain is not producing enough neuro-transmitters, such as serotonin. And so some of the anti depressants drugs, better known as SSRI, or Selective Serotonin Re-uptake Inhibitor have the effect of slowing down the process of ejaculation.

But the truth is this... these serotonin anti-depressants, while they produce hormones that help to delay ejaculation, they are known to have side effects, such as erection difficulties, reduced libido and in some cases, an inability to have an orgasm.

In my opinion, you should try to resolve your premature ejaculation problem without resorting to drugs or medication. You certainly don't want to pop a pill and think that it's going to go away. Even when you're on anti depressants, you still need to do some of the exercises that I share in my latest book, you still need to work on your breathing techniques and strengthen those core muscles that are responsible for ejaculation.

And if you really decide you want to try out anti depressants, my advice is... get them from a doctor or a certified medical professional. You don't want to put your health, or your sex life, at risk.

Jim: Great, thanks for bringing that up. I think that is very helpful, especially for guys who think that pills and drugs are the solution to fix premature ejaculation or to last longer in bed.

Alright, one other thing I want to ask you was, for the benefit of those listening in to us right now, is... what's your advice for guys who are suffering from premature ejaculation, but are not sure what they can do to fix their problem for good. Where can they get help?

Lloyd: Well, the first thing I would tell them is that there is hope. You see, although premature ejaculation is the most prevalent, most common sexual

dysfunction, it is by far, the most treatable one. You can overcome it permanently.

Of course, it won't happen overnight. But if you're willing to work at it, identify the underlying causes, practice some of the exercises and techniques I share in my book, adopt open communication with your sexual partner, I think that will go a long way in helping you reverse a lifetime of embarrassment.

Ejaculation is essentially a muscle response. And like any other muscles in your body, if you don't work at it, if you don't train and condition those muscles to build endurance, they simply won't be strong enough to keep off an early ejaculation. PRACTICE is key here.

In my book, I share various basic and advanced techniques to keep these muscles in tip top condition so that you can delay an orgasm for as long as you desire. I talk about things you can do to keep those muscles completely relaxed so that ejaculation will not occur.

I also share my thoughts about how men can use masturbation to build superior endurance during sex. Most guys are doing it incorrectly when it comes to masturbation, and sadly that carries over to sex where a premature orgasm becomes inevitable.

I also talked about the sexual response cycle in my book and why it's important to pay attention to how you feel when you go through the different stages of sexual arousal, because without becoming aware of your own sexual arousal, you won't be able to identify the *point of no return* until it is too late.

Jim: Great, let me ask you a quick question. Do you need to involve a partner with those exercises that you describe in your book, or can you do them on your own, in your own time?

Lloyd: Yeah certainly. The great thing is that those specific tips and techniques that I share in my book, you can either do them on your own or with a partner when you are ready. Of course, you should start off on your own first, so that you get a handle on your own arousal patterns. With a partner, the sexual stimulation can get out of control very easily. So I'd often advice guys to start off with the individual exercises first, build more confidence and greater endurance on your own first, and when you're ready to take it to the next level, bring in your regular partner if you have one.

Jim: Awesome. I also saw you go to great lengths in explaining some of the connections between a man's diet and lasting longer. So I reckon what you eat has an impact on your sexual performance as well?

Lloyd: Yes, absolutely. You've to remember that maintaining an erection is all about blood flow. There are two main chambers in the penis that fill with blood whenever a guy gets an erection and stays that way until ejaculation when blood starts to flow out.

And things that affect blood flow in your body also affect blood flow to your penis. So if you smoke, if you consume excessive amounts of alcohol, these things constrict blood flow and affect your ability to hold an erection and last longer.

In my book I talk about natural foods that can give you a lot more endurance in bed. And no, these are not expensive foods either. These are common, everyday foods that will give you a good dose of libido and staying power, so that you can go on longer during sex. And I'm pretty sure you'd be surprised to learn what these foods are!

Jim: Alright, well, Lloyd, that is plenty of stuff you've covered so far. Is there anything else that you want to share with those listening in right now?

I know there's a tremendous amount of work you've put in and I've the privilege of getting plenty of insights from you when we spoke about this subject previously. Is there anything else you want to say, or give us a little more so that we can check it out on our own?

Lloyd: Well, I'd encourage guys to check out my ebook. More importantly, keep the lines of communication open, because women want to help you with this problem too... after all, their sex lives are at stake too! Women want you to talk about it, they want to keep you sexually fulfilled, they want to keep the relationship healthy too. And you'd be surprised at what women think, or more specifically, how they see themselves, when their men routinely ejaculate prematurely during sex.

Premature ejaculation is NOT a problem you have to live with for life, unless you choose to let it. Like all things in life, overcoming premature ejaculation does take some work, skills and effort. And my book will help give you a great head start and set the foundation to keep your sex life going strong.

And for women listening in, if you think your man needs a little help in dealing with premature ejaculation... you know, guys usually don't really open up and talk about such stuff as it can be embarrassing. You can even download the book and share with your boyfriend or husband. I think he would be pleasantly surprised, and more than happy to learn how he can put both your sex life back on track!

Jim: Great, Lloyd, I think it's probably a good time to stop. I know one of the things that we didn't cover and might cover in a future call is with regards to

women's perspective, you know, what it's like, whether they would be disappointed that their boyfriends or husbands are not able to satisfy them. You know, a lot of these stuff are written online from the male perspective, and a lot of the hype is written to sell something.

So one of the things you can talk about another time is really, from a woman's perspective, from the women you've spoken with, what their experience is like, living with somebody they are married to, or being with somebody who's unable to satisfy them sexually.

Lloyd: Yeah, I'd be happy to talk about that. I think many people will be interested to hear about it.

Jim: Alright, I think we've covered pretty much here. And I'd encourage people listening in to check out Lloyd's ebook. Personally I think there's plenty of very practical and useful advice - over 100 pages of great content - that any man can use to improve their sex lives, and more specifically, to permanently fix premature ejaculation and last longer.

And for those who prefer to listen in to the course, there are 14 great audio tutorials that will guide you by the hand, step by step. And I guess there would be links to download that ebook and audios in the emails that will go out pretty soon.

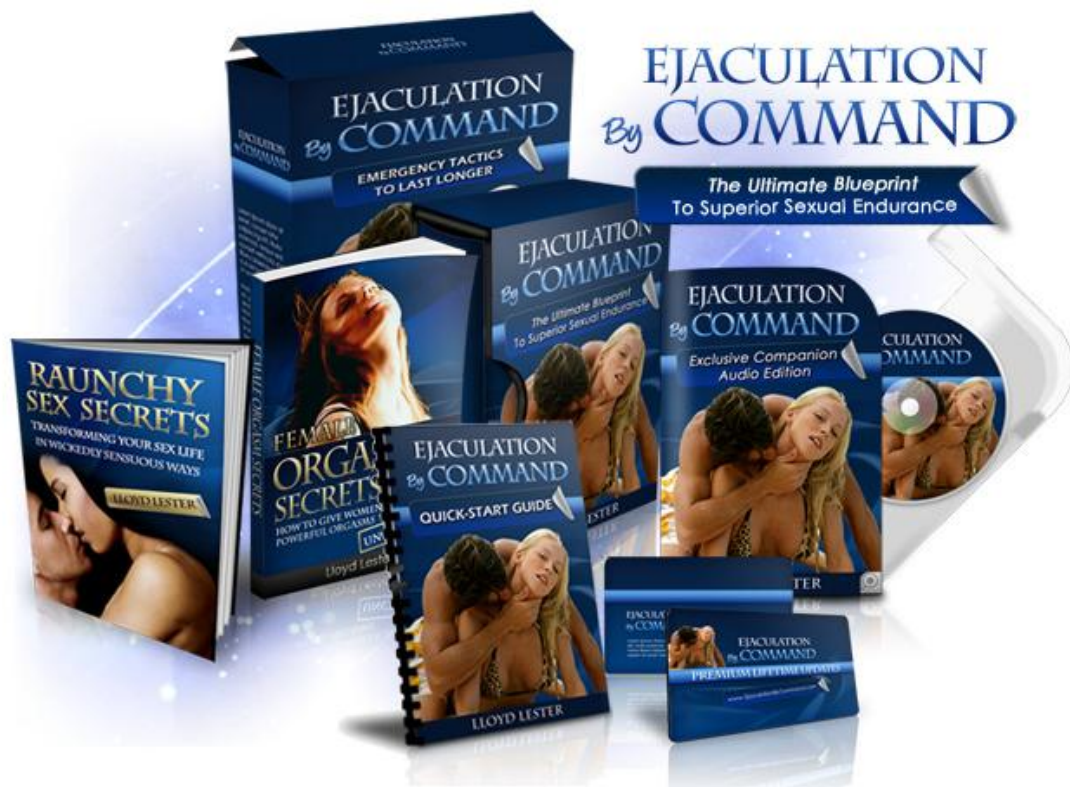
Lloyd, thank you so much for your time and for sharing your thoughts with us. There is something else that I want to run by you, so I'd be in touch with you pretty soon.

Lloyd: It's my pleasure!



Don't Be Embarrassed In Bed... Be Confident!

The contents in this audio call are a small preview of what you'll discover in Lloyd Lester's "Ejaculation By Command" ... a complete, step-by-step blueprint to permanently end premature ejaculation and last longer in bed.



[Click Here To Download The Full Version >>](#)

Here you'll unlock all the BEST techniques to last longer in bed and get a MASSIVE edge to totally transform your sex life (and hers too!)

This is just a ***small sample*** of what you will learn:

- ✓ An easy mindset shift that completely changes your perspective about premature ejaculation... and the best thing is, your girl will see a new, confident you with this simple "tweak"
- ✓ How to use "self-gratification" to last longer during sex - there's a right way and a wrong way... I'll show you the right way
- ✓ A huge mistake guys make right before they have sex that actually kills their sexual stamina. (I'm amazed how many men do this... and if you

don't know what it is, there is a good chance you're making this mistake now)

- ✓ How to prevent yourself from ejaculating when you are "on the edge" ... and do so without having to "stop the action" (**this one tip can literally save your relationship**)
- ✓ An easy way to TRIPLE the intensity of her orgasms without requiring any extra "stamina" from you
- ✓ A proven penetration technique that will easily add minutes to your lovemaking... and you can easily do 100 thrusts of this without blowing early (It's taken me a long time, but I've finally figured out **a thrusting sequence that NO woman can resist.**)
- ✓ Four different sex positions that will give you superior endurance and INSTANTLY get a woman aroused to the point where she's filled with pleasure
- ✓ A simple but powerful breathing technique that instantly supercharges your ejaculatory control (and it takes only 5 seconds to do)
- ✓ How to lower a woman's threshold for orgasm so that she ALWAYS comes before you
- ✓ The single most powerful "sex tip" I've EVER discovered (This one is truly POTENT... and will **bestow upon you a sexual power and create a level of intimacy that you might be mentally unprepared for...** so save it for the women you really love)
- ✓ And much, much more!

Don't settle for lousy sex.

Get your copy of *Ejaculation By Command* and start enjoying the kind of sex you once only dreamed about!

[**Click Here To Download Your Copy >>**](#)