A romantic couple embracing outdoors. The man is shirtless and has a beard, looking towards the woman. The woman has long blonde hair and is wearing a light-colored top. They are both smiling and appear to be in a sunny, outdoor setting. The background is a bright blue sky. The entire image is framed by a white border.

The Ultimate **Sexual Mastery** **Guide**

*Actualize your
potential and be
the man she craves
in the bedroom and
beyond.*

KEVIN ANTHONY & CELINE REMY



WHAT'S INSIDE

1 WELCOME
Page 2

2 NATURAL SOLUTIONS TO BOOST YOUR ERECTIONS
Page 3-10

3 SOLUTIONS FOR LASTING LONGER
Page 11-20

4 HOW TO PLEASURE A WOMAN FROM HEAD TO TOE
Page 21-28

5 YOUR NEXT STEP
Page 29

NICE TO MEET YOU!

We are Céline Remy and Kevin Anthony, an international husband and wife team who decided to join forces to create a worldwide movement of true sexual empowerment.

Kevin, "*The Truth Warrior*," is a Men's Coach & Tantra Counselor.

Céline, "*The Intimacy Angel*," is a Holistic Sexologist, Certified Sexological Bodyworker, Relationship, and Intimacy Coach for men and couples.

Together, we are truly the 'Power Couple.'

We host '[The Love Lab Podcast](#),' and are co-creators of '[Sexual Power and Mastery](#),' an online educational training system that teaches the exact process to any man who desires to bring his 'A' game consistently to the bedroom.

We guide couples and men on how to go from 'good' to 'AMAZING' in the bedroom and beyond.



Kevin and Céline



HOW TO IMPROVE ERECTIONS WITHOUT MEDICATION



TRY TO IMPLEMENT SOME OF THE
FOLLOWING SIMPLE CHANGES AND
WATCH THE RESULTS BEFORE YOU
THROW IN THE TOWEL ON YOUR
ERECTIONS.

When it comes to erections, it can be tempting to rely on a blue pill to get a rise, but it isn't a long-term solution.

For most men, it is a combination of several factors that contribute to the problem. Only addressing one of them will not give you the full result.

To achieve strong and consistent erections, you must take action in each area of your life.

Last but not least, your hormones play a big role in your erections. Your testosterone is directly responsible for your libido. When you have a strong libido, your brain is firing sexual thoughts and fantasies to your nervous system, which in turn boosts your erections.

Anything that affects your blood vessels, hormone levels, and nerves can potentially jeopardize your erection in a big way.

For most men, ED merely is chronic sexual fatigue, but for some, it is a sign of a deeper underlying health issue that needs to be addressed.



**DON'T WAIT FOR EXTRAORDINARY
OPPORTUNITIES. SEIZE COMMON
OCCASIONS AND MAKE THEM GREAT.
WEAK MEN WAIT FOR OPPORTUNITIES;
STRONG MEN MAKE THEM.**



Orison Swett Marden

BOOST YOUR ERECTIONS CHECKLIST

START BY ELIMINATING REFINED SUGAR AND PROCESSED FOOD

Sugar is everywhere, and added sugar has no nutritional value. Your penis needs proper nutrients to be strong.

Junk food and high cholesterol foods clog up your arteries, make your blood circulation slower or even worse and clog the small arteries that feed your penis. Remember, what is bad for the heart is bad for the penis.

LOSE WEIGHT

Focus on losing the waist in particular.

Research has shown that belly fat produces enzymes that contract blood vessels and reduce blood flow to the penis.

Those same enzymes also turn the male sex hormone testosterone into the female sex hormone estrogen, weakening your erections.

If you have extra weight around the middle, it will make a huge difference to get rid of it, but do it in healthy ways.

EATH HEALTHY FATS

We know it's confusing because for years you've been told that fats are bad for you... But in reality, not all fats are created equal. You want to stay away from industrially made trans-fats, but you want to increase your intake of good healthy fat.

You want less bad fats and MORE good fats! Cook with coconut oil, eat avocados and ghee. Your body needs fat for optimal hormone production.

Here is another big surprise that you have been misled about... your body makes testosterone from... cholesterol. So for now, forget everything you have heard about eating fats. Make these changes if you want to improve your erections.

EXERCISE

Keep your body in good shape by having regular aerobic and weight-training exercises. Find something you like.

The more you enjoy it, the better the chances you will stick with the program.

Exercise stimulates testosterone release, which will give you more stamina, harder erections, and help you last longer.



GET ENOUGH SLEEP

Having a regular sleep routine, at the same time every day will help your body to regenerate, including helping to create a healthy hormone balance.

Having at least 7 hours of undisturbed sleep is essential for your body to thrive.

Less sleep means more stress hormones, which lower your free testosterone levels. A good night of rest is a necessity for your morning “wood.”



REDUCE STRESS

Emotional or physical stress can quickly suppress your testosterone levels. Stress causes cortisol to spike, and that same cortisol inhibits the body’s ability to make testosterone and utilize it within the body.

This means that the more stressed you are, the harder it will be to keep it up.

OPTIMIZE YOUR VITAMIN D LEVELS

A recent study showed that most men with erectile dysfunction have low vitamin D levels. Almost every system and part of our bodies are affected by our vitamin D levels. It's very easy and affordable to supplement your vitamin D levels.

The most effective ways to take Vitamin D are topically in creams, or sublingually, in tablets or extracts and, of course, spending time in the sun.

REPLACE MEDICATIONS

When it comes to medication, it's a tough decision. We NEVER suggest stopping any medication that is keeping you healthy.

Ask your doctor about the side effects of your current medications, and if your medications affect your erections, ask if you can switch to a different one. He might have a great alternative!

A lot of drugs affect erections from high blood pressure medicine to antidepressants, or even something as benign as pain killers and hair loss remedies. They destroy your testosterone levels, affecting the hardness of your penis.

5 HERBS FOR STRONGER ERECTIONS

There are a lot of products available. However, they often have side effects, mainly if used for the long-term. Natural alternatives are always a great way to start so you can avoid this pitfall.

Now, remember that popping a pill in your mouth isn't going to transform everything magically. Taking herbs in conjunction with a healthy lifestyle is the best way to enhance their healing power.

Keep in mind that you can take too much of anything. So take these in the doses recommended on the bottles, or by your doctor, preferably someone with deep knowledge and respect for natural or so-called "alternative" protocols.

Begin with one of the herbs, give it at least three weeks, and notice any changes. Always start with a low dose and then increase until you feel a difference.

Then switch to a different one and repeat the process. There's no need to take all herbs at once. You want to allow your body to adjust and take what is necessary and works for your body.

The benefits build with long-term use. Take the right dose over time and let the effects build. Your body has old habits that need retraining.

TRIBULUS TERRESTRIS



- Stimulates production of nitric oxide for stronger erections.
- Boost libido and sexual performance.
- Boosts energy and clarity, as well as build muscles.

TONGKAT ALI

- Increases your body's testosterone levels.
- Reduces cortisol, a stress hormones that lowers your testosterone.
- Helps decrease the amount of estrogen in the body.



AMERICAN GINSENG



- May help erectile dysfunction and enhance erection.
- Supports sex drive and sexual performance through increased stamina.
- Supportive of healthy stress response, aiding in hormonal balance.

MACA

- Supports hormonal balance and testosterone.
- Supports normal sexual function including erectile health.
- Increases energy, stamina, and mental clarity.



ASHWAGANDHA



- Stimulates production of nitric oxide for stronger erections.
- Decreases symptoms of stress, enhance confidence and personal power.
- Aids in overall energy and rejuvenation.

Your organs and glands need time to learn new ways. Give them a little support, gently and consistently, and your body will respond and pay you back for the support and TLC.

These are not drugs, they are natural support to your systems, and they work overtime.

Give it the time they need to help you. But also be ready for big, omni-supportive results in all areas of your life. Erections and sex drive included.

SOLUTIONS FOR LASTING LONGER



DISCOVER HOW TO STOP
SABOTAGING YOURSELF AND LAST
LONGER TODAY

THE 5 MISTAKES TO AVOID AT ALL COST

IF YOU WANT TO LAST IN BED

#1 SHORT FAST BREATHING

If during sex, you take many quick, shallow breaths and your muscles tense up because of the excitement that you are experiencing, your body's natural response to that tension is ejaculation.

Science: Research has shown that breathing exercises can have immediate effects by altering the pH of the blood or stabilizing blood pressure. But more importantly, they can be used as a method to train the body's reaction to stressful situations and dampen the production of detrimental stress hormones.

Bottom line: Getting turned on and having an erection is the result of the relaxed or parasympathetic nervous system. In other words, the more relaxed you are, the better your erection. On the other hand, an orgasm is the result of shifting from the relaxed to the active state, also known as the fight or flight response or sympathetic system. If there's no tension in your body, it will be much more difficult to have an orgasm. Stay cool.

#2 QUICK MASTURBATION HABITS

Masturbation can be used to affect PE positively, or it can be affecting you negatively. A rushed experience that is setting a pattern for quick ejaculation is setting yourself up for failure.

Science: Several studies have found that people who masturbate properly seem to experience better physical and psychological health than those who abstain. It also gives you a chance to know what you like so that you can teach your partner.

Bottom line: If you are still masturbating the same rushed way you did when you were a teenager, then you are in serious need of an upgrade. While having a rushed experience to avoid getting caught might have been reasonable, then, the years of hasty sessions have been training your body for a quick trigger. You've got to change your habit to see different results.

#3 FOCUSING ON TECHNIQUE DURING SEX

When you are focusing on techniques to last longer when you are with her, you are not enjoying sex, and you end up disconnecting from your partner. This behavior leaves her disappointed, and you remain frustrated.

Science: A Swiss study, led by Andrea Burri, a clinical psychologist at the University of Zurich, determined that 40% of women believe that ejaculation control is essential for satisfactory intercourse. The study also confirmed that the short duration of sex with a man with early ejaculation causes sexual frustration.

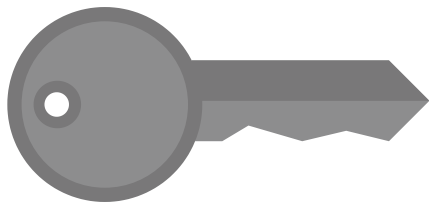
Bottom line: If you aren't giving her the kind of sex she wants/likes, she won't want to have sex with you. Also, when she isn't fulfilled, she will be more likely to become petty and critical and might tend to lash out more. Of course, this makes you feel like less of a man, and your confidence and self-esteem levels drop. These only make it worse.

#4 OVERACTIVE PELVIC FLOOR MUSCLES

If you have been practicing Kegels and pelvic floor training because you've heard they are good for you, your muscles could be chronically tensed, thus creating tension in your pelvic floor, which could make you ejaculate too soon.

Science: Hands-on pelvic floor release has been shown to decrease early ejaculation due to tight pelvic floor muscles successfully.

Bottom line: When there's a contraction, you need a relaxation phase to balance it. Most men focus solely on the contraction and end up with "tight asses," which triggers the ejaculation reflex. Learning the proper way to exercise your pelvic floor muscles is key to mastering your stamina.



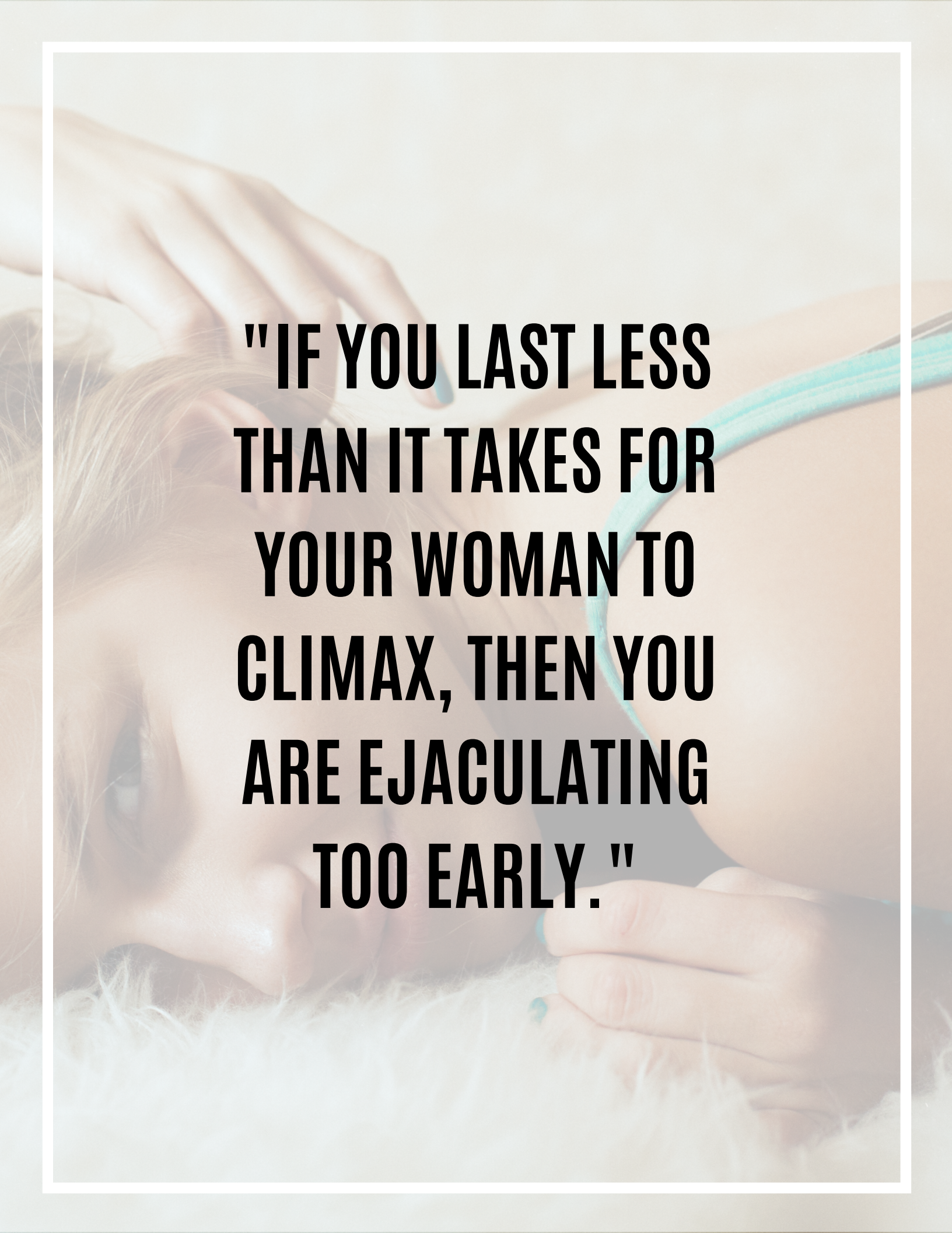
TENSION = EJACULATION

#5 AVOIDING INTIMACY

If you are avoiding sex or refusing to talk about the difficulty with your partner (thinking that sweeping the problem under the rug will make it disappear), you are only fooling yourself.

Science: Several studies show that couples who have sex at least two to three times a week are happier with the relationship. The more sex you have, the more satisfied you are about your relationship, and it is easier to make it through the hardship.

Bottom line: If PE is something new, then it could be an indicator that something is out of balance in your relationship. Remember, the health benefits of having an active sex life far outweigh the discomfort of addressing your core issue. A lack of sexual activity will only make you more anxious about your performance.

A woman with long blonde hair is lying down, her head resting on a white, fluffy surface. She is wearing a light blue bra. Her hands are placed on her head, with fingers spread. The background is a soft, out-of-focus light color. Overlaid on the image is a quote in bold, black, sans-serif capital letters.

**"IF YOU LAST LESS
THAN IT TAKES FOR
YOUR WOMAN TO
CLIMAX, THEN YOU
ARE EJACULATING
TOO EARLY."**

5 PRO TIPS TO MASTER YOUR EJACULATION

#1 Deep Breathing

You already know that one? Great! But do you do it?

Practice deep belly breathing for a couple of minutes daily.

You can slow down your excitement through your breathing. The deeper your breathing, the longer you last during sex.

#2 Slow Down

Slowing down is key. Whether it is during your daily activities, when masturbating, or when you are with your partner, you will benefit from adding more presence.

Extend the foreplay. Sex isn't only about penetration.

Slow things down and start paying attention to the pleasure you get from giving pleasure, feeling your body sensations, and connecting with your partner.

Solely focusing on the performance aspect is a good start if you want to gain more control. But you also want to focus on the art of relating, your relating with your own body and with your partner.

#3 Take A Porn Break

Expecting your body to last, while you keep exposing your brain to fast-paced, sexy images, isn't realistic.

If you always watch porn when you masturbate, you are most likely training yourself to cum too quickly.

So sorry to be the bearer of bad news, but you ought it to yourself to take a porn fast for at least one month.

Once you have regained control over your body, you can choose how much and when to use porn again.

#4 Reduce Your Stress

When you are under stress, your body's natural response is to hold tension. If you replace stressful habits and add more fun and play it will increase your stamina.

We know it's easier said than done. Stress is everywhere, and everyone is experiencing stress at one point or another. However, look at the things that are in your control, and you can change.

Are you doing lots of overtime? Traveling a lot but not for vacations? Are you addicted to coffee?

Here are some new habits you can try: meditation, exercise, and laughing for no reason.

#5 Use Masturbation To Train Yourself

You must break the fast masturbation habit! Your body doesn't know the difference when you are self-pleasuring on your own or when you are with your partner.

There's no magic switch that turns on that says while by yourself it can be a 3 minutes thing, but with her, it must be 20 minutes.

If your goal is to last at least 20 minutes with your partner, you need to do that with yourself. You can't assume that your body will suddenly know the difference between your solo sex and your partner sex.

Carve out some time to play with yourself and don't always make the ejaculation the goal half of the time bring yourself to a high state of pleasure, linger in it, and don't go over your edge.

**“ IT'S NOT ABOUT CONTROL, IT'S ABOUT
AWARENESS ”**

HOW TO PLEASURE A WOMAN FROM HEAD TO TOE



11 EROGENOUS ZONES TO DRIVE HER
CRAZY BEFORE YOU REACH HER
PUSSY

Before you get started, remember:

LESS AND SLOWER IS MORE

You don't have to BE in the mood. You can CREATE the mood by choosing to connect deeply with one another.

Life is stressful and distracting, and turn on is not going to chase us down, but we can create it. Honor and respect her boundaries carefully at all times.

Bring your full presence and awareness into your fingertips. Don't just touch -FEEL.

Pay attention to her signals of opening when she likes it, or closing if she doesn't.

Most body parts can become hotspots when aroused, but some areas tend to be more sensitive than others and are worth the extra attention.

Are you ready for a trip down the erogenous zones?



GIVE RATHER THAN TAKE



#1 THE MIND

Our biggest sex organ is between our ears. Stimulating your woman's intellect can be a massive turn-on for her. From dirty talk to romance, everyone has a few words that take them from zero to sixty in seconds. So make sure you include this in your foreplay.

#2 THE SCALP

One word of caution when it comes to massaging a woman's head is that they spend a lot of time getting their hair done precisely the way they want and aren't always in the mood for their time-consuming hairdo fussed with and destroyed in minutes. So always check first before touching a woman's hair. However, a deep scalp massage can send a woman to heaven.

#3 THE NOSE

Did you know the nose has erectile tissues? So try an Eskimo kiss. Or gently trace your finger up and down the ridge of her nose and watch for the shivers.

#4 THE EARS

Pulling or nibbling on the lobe can be very sexy and irresistible. Our ears rarely get any attention, yet there are many acupressure points that, when massaged, help with stress relief. A note of caution: a wet tongue in one's ear isn't always a home run, so make sure you watch her body language. If she stiffens, that's probably not her thing.

#5 THE BACK OF THE NECK

You can rub or massage the back of the neck with your fingers. Or you can use your tongue or even your teeth on the side of the neck, close to the shoulders. For many, it's a highly sensitive area that holds lots of stress.

#6 THE INNER ELBOW

The soft skin of the inner elbow likes light caresses and tantalizing strokes, especially when you connect from the hand to the inner elbow and up to the nape of the neck.

#7 THE NIPPLES

Suck, nibble, lick or use your fingertips as feathers. The possibilities are endless around the nipples. It's always better to start light and increase the pressure as her pleasure deepens. Remember, you can always add pressure, but you can't take it back, it only takes one wrong move for a woman to shut down. So proceed with caution.

#8 THE SMALL OF HER BACK

The sacrum can take lots of pressure; the sacral nerves irrigate her vagina and are a great source of pleasure. Deep firm circular motions will start producing heat that will spread to her vagina and produce relaxation.

#9 THE INNER THIGHS

There's something delicious about having your thighs kneaded and stroked. Firm pressure and light caress; they are all delicious. Start from the knee towards her vulva, but avoid touching her vulva directly. Tease her by stopping at the groin area (basically where the line of the underwear is).

#10 THE BACK OF THE KNEES

Some enjoy the back of their knees, licked, or a very light touch. Just like the inner elbow, it can be a point of connection from the feet to the upper leg. There are lots of nerve endings in that delicate part of the body.

#11 THE FEET

You've probably been asked many times to give a foot rub, and you're most likely familiar with the moans of delight and pleasure that this practice can provide. But did you know that when you stroke her feet, it activates a similar area in her brain than when her clit is stimulated? So never again turn down an invitation to rub her feet. Rub her feet the way you rub your cock. Using firm pressure, nice long downstrokes, and varying the intensity.

BE A GIVER AND DO WHAT YOU LOVE

When it comes to giving, there's a fine line between giving and taking.

The giving becomes taking when you aren't listening and paying attention to the other person's response to the touch. You touch to arouse yourself, and you are not connected to or committed to her pleasure .

A woman can feel the difference when there's an agenda, or when the touch is not about her pleasure. There's an objectification that happens and it kills the potential for deep, true intimacy to emerge.

The sex stays at a level one - superficially physical - and it's impossible for both partners to experience multi-dimensional, mind-blowing sex.

That fully satisfying kind of sexual connection takes deep intimacy, vulnerability, listening, and responding.

Understand that there's more to sex than the physical. There's a whole other subtle realm called energy. It's about being receptive to what goes on in your partner "energetically" while listening and paying attention to the other person's response to your touch.

You want to give your partner a pleasurable experience, but go beyond the physical body.

**A STRONG MAN CAN
HANDLE A STRONG
WOMAN. A WEAK
MAN WILL SAY SHE
HAS AN ATTITUDE
PROBLEM**

BOONAA MOHAMMED

WHAT TO DO NEXT...

If you have made it this far we are thrilled.

Are you ready to join the secret club of men who are great in bed?

Then check out Power and Mastery. The most complete sexual mastery training for men.

Whether you want to have harder, stronger erections, last longer in the bedroom or expand your sexual skills, we've got you covered.

Take the first step TODAY.

Knowing what to do is great, but doing what you know is the key. If you are committed to your power and mastery and want nothing less than the realization of your full potential, and...

You are willing to work for the things that matter to you and show up for yourself in ways you have never done before...

Join Us!



SEXUAL MASTERY IS THE BEST “ULTIMATE SEXUAL ROCKSTAR” SYSTEM THAT GUARANTEES YOU’LL GO FROM AVERAGE TO SUPERHERO IN THE BEDROOM, READY TO SATISFY A WOMAN IN BED FOR YOUR PLEASURE AND HERS BY CREATING NEW LEVELS OF ECSTASY AND DEEPER INTIMACY.