“Does size matter?”

It’s the age-old question that has caught the interest of a lot of men and women. Most women, when asked this question, would most likely say it’s not the size, but the performance itself that makes a difference.

Suave and smooth moves in the bedroom can very well make up for an average or small sized package. But guys, we also know that 50% of the time, women fake orgasm. So will it really surprise us if we find out that really, if women are being bluntly honest, that size does matter?

For a lot of men, size does matter, primarily because size affects confidence.

A man with a small dick will meet with ridicule, whereas a man with a big package will be greeted with amazement. If you are happy with your size, you know that you don’t need to worry about pleasing a woman in bed. And this will make a hell of a difference in your confidence around women.

When you are confident in your ability to perform well in the bedroom, chances are that you will actually perform better. It’s a self fulfilling prophecy. The more secure you are, the more adventurous you can be with your moves, the more you can focus on sexual satisfaction, rather than worrying about whether or not you “measure up” to her expectations.

A bigger package also makes you feel good in another kind of way. When you’re with other guys, and you know you are bigger than them, you can just
feel the envy from the other, not-so-well-endowed guys. This is because, again, we all know that size matters.

So, what is considered “big” and what’s “average”. Average penis size is 5 to 7 inches in length when erect. However, “big” is relative. Some men consider themselves well endowed at 7 inches, whereas others are happy with 8 inches. But what’s certain is, if you are unhappy with your size, it can really ruin your sexual performance. The link between penis size and self confidence makes it so.

**Is there something you can do if you want to increase your penis size?**

The short answer is, thankfully, a resounding “yes!”. But you have to be wary about the method that you choose. Some methods that advertise themselves as penis enlargement devices or programs are nothing more than scams out to make a quick buck. Other methods are downright dangerous and can cause serious injury. So be sure to do some research before you subscribe or try anything.

Some methods that you should definitely avoid are surgery (carries a high risk of losing the ability to have an erection), pills (not FDA approved, no scientific study proving efficacy, and can even carry dangerous substances), and vacuum pumps (not intended for penis enlargement, can cause damage to penile tissues and injury to penis).

**Does Penis Enlargement Exercise Really Work?**

The short answer to this question is yes. But to know more about exactly what a penis enlargement exercise can do and how you can maximize the impact of this activity, it pays to know a bit more about what really happens when you do these exercises.

Penis enlargement exercises are natural techniques used by millions of men worldwide to gradually but permanently increase the length and/or the girth of their penis. It's said to work by stimulating the growth of new cells in your penis, particularly in the corpora cavernosa. When new cells are created and added to it, it increases the length and the girth of your penis.
The corpora cavernosa are 2 chambers that run the length of your penis. These chambers fill with blood during arousal and give you an erect penis. These chambers are also responsible for the size and the thickness of your penis when erect.

Aside from stimulating your corpora cavernosa, penis enlargement exercises also target the pubococcygeus muscle, also known as the PC muscle. This is the muscle that’s responsible for controlling your ejaculate. By strengthen this muscle, you also enhance your sexual performance by helping you increase your staying power.

Just like with exercising other parts of our bodies, stimulating and exercising the various tissues and muscles in and around the penis can also bring a lot of other advantages besides the main one – which in increasing penis size.

One benefit is it improves the circulation of blood in the area. And with improved circulation, you can expect erections that are harder, stronger and that last longer. Through exercise, some men have also reported better control of their ejaculation, which is sure to massively increase pleasure and satisfaction in the bedroom.

To get started, here is a sample exercise that you can do. I call this exercise “The Towel Lift”. For this exercise, you will need a light flannel wash cloth and 15 minutes of privacy.

**Step #1:** Get yourself to a full erection.

**Step #2:** Place the wash cloth on top of and near the base of your erect penis.

**Step #3:** Flex your penis so it lifts the towel a little, then relax it, bringing the towel back to its original position.

Ideally, you should do up to 25 repetitions at a time, and do this exercise every other day. However, at first, you may need to work yourself up until you reach the necessary PC muscle strength to be able to manage 25 reps. Don’t strain yourself. Do as many reps as you can initially. As you continue to work out your PC muscles, soon you'll be able to do 25 reps without breaking a sweat.

It is important though that the exercises you do are really safe. After all, you don’t want to risk injury to this area of your anatomy. Before you try any exercise, make sure it comes from a reputable and trusted source. Make sure, too, that the exercises are tried and tested to be both safe and effective.
Dangerous Penis Enlargement Programs To Avoid

There are a lot of scams out there that disguise themselves as penis enlargement programs. Their actual results range from ineffective to dangerous. Some are known to have caused serious injury. Why a lot of people fall for these scams are understandable. After all, they are feeding on the insecurity and misfortune of a lot of men out there (and believe you me, a lot of men are simply unsatisfied, if not devastated with their current size). This article compiles a list of potentially dangerous or simply “questionable” penis enlargement programs you should stay away from at all cost.

**Penis enlargement pumps**

Penis enlargement pumps are suction devices that are fitted over the penis. When activated, the pump creates a vacuum around the penis and this pressure causes blood to rush to the penis, making it engorged, enabling an erection. These vacuum pumps have been used to help men who are dealing with erectile dysfunction.

However, these vacuum pumps are very easy to misuse. If used too vigorously, the pressure created around the penis could potentially cause vascular damage. It is also possible for the penis to be sucked in or pulled in to the cylinder causing injury. And the worst thing about using the vast majority of vacuum pumps? Studies have actually shown that it causes no significant change in penile length.

**Penis enlargement pills and patches**

Penis enlargement pills and patches are devices that you will see advertised on the internet a lot. They promise to be very convenient and discreet solutions if you want to enlarge your penis. However, you need to be aware that scientific studies on the efficacy of these pills and patches have been consistent in showing that these pills are ineffective and are purely being sold for profit. Every current brand of pill I know of are also not FDA approved, so no one’s looking into their claims of safety and efficacy.
Aside from doing nothing at all, these studies have also discovered that these pills may also contain harmful contaminants. Contaminants such as yeasts, molds, e. coli and even pesticides have been found on these pills. You must keep in mind that these pills are probably unregulated and not approved by the FDA or the appropriate governing body in your area so you are never entirely sure about where they source their ingredients and how they manufacture their products.

**Surgery**

Penile enlargement surgery involves severing some of the ligaments that connect the penis to the underside of your pelvic bone. The theory behind this is that since half to one third of the penis is “hidden” inside the body, by cutting some of these ligaments, more of the penis is exposed, and this will give it a lengthier appearance.

You should know that this type of surgery comes with a 70% dissatisfaction rate. You should also know that this procedure carries a high risk of losing your ability to have an erection. This procedure is not recommended to men who simply want a cosmetic change in the appearance of their penis.

**What is the TRUE average penis size and is it possible to enlarge it NATURALLY?**

The average penis size has been a “bone” of contention for decades and decades. The reason it’s so frequently debated, argued over and worried about is because the issue affects so many people, male and female. For men, a small penis means possible harassment in gym showers and embarrassment in bed. For women it presents a different problem: its below-average size could well limit their sexual pleasure and at the same time inhibit the man’s confidence so much that his sexual performance could also be unsatisfactory.

It’s really no wonder penis size, and the average length and girth of the male anatomy, is talked about so much – by millions of people all over the world, of both sex, it’s almost considered a yardstick for a guy’s manhood. A small penis is bad, while a big, thick penis is good – the line has been clearly drawn in the sand, regardless of whether it’s right or wrong. I'll tell you right now what
the average size is. Forget about the average penis sizes of different races; even if there is a slight difference it won’t affect you much. Here’s the only figure that might: the average size is about 5 and 3 quarter inches in erect length. The average girth is about 5 inches around (which might sound a lot, but wrap a fabric tape measure around your own and it'll seem much more modest).

Thing is, knowing those numbers doesn’t put most men at ease and I doubt it has you. Why? Because it doesn’t change anything. Yeah, you might be half an inch bigger than average, or perhaps an inch thicker down below than most other guys, but that feeling of inadequacy, of wanting more, is probably still there. It’s completely natural, too. Let’s say you’re 6 and a half inches long when erect, knowing you’re an inch and a bit bigger than average is great, right? But at the very same time, you know lots of guys have 7, 8 or 9 inch penises – how great would that be? And that right there is the true subject of this article. Forget averages, let’s talk enlargement.

Right off the bat, natural penis enlargement (that is, making your penis longer and thicker without surgery, without pills and without crazy suction devices) is completely possible. Instead of telling you how it is or why it works, I’ll describe how you can see for yourself how truly achievable new penis growth is. Let’s look at a technique called a ‘Dry Jelq’ – it’s used to target new, permanent growth in the thickness of your erect AND flaccid penis.

**Step 1.** Get a 40-50% erection, no more, no less.

**Step 2.** Create a circle using the thumb and forefinger of your right hand. It should look like the ‘OK’ sign people make when they want to signal something’s good or acceptable. Your other fingers (middle, ring and pinky) should be outstretched.

**Step 3.** Firmly grip the base of your penis using the ‘OK’ sign and slowly move your grip upwards towards the head of your penis. Don’t slide over the skin. Instead, focus on keeping your fingers on top of the same area of flesh all the time, while still sliding up and along the shaft. Think of it like the motion used when milking a cow. The blood in your penis is forced up towards and into the head.
Step 4. After you’ve milked from the base to just below where the head of your penis starts, release your grip. You’ve completed one repetition or ‘rep’. Do 20-30 reps for your first session and increase it to 50 once you’ve been doing it a couple of weeks.

The Dry Jelq is just one technique of dozens that have been specially designed and tested and that truly work, with a little bit of patience and practice, at increasing the size of your penis. After using dry jelqs for a couple of weeks you’ll already notice that your penis hangs heavier and lower day-to-day and that it feels more weighty and solid when you’re hard. Using this and the other fundamental techniques as a routine that you do a couple of times a week, you can not only TRULY forget about averages but also forget about BEING average.

If you are considering methods to increase the size of your penis, then safety should be your top priority. There are a lot of methods currently being touted from pills to lotions and even surgery and each one carries its own risk.

However, if you are looking for a method that’s effective, that’s been used by a lot of men over many, many years, and that’s safer than most other methods, then you should definitely look into natural exercises designed to enlarge the penis. One such exercise is called jelqing.

Jelqing is an exercise that’s designed primarily to increase the girth and the length of your penis. It doesn’t require you to take any substances or undergo any surgery. All you need to be able to apply these methods are your hands. And the best part about this method is that the gains you make are permanent. They won’t go away when you stop doing the exercises.

Jelqing works by stimulating blood flow into your penis and encouraging the chambers of your corpora cavernosa. The corpora cavernosa is the soft tissue component of your penis where the blood flows in, helping you achieve a firm erection. Imagine that your corpora cavernosa can be stimulated to grow new cells to make itself longer and thicker – this is exactly what jelqing accomplishes.
Increase Penis Exercise: Corpora Cavernosa Exercises

When people talk about increasing penis exercise they usually mean exercising the corpora cavernosa. The corpora cavernosa consists of 2 chambers that run the length of your penis. It is filled with soft, spongy tissue. These chambers are responsible for your erection. When you are aroused, penile muscles respond, allowing blood to rush in and fill these 2 chambers, creating an erection. It then goes without saying that the total length and thickness of your penis when it is erect is dependent on the maximum size of your corpora cavernosa when it fills with blood.

Working with the corpora cavernosa to increase penis size is not just done through exercises. You might be interested to note that there is a surgical procedure where the corpora cavernosa is removed and replaced with balloon implants that mimic the function of the corpora cavernosa. Instead of balloons that match the size of your corpora cavernosa, larger ones can be implanted into your penis, making it longer and bigger. This surgery however, is not recommended for cosmetic purposes and is primarily intended for men who suffer from impotence. When increasing penis size, doing exercises are still the safest option I know of.

What makes the corpora cavernosa so special is that it is possible to encourage new cell growth in this area of your body. When you encourage new cells to grow, then you can make it bigger and longer. To encourage new cells to grow, you can do exercises that stimulate increased blood flow to the area.

Natural Penis Enlargement: How to strengthen your erection and gain control over when you reach orgasm

As you no doubt already know, millions of men and women alike obsess over the subject of penis size. You see jokes on TV referencing the issue, overhear people in the street discussing the topic, and read – on a daily basis – of the displeasure and embarrassment of men with small penises in the columns of dozens of magazines. So it pretty much goes without saying that penis size is an internationally popular subject of debate.
So, what can us men do about what we have down south? And what do women really want from us and our members? Is it sheer size they want? Length? Girth? Both? Neither? The whole thing’s a quagmire of uncertainty and guesswork – at least, on the surface.

You see, when you actually ask women (under the right circumstances!) what matters to them regarding their sexual partner’s penis size, you get some interesting and pretty encouraging answers. First off, a large portion of women do love BIG penises, simply because of the pleasure that they can so often bring. The majority of women aren’t size queens, however, but DO universally look and hope for two definite attributes in the penis of their potential partners, neither of which relates to size. The first can be classified as ‘power’ & ‘strength’, the second is lasting power.

Power and strength in a penis is shown through it’s hardness when erect and the angle at which it points. A weak erection is quite soft and droopy, a powerful erection, full of strength, is the opposite: rock hard, meaty and robust – and it’s what women crave, and savour when they encounter it. Lasting power, as you can probably guess, is quite simply an ability to use that rock hard erection for a long enough time period, without ejaculating too soon.

So, how can a guy improve his penis strength and give it more weight and power and an improved angle of erection? The answer lies in a simple exercise, performed every other day of the week for a couple of months. Its effectiveness is noticeable in just a couple of weeks, but its true capability can produce amazing results that last a lifetime.

TOWEL HANGING:

**Step 1:** Massage yourself to a full erection.

**Step 2:** Place a LIGHT flannel or wash-cloth onto your penis near the base.

**Step 3:** ‘Tense’ your penis so it bobs gently, lifting the towel a little. Tensing and releasing once constitutes one repetition.

**Step 4:** Do up to 25 reps, but stop if you feel you can’t do that many. Do 25 reps every other day of the week for a few weeks.
Once you've been performing towel hanging for a while, you'll notice 2 main results: First, your penis will be rock hard when you have an erection, veins will be more noticeable and it will look and feel weightier. Many men even report an added half inch in length and girth due to the increased blood flow to the penis. Second, your ability to hold back from ejaculating while masturbating and having sex will be massively increased. The reason for this is because you’re exercising your PC muscle when you do towel hanging, which is central to the functioning of your penis and is also what triggers ejaculation prematurely when it’s unfit and un-toned.

**Enjoy Explosive Sex With A Large Penis Size**

Some people may argue that size does not matter and that it’s what you do with it that’s more important. If you truly believe this, you’re either a girl who hasn’t had your fill of variety or you’re a man with an average or a smaller than average dick trying to console yourself.

I for one believe that size matters a lot. There’s just so much more that you can do when you have a bigger package. And trust me, once a woman knows just how much more satisfying sex can be with a bigger and more powerful penis, there’s no denying the impact of size.

Just imagine, never having to wonder if she thinks she’s had better, because you know there’s no comparison. Imagine never having to worry about satisfying a girl in bed, because you know you easily can. Men with bigger packages have it easy. Imagine the impact it would have on your confidence, with the way you interact with women.

But what can you do if you had been given a modest sized dick? Actually, there are a lot of options available right now to men who would like to have a large penis size. There are pills, lotions, patches, implants, and even out right surgery. Of course, these options carry certain risks with them, which you need to be aware of before you decide to do any of them.

Penis enlargement pills and lotions are convenient and easy to take. Just pop a pill or rub it in and you're done. However, numerous studies have shown that most of these pills are useless, sold only for profit and take advantage of men like us. Some studies have also revealed that these drugs may be manufactured in substandard processes, resulting in contamination such as molds, yeasts, pesticides and even e.coli. You must keep in mind that these
drugs are not FDA approved, so their safety and efficacy profile are definitely questionable.

As for implants and surgery, these methods perhaps carry the most risks. These procedures, once done, are usually irreversible. Doctors do not recommend them for merely cosmetic reasons. These procedures also carry a high risk of erectile dysfunction.

Perhaps the safest method that you can explore when it comes to achieving a large penis size is natural exercises. These exercises work by stimulating your penis’ corpora cavernosa to create new cells. The corpora cavernosa are the 2 chambers that run the length of your penis. During an erection, these chambers fill with blood. They are responsible for your penis length and girth during an erection.

Through exercises, you stimulate the blood flow into the corpora cavernosa. This then encourages new cells to grow, which adds length and girth to your penis.

Why suffer through a small penis? Learn more about how you can apply natural exercises to obtain a large penis (and enjoy explosive sex!), head on over to PenisAdvantage.com for full details. It’s safe, discreet and most of all, it’s effective. Check it out today.
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