

60-MINUTE CONTROL



**THE PORN STAR METHOD
TO DELAY EJACULATION
LIKE A PRO**

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INTRODUCTION

The world of adult films may seem glamorous and full of uninterrupted pleasure, but few people know the real secret behind the stamina of porn actors. To maintain their performance over long periods, they develop specific mental and physical control techniques that go far beyond momentary arousal.

Contrary to what many might think, these professionals don't rely solely on genetics or pure luck to last longer in bed. In fact, they follow preparation routines, develop self-control skills, and practice specific exercises that ensure extraordinary performance under pressure. Achieving such mastery over body and mind requires a level of discipline most men don't even realize is possible — but which you can reach with dedication and practice.

This e-book unveils these strategies and teaches how to apply them to gain impressive control in your sex life. Here, you will learn not only the techniques used by renowned adult film actors, but also practical methods that can be incorporated into your daily routine to enhance your performance. From mental

practices to maintain focus and avoid premature ejaculation to physical exercises that strengthen the muscles responsible for ejaculatory control — everything is laid out so you can experience real, lasting results.

If you're tired of feeling insecure or frustrated about not lasting long enough in bed, it's time to completely transform your performance. Get ready to feel more confident, secure, and powerful, reaching endurance levels you never thought possible. Let's explore the path to absolute control over pleasure — and ensure that every encounter is memorable and satisfying, both for you and your partner.



CHAPTER 1:

THE PSYCHOLOGY OF STAMINA

Sexual stamina is not just a physical matter—it's primarily a mental battle. Many men are overly concerned with performance, which triggers a cycle of anxiety that directly interferes with how long they last. Before learning the physical techniques to prolong sexual activity, it's crucial to understand how the mind influences ejaculatory control.

1. THE POWER OF THE MIND IN EJACULATORY CONTROL

The mind is either your greatest ally or your worst enemy when it comes to prolonging pleasure. Premature ejaculation often isn't a physical issue, but rather a lack of mental and emotional control. This happens because during sex, the sympathetic nervous system takes over, and extreme arousal triggers the ejaculatory response. To counter this, it's essential to train the mind to stay focused and calm, even during moments of high intensity.

1.1. THE ROLE OF ANXIETY AND FEAR OF FAILURE

Anxiety is one of the biggest enemies of sexual stamina. Worrying about performance, the fear of ejaculating too soon, or disappointing your partner creates emotional pressure that causes an adrenaline rush. This speeds up your heart rate, increases muscle tension, and causes a loss of control over the ejaculatory reflex.

To manage anxiety, it's essential to:

- **Accept the Situation:** Understand that anxiety is natural—don't punish yourself for it.
- **Lower Expectations:** Fear of failure only increases tension. Accepting that each experience is unique helps reduce pressure.
- **Focus on Sensory Experience:** Concentrate on the sensations rather than the outcome.

2. FOCUS AND BREATHING TECHNIQUES

Controlling your mind during sex takes practice and discipline, but specific techniques can help you stay calm and in control of your body. Breathing is a powerful tool for balancing arousal and increasing endurance.

2.1. DIAPHRAGMATIC BREATHING

Shallow, rapid breathing increases arousal and can lead to premature ejaculation. In contrast, deep and controlled diaphragmatic breathing lowers your heart rate and calms the nervous system. To practice:

- Inhale deeply through the nose, expanding your abdomen, for 4 seconds.
- Hold your breath for 2 seconds.
- Exhale slowly through the mouth for 6 seconds.
- Repeat for 2 minutes to train control.

Practice this regularly—even outside sexual contexts—so it becomes second nature.

2.2. POSITIVE VISUALIZATION TECHNIQUES

Visualization is a powerful tool for maintaining mental control during sex. Instead of worrying about how long you'll last or fearing early ejaculation, focus on calming and controlled imagery.

- **Control Visualization:** Imagine yourself in control, leading the act with calm and confidence.
- **Neutral Images:** Think of ordinary situations that don't cause arousal.
- **Thought Diversion:** At critical moments, redirect your thoughts to something mundane, like solving a simple math problem or recalling a routine task.

2.3. EMOTIONAL ANCHORING TECHNIQUES

Emotional anchoring creates a mental link between a gesture or thought and a calm, controlled emotional state. Choose a subtle gesture—like lightly pressing your thumb against your index finger—and associate it with deep relaxation.

During breathing and meditation practices, perform the gesture while focusing on feelings of confidence and safety.

Over time, performing this gesture during sex will help your brain access that anchored state of calm.

3. MENTAL PREPARATION BEFORE SEX

Mental preparation starts well before the sexual encounter. Having a routine for mental and physical care can make a significant difference in achieving confident, lasting performance.

3.1. MEDITATION AND MINDFULNESS

- Practice guided meditation daily to enhance focus and concentration.
- Use mindfulness techniques to increase body awareness and reduce anxious thoughts.

3.2. POSITIVE AFFIRMATIONS

Repeat empowering statements like:

- “I am capable of controlling my pleasure with calm and confidence.”
- “My mind is balanced, and my body responds to my command.”

Doing so before sex instills a mindset of self-assurance and mastery.

4. CONTROLLING AROUSAL: DISCONNECTING FROM INSTINCT

During sex, the body instinctively reacts to pleasure, leading quickly to climax. To prevent this, you must consciously slow down arousal. Try the following:

- **Reduce Visual Stimuli:** Close your eyes or focus on neutral objects to decrease visual arousal.
- **Change Rhythm:** Alternate between fast and slow movements to break the fast-paced pleasure cycle.
- **Strategic Touch:** Switch between intense strokes and light caresses.

5. TURNING PSYCHOLOGY INTO PRACTICE

The key to ejaculatory control lies in continuous practice and training your mind to take charge. It's normal to face challenges at first, but with time, these techniques become second nature. The secret is in consistency and applying these methods both inside and outside the bedroom.

It's not about suppressing pleasure—it's about channeling and controlling it wisely. The combination of self-confidence, mental focus, and physical techniques will not only help you last longer but also create more intense, fulfilling experiences for both you and your partner.

By mastering the psychology of stamina, you're one step closer to achieving complete control over your pleasure. In the next chapter, we'll explore home techniques to complement this mental preparation and deliver even more powerful results.



CHAPTER 2:

12 AT-HOME TECHNIQUES TO CONTROL EJACULATION

Ejaculation control goes far beyond theory—it requires consistent practice and the application of techniques that truly make a difference. There are simple yet effective methods you can practice daily that deliver impressive results when it matters most. In this chapter, we'll explore the 12 most efficient at-home techniques to prolong pleasure and ensure complete control over ejaculation.

1. THE SQUEEZE TECHNIQUE

One of the oldest and most effective methods to delay ejaculation, the squeeze technique involves applying pressure to the base of the penis just before climax. This temporarily reduces blood flow and tension, interrupting the ejaculatory reflex.

How to Apply:

- When you feel you're about to ejaculate, stop stimulation.
- Use your thumb and index finger to firmly (but painlessly) squeeze the base of the penis.
- Maintain pressure for about 5 to 10 seconds.
- Breathe deeply during this process to help reduce arousal.

Pro Tip: Practice this during masturbation to condition yourself and recognize the exact moment to apply pressure.

2. STOP-START METHOD

This technique involves stopping sexual stimulation when arousal peaks and resuming once it has subsided.

How to Practice:

- During sex or masturbation, stop all stimulation when you're close to orgasm.
- Take deep breaths and relax your pelvic muscles.
- Resume at a slower, more controlled pace after a few seconds.

Benefit: This strengthens both mental and physical control.

3. KEGEL EXERCISES (PC MUSCLE TRAINING)

Kegels strengthen the pubococcygeus (PC) muscle, which plays a crucial role in ejaculatory control.

How to Do It:

- Locate the PC muscle by stopping the flow of urine midstream.
- Contract it for 3–5 seconds, then relax.

- Repeat 10–15 times, three times a day.

Advanced Tip: When nearing orgasm, contract the PC muscle firmly to delay climax.

4. DIAPHRAGMATIC BREATHING (ANXIETY CONTROL)

Shallow, rapid breathing contributes to premature ejaculation. Deep breathing calms the body and slows down arousal.

How to Practice:

- Inhale deeply through your nose, expanding your abdomen.
- Hold for 2 seconds.
- Exhale slowly through your mouth.
- Repeat before and during sex.

Performance Tip: Combine this breathing with slow movements for greater control.

5. VISUAL CONTROL (FOCUSING ON NEUTRAL IMAGES)

Avoiding intense visual stimuli during sex can help control arousal.

Strategy:

- During peak moments, focus on less arousing areas or think of neutral images.
- Avert your gaze from your partner during high-intensity moments to lower visual stimulation.

6. MENTAL DISTRACTION TECHNIQUE

Shifting your thoughts away from sex can effectively delay ejaculation. Think of daily tasks or solve a simple problem in your head.

Thought Suggestions:

- Plan a grocery list.
- Recite a poem or song mentally.
- Recall your daily to-do list.

7. CHANGE OF RHYTHM AND POSITION

Altering rhythm and sexual positions helps manage arousal.

How to Do It:

- Start with slow, controlled movements.
- If climax nears, switch to a less intense position.
- Reduce the depth and speed of penetration.

8. PERINEAL PRESSURE TECHNIQUE

Applying gentle pressure to the perineum (area between the scrotum and anus) can momentarily block the ejaculatory reflex.

How to Do It:

- Press the perineum with two fingers when you're close to climax.
- Hold for a few seconds until the urge decreases.

9. CONTROLLED MASTURBATION TECHNIQUE

Training during masturbation helps you understand your limits and build endurance.

How to Practice:

- Masturbate until just before climax, then stop abruptly.
- Wait a few seconds, then resume more slowly.
- Repeat several times before allowing orgasm.

10. MODERATE SENSATION TECHNIQUE

Use less friction and pressure during sex to manage arousal.

Tips:

- Use lubricants to reduce friction.
- Choose positions with shallower penetration.

11. PELVIC MUSCLE CONTROL

Learning to contract and relax pelvic muscles during sex allows you to reduce arousal intensity.

How to Train:

- Consciously contract and relax your pelvic floor muscles during sex.
- Do this especially at critical moments to decrease arousal.

12. GLANS PRESSURE TECHNIQUE

Applying gentle pressure to the glans (head of the penis) can help slow arousal.

How to Do It:

- Hold the glans between your thumb and index finger.
- Gently squeeze for a few seconds to reduce sensitivity.

FINAL SUCCESS TIPS

- **Daily Practice:** The effectiveness of these techniques relies on consistent training. Dedicate time daily to Kegels and breathing exercises.
- **Mindful Training:** Apply these techniques during masturbation for conditioning.
- **Emotional Control:** Learn to identify your body's signals and respond quickly to manage arousal.

Mastering these techniques requires discipline, but the results are worth the effort. By practicing regularly, you'll develop natural and effective control, ensuring prolonged pleasure and greater satisfaction for both partners.

In the next chapter, we'll dive into how to use these skills practically, simulating the control of a professional actor during sex.



CHAPTER 3:

THE ACTOR'S SCRIPT

When we watch adult films, what we see are intense, extended scenes, with actors displaying impressive control over pleasure and duration. But behind the scenes lies a carefully planned script to ensure each scene is executed with precision and stamina. From position changes to rhythm control, porn actors follow a series of strategies to simulate total dominance of the situation.

In this chapter, we'll uncover the secrets of that script and show you how to apply the same techniques in your own sex life. We'll cover strategic positions, rhythm shifts, and techniques that help you maintain complete control—even during the most intense moments.

1. THE ART OF SIMULATING CONTROL

The first major lesson we can learn from adult film actors is that performance isn't just about pleasure—it's about self-control. Often, they simulate more control than they truly have,

using tricks and tactics to avoid premature climax while maintaining the appearance of absolute endurance.

How to Simulate Control:

- **Deep, Controlled Breathing:** Even at peak arousal, slow breathing conveys calmness and composure.
- **Neutral Facial Expression:** Avoiding overly intense or strained expressions suggests confidence.
- **Precise, Controlled Movements:** Positions requiring slower, more deliberate movements help maintain rhythm.

2. THE ROLE OF STRATEGIC POSITION CHANGES

Changing positions is a fundamental technique used by actors to “reset” arousal levels and extend the scene. It’s not just for variety—it serves as a strategic pause, reducing intensity and allowing the body to recover.

2.1. WHEN TO CHANGE POSITIONS:

- When nearing climax: Position change acts as an arousal break.
- After intense rhythms: Helps reduce tension and regain control.
- To adjust penetration angle: Certain angles are less stimulating and help prolong duration.

2.2. QUICK SWITCH TECHNIQUES:

- **Fluid Transitions:** Move naturally so the switch feels like part of the flow.
- **Subtle Verbal Cues:** Use phrases like “Turn to the side” or “Let’s try something else” to guide the change smoothly.

3. CONTROL POSITIONS: MOVEMENTS THAT SLOW DOWN CLIMAX

Some positions are naturally less stimulating and allow for more controlled pacing. Let’s look at the most effective ones for prolonging the experience.

3.1. TOP CONTROL POSITIONS:

- **Modified Missionary:** Focus on deeper, slower thrusts instead of quick motions.
- **Seated (Her on Your Lap):** Gives full control over speed and depth.
- **Side-Lying (Spooning):** Gentle angles reduce intensity and help manage rhythm.

3.2. POSITIONS ALLOWING NATURAL PAUSES:

- **Standing Against a Wall:** Provides a shift in posture for a subtle break.
- **Spooning:** Slow, steady movements ideal for regaining control.

4. CONTROL STRATEGIES WITHIN POSITIONS

The position itself is just part of the equation. How you move and the intensity you apply directly affect arousal control.

4.1. CONTROLLED RHYTHM:

- **Speed Alternation:** Start slow, build pace, then slow down again.
- **Impulse Patterns:** Alternate deep thrusts with shallow ones to break stimulation cycles.

4.2. PRESSURE CONTROL:

- Avoid continuous deep thrusting—light movements help reduce stimulation.
- Alternate soft and firm thrusts to balance pleasure and stamina.

5. BODY CONTROL AND COMMUNICATION WITH YOUR PARTNER

Communication during sex is essential for maintaining control without seeming like you're avoiding intensity. Use emotional and verbal cues to steer rhythm and position changes.

5.1. DOMINANT LANGUAGE:

Use phrases that assert control, like:

- "I'm turning you over now."
- "I want you on your side."
- "Stay like that, I'll go slow."

5.2. STRATEGIC TOUCH:

During position shifts, use your hands to caress or massage her, maintaining connection and rhythm continuity.

6. PROFESSIONAL TRICKS TO ENHANCE CONTROL

Adult film actors use lesser-known tricks to extend their endurance and maintain absolute control.

6.1. HIP GRIP TECHNIQUE:

Before climax feels imminent, grip your partner's hips firmly and slow your thrusts. This gives your body a moment to reduce arousal.

6.2. STIMULUS SWITCHING:

If you feel you're too close to orgasm, shift your focus to her pleasure—manual or oral stimulation—while breathing deeply and recovering.

6.3. STRATEGIC RESTING POSITIONS:

Some positions let you relax muscles without breaking the moment, such as:

- **Legs Up (Her lying with legs on your shoulders):** Allows for lighter penetration while reducing physical strain.
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7. SCENE CONTINUITY AND CONTROL

Actors' real secret isn't just lasting longer—it's maintaining the illusion of being fully in control. That includes confident

expressions, steady movements, and body language that radiates dominance.

7.1. CONTROLLED PLEASURE EXPRESSION:

Avoid showing extreme tension that signals loss of control. Appear to enjoy, but not as if you're on the edge.

7.2. STRATEGIC SOUNDS AND MOANS:

Keep moaning and vocal expressions at a controlled level to reinforce the idea that you're managing your pleasure.



CHAPTER

CONCLUSION

Mastering the actor's script isn't just about knowing the techniques—it's about applying them naturally and confidently. The combination of strategic positions, rhythm shifts, and mental focus makes sex more pleasurable and prolonged, ensuring satisfaction for both partners.

The key is to train each technique with dedication and patience until they become second nature. In the next chapter, we'll cover pre-scene routines—how to physically and mentally prepare for top-tier performance, just like a true professional.

CHAPTER 4: THE PRE-SCENE ROUTINE

Porn actors don't rely solely on natural talent to achieve long-lasting and impressive performances. Like high-performance athletes, they follow specific physical, mental, and emotional preparation routines to ensure maximum endurance and control during filming. Pre-scene preparation is essential to ensure body and mind are fully

synchronized and ready to handle long and intense sex sessions.

In this chapter, we'll break down every step of that preparation routine—from proper nutrition to physical and mental exercises that truly make a difference in performance.

1. PHYSICAL PREPARATION: THE BODY COMES FIRST

Having a well-conditioned body is one of the secrets adult film actors use to maintain control and stamina over extended periods. Physical preparation involves muscle strengthening, flexibility, and targeted care to prevent discomfort during sex.

1.1. STRETCHING FOR FLEXIBILITY AND MOBILITY

Stretching not only prevents muscle injuries but also increases flexibility, allowing for broader and more comfortable movements during sex.

Key Stretches:

- Quadriceps Stretch: Kneel and pull one foot backward, keeping posture upright.
- Hamstring Stretch: Sit on the floor with legs extended and reach for your toes.
- Pelvic Stretch: Do circular hip motions to loosen pelvic muscles.

Pro Tip: Do a 10-minute stretch routine before sex to keep your body agile and comfortable for intense positions.

1.2. KEGEL EXERCISES: STRENGTHENING THE PC MUSCLE

The pubococcygeus (PC) muscle plays a vital role in ejaculation control. The stronger it is, the better your climax control.

Kegel Routine:

- Contract the muscle as if stopping urine flow.
- Hold for 5 seconds.
- Relax for 5 seconds.
- Repeat 10 to 20 times, at least 3 times a day.

Benefits: Improves ejaculatory control, strengthens erections, and enhances orgasm intensity.

1.3. CARDIOVASCULAR ENDURANCE TRAINING

Good cardiovascular conditioning is essential for sustaining energy and performance during sex. Aerobic exercises improve blood flow and reduce fatigue.

Examples of Exercises:

- Light running or brisk walking: 20–30 minutes, 3 times a week.
- HIIT (High-Intensity Interval Training): Alternate bursts of high intensity with rest periods.
- Swimming or cycling: To strengthen muscles and boost lung capacity.

2. MENTAL PREPARATION: THE KEY TO CONTROL

Mental control is just as important as physical preparation. Staying calm and confident before and during sex is vital to prevent anxiety from affecting performance.

2.1. MEDITATION AND MINDFULNESS FOR RELAXATION

Meditation helps calm the mind, reducing stress and tension that may lead to premature ejaculation.

How to Practice:

- Sit in a quiet, comfortable place.
- Close your eyes and focus on your breath, slowly inhaling and exhaling.
- Visualize a calm, peaceful scene like a beach or forest.
- Let thoughts pass without attaching to them.

Tip: Practice daily for 10–15 minutes to build mental control.

2.2. POSITIVE VISUALIZATION TECHNIQUES

Visualizing yourself in control during sex strengthens self-confidence. Use imagination to create scenes where you are calm, confident, and in charge.

Example:

- Imagine yourself in an intense sexual situation, staying composed and in control.
- Visualize yourself switching positions with ease and breathing deeply.
- Feel confidence flowing as you manage the pace and intensity.

2.3. MENTAL REPROGRAMMING WITH POSITIVE AFFIRMATIONS

Affirmations are powerful statements that help reinforce a mindset of confidence and control.

Empowering Affirmations:

- “I have total control over my pleasure.”
- “My mind and body work together to ensure peak performance.”
- “I can last as long as I want, with confidence and stamina.”

Repeat these daily, especially before sexual encounters, to program your mind for success.

3. NUTRITIONAL PREPARATION: FUELING PERFORMANCE

Nutrition plays a critical role in sexual performance. Avoid heavy meals and foods that cause discomfort to maintain energy and readiness.

3.1. FOODS TO BOOST SEXUAL STAMINA

- **Zinc-Rich Foods:** Oysters, lean red meat, pumpkin seeds (boost testosterone).
- **Omega-3 Sources:** Salmon and sardines (improve blood circulation).
- **Complex Carbs:** Oats, brown rice, sweet potatoes (long-lasting energy).
- **Green Vegetables:** Spinach, broccoli (enhance nitric oxide production and blood flow).

3.2. FOODS TO AVOID BEFORE SEX

- **Greasy Foods:** Cause lethargy and discomfort.
- **Excess Alcohol:** Lowers libido and performance.

- **Heavy Meals:** Like pasta or fried foods that slow digestion and reduce energy.

4. SELF-STIMULATION FOR CONDITIONING AND CONTROL

Masturbation can be a powerful training tool for ejaculatory control—if done with discipline and focus.

4.1. CONTROLLED MASTURBATION TECHNIQUE

- Start slowly, focusing on deep breathing.
- When nearing orgasm, stop and breathe deeply.
- Resume slowly and calmly.
- Repeat this cycle several times before allowing yourself to finish.

5. FINAL CHECKLIST FOR PEAK PERFORMANCE

Before any sexual encounter, review your preparation to ensure everything is balanced:

- Stretching Completed
- Kegel Exercises Practiced
- Light, Energizing Nutrition
- Breathing and Positive Visualization
- Boosted Self-Esteem and Confidence
- Mental Prep with Affirmations



CHAPTER CONCLUSION

The pre-scene routine is a true game-changer for achieving outstanding and lasting sexual performance. By consistently following these practices, you'll always be ready to impress your partner with stamina and confidence. The key lies in integrating these habits into your daily life, building mental and physical conditioning that makes ejaculatory control second nature. In the upcoming chapters, we'll combine everything with practical techniques to deliver a performance worthy of a true professional actor. Get ready to fully master your sex life and achieve complete control.

CONCLUSION

You've reached the end of this e-book and are now equipped with a true arsenal of techniques and strategies to achieve complete control over your sex life. From a deep understanding of the psychology of stamina to the physical and mental

practices that ensure a performance worthy of a professional actor, each chapter has provided valuable and applicable knowledge to completely transform your ability to control pleasure.

But remember: no knowledge is truly useful unless it is put into practice. Mastering ejaculatory control doesn't happen overnight — it's a continuous process that requires dedication, practice, and patience. The more you train and apply the techniques shared here, the more natural and fluid your performance will become.

The secret of top adult film actors isn't just knowing the techniques — it's practicing them daily until they become part of their natural behavior. So make the pre-scene routine a habit, train your mental and physical control regularly, and most importantly, maintain a mindset of confidence and self-mastery.

YOUR NEXT STEP: PRACTICE AND EVOLVE

Now that you know the methods used by professionals, it's time to put them into action. Start by making small changes to your routine — incorporate Kegel exercises, breathing techniques, and mental control practices. Train with strategic positions, practice rhythm variation, and use positive visualization to ensure your control is always at its peak.

Each encounter is an opportunity to test your skills and grow stronger. And remember: the path to total control is gradual and progressive. Don't pressure yourself for perfection right away — appreciate each improvement and keep refining your techniques.

THE RESULT: PROLONGED PLEASURE AND UNSHAKABLE CONFIDENCE

With dedication, you'll not only gain control over ejaculation but also become a secure and confident partner capable of creating unforgettable experiences for your lover. Your self-esteem and personal satisfaction will soar, and you'll realize that mastering pleasure isn't a distant dream — it's a skill well within your reach.

From this moment on, you have all the tools to become a true master of sexual control. Put everything into practice and experience the transformation you've been aiming for. Enjoy every moment, celebrate your progress, and fully embrace your new reality of pleasure and endurance.

Wishing you much success and prolonged pleasure! Now it's your turn to shine in bed and impress like a true professional.

Good luck and happy practicing!