GREAT SEXPECTATION 10

I can't have sex before the big game

Well that depends entirely on the *type* of sex you're having.

And I am going to refer to men here, as women loose most of their energy when they menstruate, not usually through sex.

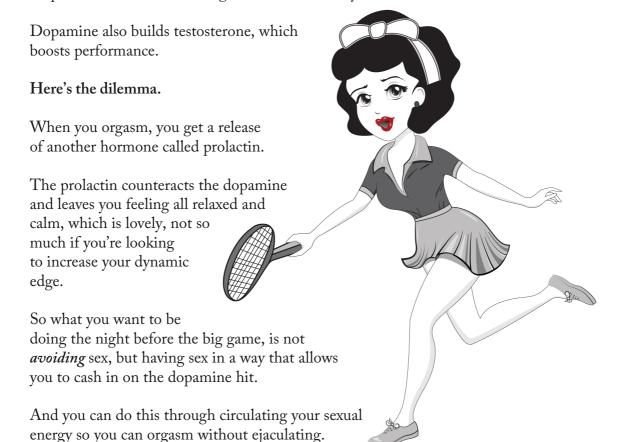
So this idea of 'no sex before the big game'; it's been around for decades.

Mohammed Ali was known to refrain from sex for six weeks before a fight, so he could increase his energy.

Now while abstinence may seem like a good strategy – *having* sex could actually work in your favour.

You see on the build to orgasm our body releases dopamine.

Dopamine is like a cocaine high – it's what drives you to achieve and take risks.



Because unlike ejaculation which depletes you, orgasm energises you.

www.gettingnaked.com.au

In learning to satisfy your partner, the most important thing is to remove your ego. Remember, you are not out to give him or her the best orgasm. You are not trying to be the greatest lover in the world. People who get hung up on sexual performance miss the point. Replace performance with pleasure, for the both of you. We're not out to win the world cup! The best lovers are those who are completely relaxed and present to every caress.

There's even this **study** where men were shown porn at work.

They divided the men into three groups.

Men not viewing porn at work.

Men viewing porn at work and masturbating to ejaculation.

And men viewing porn, masturbating and NOT ejaculating.

Guess who had the highest productivity?

The men who masturbated but did NOT ejaculate.



Revving up their sexual energy gave them a mental boost, while ejaculating depleted them, reducing their productivity.

Taoist philosophy:

He who withholds semen 10 times during sexual union will be immortal.

And that leads us into tomorrow' *Great Sexpectation*: If my sex doesn't resemble a porno, I'm doing it wrong.

www.gettingnaked.com.au