

# Penis Confidence

*Fight Back Against the #1 Body Dysmorphic  
Issue Plaguing Men Around the World!*

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# Why the Focus on Penis Size?

While we talk a lot about body image when it comes to women, men also feel the pressure to have the perfect body – and penis size is one of their greatest areas of concern.

Fears of inadequate length or girth can leave men feelings embarrassed and ashamed. But the truth is that most men are of average size and most women aren't looking for anything more than that.

You need to find out if you may feel badly about your penis size, how many corporations are taking advantage of your lack of confidence, what women really think about penis size, and some of the dangers that you may be exposing yourself to by trying to increase your size.

You also need to know how to feel better about the way you look and move forward with confidence during intimate moments. You'll find that you really don't need to change this part of your body.

We've all heard the jokes about penis size, but many men believe that their penises are inadequate and take it to heart. Men are likely to feel shame and embarrassment about their size and compare themselves to other men they know or have seen.

But where did this fascination and concern begin? There are many reasons why men might focus on penis size and feel that they're too small.

## **Misunderstanding the Average Size**

Many people have heard that the average penis is 5-7 inches long. In reality, the average penis size is 5.5 inches when erect. That's much smaller than many men envision.

If you're focusing on the fact that you're on the lower end of average, know that the average has numbers both above it and below it. If your penis is long enough to have intercourse, you don't have a problem.

Penises are actually considered of normal size as long as they measure more than 3 inches long when they're erect. So if yours is at least that long, then you're considered normal.

## **Bigger Is Better**

In the Western world, there's often the idea that bigger is better. It applies to our homes, our bank accounts, and our possessions. For women, this idea is frequently applied to breast size and for men it's all about penis size.

The idea that the bigger your penis is, the better it is may have begun as a small child who wanted to grow up into a man. In fact, a larger penis may actually symbolize something more important - such as the freedom that comes from being an adult.

## **Locker Room Behavior**

As a young man, you may have spent time in locker rooms where there was a lot of joking about penis size. Having to get undressed around other boys – especially in high school where there's a big age difference – may have caused you to begin comparing and to feel self-conscious.

What starts as a joke can become more serious. You may have learned to feel self-conscious about your size in comparison to other people you saw growing up. And that insecurity can become ingrained.

## **Pornography Exposure**

If you've spent any time looking at pornography, you may be comparing yourself to one of the male stars. Male porn stars are notorious for the length and girth of their penises.

These men are far from average, but if that's all you've really seen of other men you may think that it's the norm. And it's most definitely not. But if that's the basis for your comparisons, then it's no wonder that you feel less than endowed.

## **Tendency to Compete**

Men tend to have a strong drive to compete. This can apply to sports, dating, and career enterprises. Penis size may just be another area where you work to compete with other men.

The problem with using penis size to compete is that there isn't much you can do to change what you have. You could spend your entire life worrying about something that you can't change.

## **Critical Comments**

In the heat of an argument, you may have had a partner make a negative comment about your penis size. If you want to push someone's buttons, then attacking his penis size certainly can be effective.

But if you take those comments to heart, you may develop a complex even though there's nothing wrong with your size. People often push buttons and lie about what's being said just to hurt someone.

## **Associating Size with Effectiveness**

Some men look at penis size as a measure of how well they can perform in the bedroom or with fertility. In reality, neither of these things is true.

Your penis size has nothing to do with how well you can perform in the bedroom. As long as your penis is large enough for intercourse, you'll also find that you don't have fertility problems – at least no problems related to size.

## **Flaccid vs. Erect**

Some men are concerned about their penis size when it's flaccid. For some men, there's a great difference between the size of a flaccid penis than one that is erect.

If you're judging your size based on how you look when you're not erect, you could be worried about a size that just doesn't matter.

# Focusing on Penis Size Has Negative Consequences

People who don't understand the obsession with penis size may not understand the devastating consequences that can come from feeling inadequate in this area. It's important to know that this can be a real problem beyond physical size.

## **Anxiety and Depression**

Men who focus on penis size are at a greater risk of developing anxiety and depression. You could have shame connected to your penis size, which only leads to bigger problems.

## **Social Withdrawal**

Men who are embarrassed or ashamed of their penis size can become socially withdrawn. You may fear approaching women or entering into a sexual relationship with one.

This can lead to become more and more isolated. Not only can you miss out on romantic relationships, but you may find that you're even isolated from your friends and social activities that you once enjoyed.

## **Obsession**

You can also develop an unhealthy obsession with the way you look and your penis size. It could be something that you think about most of the day and that you associate with your self-worth.

This can eventually lead to a disorder known as Body Dysmorphic Disorder where you actually become delusional about your penis size. You may see it as much smaller than it actually is.

## **Taking Unhealthy Risks**

Becoming obsessed with your penis size makes you more likely to take risks for solutions to increase your size. We'll talk more about specific products that just don't work and can even be dangerous.

But for now, it's enough to be aware that there are many companies ready to take advantage of your insecurity.

# How Predators Are Taking Advantage of Your Low Self-Confidence

If you spend any time online, you've surely seen the myriad of products designed to increase penis size and performance. These are designed by companies that want to take financial advantage of your concern about penis size.

They use tricky marketing campaigns to take advantage of your internal anxieties. They often make major claims that aren't backed by any type of science or research.

Some common claims of corporations that make penis enlargement products include:

- Doctors recommend them
- Increase in girth and length with continued use
- Women will experience better sex
- There are no side effects or risks
- Medically proven results
- Clinical testing
- You'll become a woman magnet
- False news reports

These companies know that men often feel that they don't measure up and they're happy to take your money knowing that the promises they make are false. Let's take a look at some of the most common products on the market, what they actually do, and whether or not they're worth the investment.

## Exercises

There are many products on the market that offer exercise programs for the penis. These are designed to move blood into the penis and cause it to become more erect and therefore longer.

However, some of these exercises can actually be dangerous for the penis and cause tissue damage. In the end they can lead to pain, penis disfigurement, and even the development of scar tissue.

## **Pills**

There are many herbal formulas that promise to guarantee penis growth. These are usually mixtures of herbs that are thought to stimulate testosterone production. However, no pills that promise to increase penis size can deliver on that promise.

And, even worse, they can cause you to have negative side effects. Herbal medicine can be very powerful and can interact with other medications you're taking or exacerbate health conditions.

## **Lotions and Creams**

There are many different lotions and creams that claim to offer penis enlarging properties. They usually include a mixture of vitamins, hormones derived from plants, and even herbs.

Similarly to pills, these products don't offer any true benefits. And they can also be harmful causing irritation. There's no regulation of these products, so you don't really know what you're getting when you order them.

## **Stretching and Extending**

You can also purchase devices known as stretchers or extenders. They claim to help increase the length of the penis by stretching it. They attach to the penis and use traction to pull and stretch it.

There's no real evidence that this type of device works. And this product can cause pain and cut off circulation to the penis causing injury. These devices can also be expensive and take a lot of your budget for little results.

## **Penis Pumps**

Another method for increasing penis size is the penis vacuum pump. These pumps work by apply suction to the penis and drawing blood to the organ. They can actually cause your penis to swell and look larger.

However, this effect is temporary and doesn't actually make your penis larger long-term. And you also run the risk that you damage the tissues in the penis. Over time, you may experience erections that are less firm than they were before using it. This is much more detrimental to your sex life than length could ever be.

## **Surgery**

In addition to over the counter products, there is also a surgical procedure that claims to lengthen the penis. However, this is not typically used for someone who has an average penis length.

Instead, it's designed for men who truly have a penis smaller than 3 inches or who have birth defects or injuries that lead to problems with function. Yet there are doctors that do offer penis enlargement surgery for cosmetic reasons rather than true health concerns.

Surgery carries risks – as all surgeries do. Not only can you have problems with anesthesia and infection, you may also have complications from the surgery itself. This surgery consists of cutting the ligament that connects the pubic bone and the penis.

In the end, this only lengthens the penis about half an inch. And the procedure can also cause the penis to have a strange curve or appear asymmetrical. This surgery doesn't usually provide much patient satisfaction. And in addition to the risks, you can count on spending thousands of dollars.

## **The Do-It-Yourself Culture of Penis Size**

Another very dangerous thing that's cropped up as a result of men's insecurity about penis size is a culture of people who want to help you "do it yourself." A quick Internet search reveals hundreds of pages giving advice for how you can increase your penis size without having to purchase expensive products.

However, many of these homemade devices are much less than safe and can be downright dangerous. From making your own penis pump with a plastic bottle to creating a penis extender from materials at the hardware store there's no shortage of bad advice.

What is sad is that there are many men desperate to do anything they can to increase their penis size. This can lead to major damage to the tissues in the penis and can even cause you to lose function in addition to causing pain.

The real change you need to make is in the way you feel about this part of your body – and your body in general. Stay away from these harmful methods that are dangerous for you.

# Improving Your Body Image

While all of these products and services are really just a waste of money, there are actually things you can do to improve the way you feel about your penis and really your entire body.

Changing the way you think about your body will change the way you feel about it and can help you to accept yourself just the way you are. When you increase your confidence, you'll naturally feel better about yourself – and so will the woman in your life.

## Get Educated

First you need to make sure you know the facts about penis size. Unless your penis is shorter than 3 inches when it's erect, it's completely normal. Forget anything you've heard other than that.

If you happen to have a penis shorter than 3 inches long when erect, you may want to talk to your doctor about options. Don't be too ashamed or embarrassed to get help – a doctor is an objective person who has really seen just about everything.

## Watch Your Thoughts

Pay attention to the thoughts that you have about your body, including your penis. When you catch yourself thinking something negative, take note. Then do your best to turn that negative thought around and think something positive about yourself.

Your mind is very powerful when it comes to issues such as body image. The way you think and speak about yourself has a major effect on the way you feel about your body and on the actions that you take.

At first you'll have to be very vigilant about paying attention to your thoughts, but over time you'll find that you can develop a new habit and way of thinking that comes more naturally.

## Stop Comparing

When you start to compare yourself you head into dangerous territory. You can always find someone who has a longer penis or who has a more muscular body.

It really doesn't matter what other people look like. Instead, focus on being the best possible version of yourself. Maximize your own assets and don't worry about what everyone else has.

## **Mirror Work**

It's a good idea to look in the mirror and make some objective observations about your body. Get comfortable with seeing yourself as you are.

Try describing your body without using any words that put it down. Instead, look for what you consider to be your best qualities and define those. Taking the negative words out of your vocabulary will help you to have more confidence as you look at your entire body.

Your penis is just a part of your body – and it's not as important as you think it is when it comes to physical attraction or sexual performance. Find ways to describe it that don't cause you to have negative feelings.

## **Communicate with Your Partner**

Sometimes men become obsessed with penis size and think it's as important to their mates. But in most cases women are perfectly happy with the average penis.

Talk to your partner and ask her what she thinks of your penis size. Does she find it too small? Does it feel good to her during sexual activity? In most cases you'll find that penis size is really not something that's on any woman's mind.

In fact, a penis that's too large can be uncomfortable for a partner. Most women actually prefer the average size penis as far as comfort and pleasure. And for most women, there's much more to sexual intimacy than intercourse.

## **Present Your Best Self**

You'll have more confidence if you put your best self forward. That means practicing good hygiene and dressing in clothes that are flattering on you and fit well.

Men always look best in clothes that are tailored to fit perfectly. When you buy clothes at the department store they're made to fit a wide

variety of body types. Try taking a few of your favorite pants and shirts to a tailor to be fitted perfectly to you.

This is a relatively inexpensive service and can make a big difference in the way your clothes fit and how you feel about the way you look. When you get dressed, wear clothes that are neat and pressed rather than rumpled and looking like they just came off of the floor.

Also take the time and effort to groom yourself well. Keep your hair and facial hair trimmed and neat. This includes your eyebrows, nose hair, and ear hair. You may even want to pay for the luxury of a salon shave.

Keep your fingernails and toenails clean and trimmed – you may even want to have a professional manicure and pedicure to help you get started.

Good hygiene also demands that you keep your teeth clean. You may even want to try some whitening strips or professional bleaching to give your smile an extra polish.

Finally, fragrance is a very important area of your routine. Women generally love the smell of men's cologne or aftershave. Choose a signature fragrance and make sure to use it daily.

The idea here is that you do the best you can with what you have. When you begin to put more effort into taking care of your body and your appearance, you'll begin to exude more confidence.

## **Make Safe Improvements**

For men who are really uncomfortable with penis size, there are few things you can do to enhance the appearance of your penis without actually doing anything harmful to you.

Some examples include:

- maintaining a healthy weight – belly fat can actually make your penis look shorter than it is
- Trimming your pubic hair – the public hair at the base of your penis can cover a substantial amount of it and trimming will expose more of your penis

- Increase blood flow to your penis before intercourse – long foreplay can help you to have a more erect penis before intercourse and give it a larger appearance

These are healthy ways to show off the best of what you have instead of falling prey to the many ineffective products on the market.

## **Use Positive Affirmations**

When you're trying to change the way you think and feel about yourself, positive affirmations can be very beneficial. Affirmations are positive statements you can say out loud or even just think about that will help you to change your outlook.

Specifically, when it comes to penis size there are several affirmations you can try to help you to feel more confident:

- My penis is just the right size for me
- I am confident about my penis
- My penis looks large and attractive
- I am sexually confident
- My partner is satisfied with my penis
- Sexual energy flows through my penis

Making it a habit to use affirmations daily will help to change the way you think about your penis and in turn will help you to feel more confident.

## **Hypnosis**

If you're still struggling with changing your mindset, you might consider hypnotherapy to help change your subconscious messages. Contact a professional hypnotherapist and share your concerns.

He or she can work with you to change the negative thoughts into positive messages and help you to have more sexual confidence. Don't worry that you might get programmed with other information – you can't be hypnotized to do anything you don't want to do.

## **Counseling**

If your feelings about your penis are causing you to have serious issues such as social withdrawal, anxiety, and depression it's a good idea to seek a professional therapist.

You'll find that a professional therapist that's certified in sex therapy can help you to understand your body better and change the way you feel about it.

### **You Don't Need to Change Your Penis**

Note that everything listed here did nothing to actually change the size of your penis. Your penis isn't the problem – your confidence level is.

By feeling better about yourself in general, you'll find that you don't worry so much about one small part of who you are. You'll be more relaxed and feel better about the whole package.

## Body Image Beyond the Penis

While you may spend time focusing on the size of your penis, you may also have some other insecurities when it comes to your body and what you think women want. It's important to know that women really aren't as concerned about your body being perfect as you think.

Here are a few things that you probably care more about than she does:

- Your muscle tone – most women don't have to have a mate with six-pack abs in order to be happy
- Your height – for many women height isn't a big deal at all – you don't have to be 6'5" tall to be attractive
- Your hairline – second to penis products in popularity are those that deal with male pattern baldness

None of these things are deal breakers in most cases. Sure, you may come across the occasional woman who is really focused on looks, but most women choose to put other characteristics above these.

When it comes to your body, it's always a good idea to have good health habits. But it's not necessary to have a perfectly sculpted body in order for a woman to find you attractive.

Your height is something over which you have no control. When you carry yourself with confidence your height doesn't matter. You can date women who are shorter than you and even those who are taller. Think about Tom Cruise – he's not very tall and married two women who were taller than him, but his confidence kept it from being an issue.

If you're dealing with the problem of baldness, it's important not to try and overcompensate. You don't need to grow your hair longer or try to comb your hair in a way that covers your bald spot.

It's much more attractive to just embrace your baldness. Many men actually look much more attractive when they just go ahead and shave their heads. Or you can simply keep the hair you do have neatly trimmed.

# What Women Really Want

A lot of the concern that men have about penis size is really fueled by other men and by companies that want to exploit men's insecurities. But you may think your penis is a factor when it comes to female attraction.

When you talk to most women, you'll find that penis size really isn't a huge factor in attraction or sexual satisfaction.

But women do care about many other things. For women, it's much more important how a man feels about himself and how he treats her than it is he has a perfect body or big penis.

## Confidence

Women are more attracted to a man who has confidence. That doesn't mean a man who is cocky and has an ego bigger than the room. It really means that you feel secure about who you are and what you have to offer.

When you have confidence, it translates into major attraction that extends into the bedroom. This is far more than the size of your penis.

## Intelligence and Conversation

Women appreciate a man who is thoughtful and intelligent. Your ability to carry on a conversation and have well-formed opinions is far more important than the shape and size of your body parts.

## Kindness Matters

A man who is kind instantly becomes more attractive. If you give plenty of compliments, help out around the house, and are willing to give of your time and energy you have what it takes to have a happy relationship with great attraction.

Showing kindness to family members and even serving in the community can also show her how kind you really are.

## A Little Romance Goes a Long Way

Making a romantic gesture from time to time is very important for women. Taking opportunities to be the knight in shining armor goes a long way toward developing attraction.

Look for ways that you can take charge and save the day. Tell her how beautiful you think she is. Give her flowers for no reason along with other thoughtful gifts (not necessarily expensive). When she feels cherished, she will be more physically attracted to you.

### **Being a Grown Up**

Most women want someone who is an equal, not a person they have to take care of like a little child. Being a grown up and taking care of your own career, finances, and responsibilities is very attractive and helps to develop respect in a relationship.

### **Humor for the Heart**

Many women say that they prize a sense of humor in a man. All relationships benefit from having fun, laughing, and being silly together. That doesn't mean that everything is a joke – definitely know when to be funny and when to take something seriously.

### **Appreciation**

Noticing the things that a woman does and acknowledging her for them is a very sexy action. Feeling appreciated and loved will go a long way to develop intimacy and sexual attraction.

### **Emotional Intimacy**

Being able to share your feelings and truly listen to her feelings will help to develop an emotional bond and emotional intimacy. Being emotionally present will help both of you to have a great foundation for attraction and sex. This isn't as important for men in many cases, but women often require it to have sexual fulfillment.

### **Honesty**

It should go without saying that being honest is important in a relationship and is something that women really seek out in a mate. Being honest about who you are and what you want from a relationship can bring happiness.

## **Humility**

We've discussed that confidence is important for a man, but humility is also. Humility means not thinking that you're better than anyone else and being able to admit when you've made a mistake.

You don't need to be cocky to be confident. When you're truly confident you don't feel the need to put others down or prove that you're better than others.

# Sexuality Is About Much More Than Size

When it comes to sex, penis size isn't as important as you think. There are many aspects to how you perform in the bedroom and intercourse is only one part of the action.

When you take the focus off of your penis size, you'll find that you can be more relaxed and have a more fulfilling sexual experience. You just need some helpful tips to improve your sex life without changing your penis size.

## Ooze Confidence in the Bedroom

Confidence is a true aphrodisiac in the bedroom. When you exude self-assurance, you can take the focus off of size and more on performance. You don't need to bring up your concerns about penis size before you begin a sexual relationship.

There's no need to make an issue out of something that insignificant to most women. Instead, develop sexual techniques that you feel confident about so that you're not worried about your penis.

When it is time for intercourse, you'll find in most cases that you're more than adequate – especially if you follow the rest of the advice in this section.

## Listen to Her

One of the most important things you can do in bed is to listen to your partner. Pay attention to what she likes and what isn't working for her. In the actual moment, listen for moaning sounds and for changes in her breathing.

You can also pay attention to the way she's moving her body. Take a mental note of those things that seem to really turn her on. And when you're not in the bedroom, be willing to discuss sex.

You don't need to have a long discussion, but you can ask if there's anything she'd like that you haven't done. Being willing to try new things can help you to have a more satisfying sex life.

## Make Her Feel Like a Queen

When you treat a woman well outside the bedroom, you're likely to get a better response in the bedroom. Women need to feel emotionally fulfilled in order to feel sexually fulfilled.

If you treat her badly 23 hours out of the day and then expect her to warm up to you for sex, you're not likely to have a good experience – and she definitely won't. So, remember to treat her well all the time and you'll reap the rewards in your sex life.

## **Foreplay**

While men tend to be able to go from 0 to 60 MPH in the bedroom in a second, women need a little time to warm up. Don't forget to add foreplay to your routine. The skin is one of the most important sexual organs.

Some foreplay techniques include:

- Set the mood – music and candles can help to set a relaxing mood that invites sexual pleasure
- Body massage - massage helps muscles to relax and allows you to experience intimate nonsexual touch
- Making out – spend some time passionately kissing to help get in the mood (a lot of people skip this step once they begin having intercourse but you should make it a priority all the time)
- Intimate massage – once you've warmed her up a bit, you can begin adding massage to the breasts and genital areas
- Cover her with kisses – don't rush to intercourse but instead spend time covering her entire body with kisses from head to toe
- Suck on her fingers and toes

These techniques help to build sexual excitement and pleasure before introducing intercourse. She'll be much less focused on the size of your penis when she's feeling so stimulated.

## **Sexual Massage**

When it comes to sexual massage, you'll want to spend time caressing her breasts and massaging her vulva. These are both areas of sexual stimulation.

Try massaging the lips of the vulva – this area is often skipped when men focus solely on the vagina. While the vagina does have many nerve endings near its opening, the labia is rich with nerves that provide sexual pleasure.

It's also important not to ignore the most important area between a woman's legs – the clitoris. This is a small gland just above the vaginal opening that becomes enlarged during sexual excitement.

Gently massaging the clitoris in a circular motion can be so satisfying that it produces orgasms. But there's another surefire way to stimulate this area of the body – oral sex.

## **Oral Sex**

One of the best ways you can provide her with sexual fulfillment is to perform oral sex. In fact, many women will have a better orgasm during oral sex than from intercourse alone.

If you're not providing this particular service, you're definitely missing out on the rewards of sexual stimulation you provide. One of the most common techniques that women enjoy is using your tongue to move in a figure eight pattern around the clitoris.

As you perform oral stimulation, pay attention to your partner to make sure you're hitting the right areas.

## **Be Gentle**

One thing men really need to understand about women's genitals is that they're very sensitive. Unlike the penis that's covered in regular skin, the female genitals don't have the top layer of skin. That makes them much more sensitive.

Don't rub too hard or suck too hard when you're stimulating the labia, clitoris, and vagina. Pay attention to signals from your partner. Different women have different preferences for pressure and stimulation. But always start gently.

## **Intercourse Doesn't Always Bring Orgasm**

One important thing to understand about sexual intercourse is that for women it doesn't always bring on orgasm. In fact, there are many women who cannot experience orgasm from intercourse alone.

That's one reason why penis size isn't as big of a deal as you might think. All the things you do leading up to intercourse and during it make a greater difference than the length and girth of your penis.

## **Clitoral Stimulation During Intercourse**

One way you can help her to achieve climax is to stimulate the clitoris during intercourse. You can do that by gently massaging the clitoris with your finger during intercourse.

You can also add the use of a small vibrator that can be placed on the clitoris during sexual intercourse. This adds the extra stimulation that some women need to achieve intercourse during sex.

## **Ladies First**

One of the best things you can do during sex is to exercise enough control to allow her to have an orgasm before you do. If you make that your general goal and guideline, you'll find that she feels more fulfilled during sex.

If you happen to have an orgasm before she does, make sure to continue stimulating her until she's able to achieve one as well. Just as men become uncomfortable when they are sexually stimulated without an orgasm, women can feel frustrated by not achieving one.

## **Introduce Sexual Aids**

There are many different products on the market that are available to help enhance your sex life. Adding a vibrator or dildo to your sex life can be fun and add to the experience.

You can also add massage oils, creams that provide stimulation, and other products that can support a satisfying sex life. Don't be afraid to add some of these things if you feel that your sex life needs a boost.

## **Fantasy Play**

Another way to enhance your bedroom experience is to add the element of fantasy. That could include role playing, some mild bondage with furry handcuffs or a scarf, or anything upon which you and your partner can mutually agree.

A little whipped cream and chocolate sauce can go a long way in the bedroom. You can also find games to play in the bedroom that help you to get in the mood and have a great time.

Don't be afraid to laugh and be silly during sex – it doesn't always need to be very serious. Sex is supposed to be fun!

## **Experiment with Positions**

Sometimes people get stuck in a rut when it comes to sexual positions. Don't be afraid to try new positions to help improve stimulation during intercourse.

For a more intimate connection, choose positions that allow you to be face to face and make eye contact. Keep the lights on whenever possible so that you can see each other as this improves intimacy and connection.

That doesn't mean you should never use positions that aren't face to face, but make sure that at least some of your sexual experience allows for that contact.

## **Focus on the Whole Person**

Sex is so much more than the size of your penis. When you focus on the whole person and allow you to relax and feel more confident about your sexual performance.

# When to Seek Professional Healthcare Assistance

While your penis size is probably within the norm, there are sometimes concerns related to the penis and sexual function that require treatment from a medical professional.

Let's take a look at some issues that require professional help.

## **Micropenis**

There is a true condition where a man's penis is considered less than normal. If your penis measures under three inches when it's erect, you can talk with your physician about possible help.

A urologist can go over options you have to increase the size of your penis slightly so that you can have more successful intercourse. Most likely you'll be offered some surgical options that are really only appropriate if you truly need them.

## **Erectile Dysfunction**

Another problem that can happen for men is erectile dysfunction. This may mean that you're unable to get an erection at all or that you're able to get an erection, but not able to maintain it long enough for intercourse.

Erectile dysfunction is generally a result of poor circulation to the genitals. This can actually be a symptom of a more serious issue such as heart disease. You need to talk to your doctor if you're having trouble with erections.

This problem can also be related to anxiety. If you lack confidence about your size, you may actually have a hard time with erections for psychological reasons.

Treatment for erectile dysfunction can include:

- Therapy to address issues of anxiety
- Medications to improve circulation
- Vacuum pumps to draw blood flow

- Improving your lifestyle for better heart health
- Medications that control blood pressure and cholesterol

Erectile dysfunction is a more serious issue than penis size when it comes to your health and sexual satisfaction. Don't ignore this problem and do talk with your doctor about what you can do.

## **Premature Ejaculation**

Premature ejaculation is another problem related to your penis that's more significant than size. This means that you ejaculate earlier than you would like during sexual intercourse.

For a doctor to diagnose you with premature ejaculation you need to meet the following criteria:

- You almost always ejaculate within a minute of the onset of intercourse
- You're not able to control ejaculation enough to delay it most of the time
- You feel frustrated and stressed about it and therefore avoid sexual activity

If these are common factors for you, your doctor might be able to help you with this situation. This can be caused by physical problems as well as factors related to your psyche.

There are several ways you may be treated for premature ejaculation including:

- Topical creams that cause numbing to slow down stimulation
- Talk therapy to deal with anxiety
- A technique called pause-squeeze that prevents ejaculation
- Antidepressants
- Medications that are used to treat erectile dysfunction in some cases

If you're having problems with premature ejaculation, there's no need to suffer in silence. Unlike penis size, this is a problem that can be easily

corrected and you can go onto have a fulfilling sex life for both you and your partner.

## **Low Libido**

You may also notice that you have trouble with your sex drive. This is another issue that is easily corrected with the right help. There are several possible underlying causes for this problem.

You may have psychological issues that are affecting your sex drive such as stress and anxiety – even if it has nothing to do with your sex life. You may also have relationship problems that make it difficult to have sexual intimacy.

Hormones can also be the culprit when it comes to low libido. If your testosterone levels are too low you may not experience as much sexual desire. Your doctor can test your hormone levels and help to correct them if they're not in the normal range.

Some medical conditions such as diabetes, obesity, high cholesterol, and even some medications can also cause problems with your sex drive. By treating the illness or changing your medication you may be able to go right back to your normal desires.

Finally, you may have low levels of dopamine in your brain that keeps you from being able to experience a normal sex drive. For example, patients with Parkinson's disease often have a lower sex drive because of low dopamine levels.

But when medications that stimulate the brain to produce dopamine are introduced, your sex drive may return to normal.

If you feel like your sex drive is suffering, you need to talk with your healthcare provider to rule out serious medical conditions. Together with your doctor you can determine the best course of testing and treatment to help you regain a normal, healthy sex drive.

## **Male Orgasmic Disorder**

It's possible for men to be able to have erections and sexual intercourse, but not achieve an orgasm. There can be psychological as well as physiological causes for this.

Stress and anxiety can cause you to have problems reaching orgasm. So if you're spending a lot of time and energy fretting about your penis size it could eventually lead to this problem.

Sexual trauma such as abuse or rape can also lead to problems with reaching an orgasm. If you've experienced those in your life, speaking with a professional counselor can help you to deal with your feelings and help restore normal sexual function.

You may also have trouble with orgasm if you drink too much alcohol or use other depressive drugs. People who suffer from diabetes and multiple sclerosis also report problems with achieving orgasm.

Finally, you may have experienced an injury or have hormonal problems that keep you from achieving orgasm easily. But for many of these issues there is treatment to help restore sexual function.

## **Priapism**

Priapism is another condition that is abnormal. In this situation, you actually get a persistent erection that can become painful and last for hours – even with no sexual stimulation.

This can be caused by diseases such as sickle cell anemia. In fact, many men who have sickle cell anemia have this problem. Some medications can also cause you to have this problem.

Illicit drugs such as cocaine and marijuana, black widow spider bites, and carbon monoxide poisoning have also been shown to cause this problem. This is actually a dangerous condition if it's left untreated.

If you experience a painful erection that last more than four hours, you need to seek immediate help – even going to the emergency room. This condition can usually be treated easily and your sexual function will return to normal – and most important you can get relief from the pain and swelling.

## **Confidence in Your Penis Leads to a Better Life**

Once you've ruled out any real health problems related to your penis and reproductive health, it's time to accept your penis the way that it is. If you can take the focus off of your size, you'll find that you have lower stress levels, better health, and a more satisfying sex life.

Stay away from products that promise to increase your size. Many of those products are unsafe and none of them really deliver what they promise. Instead, work on feeling better about your body and learn to include techniques to satisfy your partner that don't depend solely on having a large penis.

Ninety percent of men fall within the normal range for penis size. Unless you're smaller than three inches when erect, your penis is absolutely normal. And women care much less about penis size than men do.

Accept the way that you look and have confidence that you can perform in the bedroom and keep your woman satisfied. Your confidence won't boom overnight.

Give it time and work on allowing yourself to feel proud of the body you were born with and understand that most men and women have some form of body Dysmorphic issue they're dealing with.



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