

A WOMAN'S STRAIGHT TALK

WHY YOU FINISH BEFORE SHE STARTS

What she's actually thinking, why it happens, and how men fix it for good in the bedroom.

SARA JAMES

Intimacy & couples coach



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Why You Finish Before She Starts

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Sara James is a coach who works with men and couples on intimacy — not a doctor. Everything here is what she's learned from that work, written to help you understand your own body and train it. If something down there hurts, changed suddenly, or won't improve no matter what you try, see a doctor. Some things need a professional, and there's no shame in that.

Kegel AI is the training app Sara recommends in this guide.

You may share this guide freely with anyone it could help. Please share it whole, not in pieces.

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*"She's not laughing at you. She's waiting for
you to come back into the room."*

— FROM CHAPTER TWO

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CHAPTER ONE

WHY I WROTE THIS

Men ask me the same question in a hundred different ways.

"Is it normal that I come this fast?"

"Is she okay with it, or just being nice?"

"How do I fix this without telling anyone?"

They ask quietly. In DMs. Late at night. Never with their real name.

I understand why. This is the one problem men can't say out loud. You can't tell your friends. You definitely can't tell her. And every "solution" online is a numbing spray, a pill, or some guy yelling *just last longer, bro* — as if you hadn't thought of that.

It doesn't matter if she's your wife of fifteen years, the woman you've been with since your twenties, or someone new you're just starting to fall for. If you're a grown man who wants to be better for the woman in your bed, this is for you.

And here's the thing you don't have: a woman who will tell you the truth.

Not the polite version she'd say to your face. The real one — the version women only say to each other.

I've spent years hearing both sides. What women say about men who finish too fast when no man is in the room. And what men confess when they finally trust someone enough to admit it. And I'll tell you now what took me years to see: the two sides are far kinder to each other than either one believes.

What this guide does

First, I'll tell you what's actually going through her head — the real thoughts, not the ones you're afraid of. **Second**, I'll show you exactly what's happening in your body, in plain words. There's one muscle at the center of this, and once you understand it, everything else makes sense. **Third**, I'll give you the fix — the real one that lasts, plus a few things that help tonight.

Read it in one sitting. It's short on purpose. Then actually do something with it, because knowing isn't the same as fixing.

ONE THING BEFORE WE START

I'm a coach, not a doctor — so if something down there actually hurts, changed on you suddenly, or won't budge no matter what you try, go see one. That's not me hedging. It's the same thing I'd tell my own brother, because some things need a professional and that's completely okay.

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CHAPTER TWO

WHAT SHE'S ACTUALLY THINKING

Let's kill the worst fear first, because I promise you it's bigger in your head than in hers.

She is not laughing at you.

Women do not lie awake mocking a man who came too fast. That's a story men tell themselves in the dark. Here's what actually goes through her mind when it happens:

- Disappointed — but mostly *for you*, because she can see it wrecked you
- Unsure whether to say something or let it go
- Wondering if it's her — if she's not attractive enough, or did something wrong
- Hoping you'll figure it out, and scared that saying anything will crush you

Look at what's *not* on that list. Disgust. Contempt. "I'm done with him." Those live in your head, not hers. The cruelest voice in that bedroom is yours, aimed at yourself.

Why she goes quiet — and why that's the danger

Here's the part that actually matters, because it's the trap.

WHAT HAPPENS

The first time, she says something gentle. "It's okay, it happens." She means it kindly. But she watches your face fall — sees you go somewhere dark and quiet — and she files that away.

The second time, she says less. By the fifth time, she says nothing at all. She just quietly stops expecting anything for herself in bed.

You read that silence as "we're fine now." It is not fine. It's her deciding that protecting your ego costs less than the honest conversation. She has given up on her own pleasure to spare your feelings — and called it love.

That's the real cost of leaving this unfixed. Not one bad night. A slow drift where she stops reaching for you, sex gets rare, and neither of you ever says why. Most "we just grew apart" stories have a quieter chapter underneath that nobody wrote down.

What she actually wants (it's not a marathon)

Men think the goal is to last thirty minutes like a machine. Wrong, and the research is blunt about it. Studies that put a stopwatch on real couples found the average man lasts around **five and a half minutes** from entry to finish — not thirty. Half of all men are under that. So if you're imagining every other man goes for an hour, you're comparing yourself to porn, not reality.

From a large stopwatch study of real couples across five countries.

But here's the other half, and it's the part that stings. When researchers timed how long it takes a woman to reach orgasm during sex, the average came out around **thirteen to fourteen minutes** — more than double the man's five and a half.

From a study timing hundreds of women during sex with a partner.

Sit with that gap. The average man finishes in five minutes. The average woman needs closer to fourteen. That gap — not your size, not your looks — is the actual problem in most bedrooms. And the same research is clear that most women don't get there from penetration alone anyway; they need your hands, your mouth, and time. Which is the whole point of lasting longer: not to grind for an hour, but to stay in the game long enough to use everything else you've got.

The thing no man realizes

When you finish too fast, she doesn't just notice the time. She feels you *leave*. Not the bed — the moment. You go into your own head. Your jaw tightens, your breathing changes, your eyes go somewhere else. To her, mid-sex, that reads as rejection. Like she stopped existing to you.

So this was never only about minutes on a clock. It's about staying present — being with her instead of at war with your own body. And staying present enough to last is, believe it or not, a physical skill. It runs through one muscle most men have never once thought about.

That muscle is the whole rest of this book.

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CHAPTER THREE

YOU'RE NOT BROKEN

You've probably seen the official name for this: premature ejaculation. The books define it with a stopwatch — coming within about a minute or two of going in. I think that definition is close to useless, and here's why.

If you last four minutes and hate every second because you're clenched up and panicking, the clock didn't save you. If you last ninety seconds during a quickie you both wanted and you're both grinning after — nothing is wrong. The number tells you almost nothing. *Control* tells you everything.

Coming too fast = coming before you decide to.

That's the only definition worth keeping. If your body runs the show and you're just along for the ride, that's the problem — whether it's one minute or six. And if you're in charge of the timing, you don't have a problem at all, no matter what the stopwatch says.

You are in enormous company

Roughly **one in three men** hit a stretch of this at some point. One in three. Next time you're in a room full of guys, do the quiet math. It's not the nervous kid in the corner — it's the loud confident one, the guy with the girlfriend everyone envies, the married one, the guy who looks like he's got it all handled. He's just better at not showing it.

It's not because you're "too sensitive"

Every man with this problem has been told he's "hypersensitive" — too many nerve endings, wired wrong. It's a myth. When researchers actually compared men who come fast against men who don't, they found *no difference in penile sensitivity*. Same nerves, same wiring, roughly the same everywhere. The men who last aren't built different. They just have control you haven't trained yet. That's good news — you can't rewire your nerves, but you can absolutely train control.

It hits at every age, for different reasons

Young guys get it from nerves and raw excitement — everything's new and the volume's turned up to ten. Older guys get it from stress, a body that's carried tension for twenty years, and habits nobody ever questioned. It shows up with a new partner when you're desperate to impress her. It shows up when you're back in the dating world after a long relationship ended. It shows up ten years into a relationship, out of nowhere. None of it means you're less of a man. It means one specific thing is untrained. Untrained is fixable.

BE HONEST — HOW MANY ARE YOU?

- ☐ You can feel it coming and there's nothing you can do to stop it
- ☐ You've started making excuses to avoid sex so you don't have to face it
- ☐ You've tried "thinking about something boring" and it made things worse
- ☐ You're nervous before it even starts — and the nerves make you finish faster
- ☐ You've never once felt like *you* chose the moment it ended

Ticked even one? Then this was written for you. Keep going.

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CHAPTER FOUR

FIVE LIES MEN BELIEVE

Before the fix, we clear the junk. Believe any of these and you'll burn money and months on things that were never going to work.

LIE 1 "I just get too excited."

Excitement alone doesn't do this — plenty of turned-on men last fine. What actually finishes you fast is excitement *plus* tension: a clenched body, shallow breathing, a racing mind all stacking on top of the arousal. It's the tension that tips you over, and tension is trainable. The desire was never the enemy.

LIE 2 "Numbing sprays and thick condoms fix it."

Lidocaine spray numbs you — and then it numbs *her*, because it transfers onto her the second you go in. So now you feel nothing, she feels nothing, and you're both just going through the motions. It's a dead-dick fix: you last longer only because you can barely feel your own body. Take the spray away and you're exactly where you started, except now you've taught yourself that sex means feeling less. That's backwards.

LIE 3 "I'll just think about football."

The oldest trick going — distract yourself, do math in your head, picture your grandmother. Two problems. One: *she can feel you leave*. A woman knows when the man inside her has mentally walked out of the room, and it kills the mood faster than finishing early would. Two: for a lot of men, killing the arousal that hard means you lose the erection completely. Congratulations, you traded coming too soon for not staying hard. That's not a fix, that's a different problem in a trench coat.

LIE 4 "Longer is always better."

No. Sometimes fast and desperate is exactly what you both want — she pulled you in, neither of you could wait, it was over quick and it was hot. That's not failure. And going forever can genuinely start to hurt or bore her; nobody's asking you to pound away for an hour. The goal was never "maximum minutes." The goal is *you choose*. Two minutes when you both want two minutes. Twenty when it calls for twenty. Control, not endurance.

LIE 5 "It's all in my head."

This one's half true, which is what makes it dangerous. Yes, your mind is part of it. But your mind is wired straight to a specific muscle — and if that muscle is untrained, no amount of "just relax" or positive thinking will save you, because you're only working half the machine. The men who try to think their way out fail every time. The other half is physical, in your body, and it trains like any other muscle. Which is exactly where we're going next.

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CHAPTER FIVE

WHY IT REALLY HAPPENS

Here's the honest breakdown. It comes down to three causes, and almost every man has at least two of them running at once.

CAUSE 1 An untrained muscle

There's a muscle at the base of your body — behind your balls, in front of your tailbone — that fires when you come. It's the same one you'd clench to stop your urine mid-stream. Most men have never trained it, never even located it, never once thought about it. Untrained, it does whatever it wants. Trained, you hold the timing. That's the heart of everything, and it gets its own chapter next.

CAUSE 2 The tension loop

This is the trap most men are stuck in without a name for it:

You get nervous → your body clenches → your breathing goes shallow → the tension shoves you closer → you feel it coming → you panic → more tension → you finish.

Round and round. And here's the cruel physics of it: fear literally moves the finish line closer. When you're scared of coming too fast, your body flips into its emergency, danger, get-out-alive setting — and that setting is built to fire fast and be done, not to linger. Your own fear of finishing early is what makes you finish early.

Your body has two gears: survival and connection. Sex needs connection. Fear jams you into survival. You cannot be in both at once — and the man who's terrified of failing has already lost, because the terror does the thing he's terrified of.

CAUSE 3 You trained your body to do this

Nobody ever tells men this one, and it explains almost everything.

Go back to being fourteen. When you started masturbating — how did you do it? Fast. Silent. Door unlocked, ears open, racing to finish before someone walked in. Get in, get off, get done, before you got caught.

You did that hundreds of times. Maybe a couple thousand. Every single one was a rep. And your body is a faithful student — it learned exactly what you drilled into it: *arousal means hurry. Finish as fast as possible.*

You conditioned yourself to come fast, years before you ever touched a partner, and you never knew you were doing it. That's not a character flaw. That's just how bodies learn — they repeat what they've practiced. And the good news lives right there in the bad news: anything you trained in, you can train out.

WHICH ONE IS YOU? READ THE THOUGHTS.

If, mid-sex, your head says:

"Oh no, it's already here" / "I can't stop it" / "here it comes"

→ **The muscle is untrained and running the show. Mostly Cause 1.**

If your head says:

*"Don't screw this up" / "what if I disappoint her again" /
"please, just be normal tonight"*

→ **You're caught in the tension loop. Mostly Cause 2.**

If your head says:

*"It just happens, I don't even feel it coming" / "it's been like
this my whole life"*

→ **Your body's on autopilot from years of training. Mostly Cause 3.**

Most men are a blend of all three. That's fine — because the fix hits all three at once. They all run through the same place: that one muscle, and how tense or loose your body is around it. Fix the muscle and calm the body, and you've pulled the thread that unravels the whole knot.

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CHAPTER SIX

THE MUSCLE NOBODY TAUGHT YOU

This is the most important chapter in the book. If you skim everything else, stop and actually read this one.

Meet the muscle

Between your legs — behind the balls, in front of the tailbone — sits a sling of muscle called the pelvic floor. It holds your insides up. It controls your urine. And it controls when you come.

Here's what stops men cold when they learn it: when you ejaculate, *this muscle is what does it*. Those pumps at the finish — that's this muscle contracting, firing the semen out. No contraction, no finish. It is that direct. Coming isn't something that happens to you. It's this muscle pulling the trigger.

So the whole question — "how do I last longer" — collapses into one:

Can you control this muscle?

Find it right now, sitting there

Next time you piss, stop the stream halfway. That clench you just did? That's the muscle. Now let it go and let the flow run. That release is the muscle too. (Find it that way once — then stop doing it on the toilet, it's just for locating it.)

Or, sitting there right now: imagine lifting your balls slightly without using your hands. That little internal pull is it. It should come from *inside* — not your stomach, not your ass clenching, not your thighs. Just that.

Can't feel it, or not sure you've got the right one? You're in the majority — a huge number of men can't isolate it at first, and guessing wrong is exactly why they give up on day one. Kegel AI opens with a 60-second muscle-finder test that walks you through it and tells you whether you've actually got it. That's the whole reason it exists.

The mistake that makes it worse

Everyone's heard "do your kegels." So men squeeze, squeeze, squeeze, thinking more clench equals more control. Here's the problem:

The squeeze is the finish.

Read it again. That contraction is the ejaculation itself. So a man who only trains the squeeze — who spends months getting really strong at clenching — is literally strengthening the trigger that ends things early. He's practicing the exact wrong move, hard, every day, and wondering why it's getting worse.

What you actually need is control of *both* directions — the squeeze *and* the release. And the release is the one that saves you. Because when you're right at the edge and your body

screams *clench*, the skill that pulls you back is doing the opposite: letting that muscle go soft on purpose while every instinct is shouting at you to tighten.

Think of a car. The squeeze is the accelerator. The release is the brake. Most men have spent their entire lives flooring the accelerator and never once touched the brake — then act shocked when the car won't stop where they want it to. This book builds you a brake.

Why this unlocks everything

Once this clicks, a lot of things suddenly make sense:

- Why "trying harder" backfires — trying harder means tensing, tensing means squeezing, squeezing means finishing
- Why relaxed men last — a loose pelvic floor simply doesn't fire early
- Why a stressful day at work follows you into bed — stress lives in your muscles, this one included, so you walk in already halfway clenched
- Why the fix is training, not tricks — it's a muscle, and muscles only answer to reps

The point of no return

One last piece. Somewhere around 80 to 90 percent of the way up, there's a line — cross it and the reflex fires and nothing on earth stops it. No breathing, no technique, no thinking about football. Ejaculation is coming. Before that line, you're driving. After it, you're a passenger who already left the wheel.

Here's the difference between you and a man who lasts. He *feels that line coming* and eases off before he hits it — slows down, breathes out, releases the muscle, drifts back down to safety, then climbs again. You go from "totally fine" to "too late" with nothing in between, because nobody ever taught you to feel the edge, and your muscle can't respond even when you do.

Learning to feel that line, and building the muscle control to actually pull back from it — that's the entire game. The next chapter builds both.

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CHAPTER SEVEN

THE TEN-MINUTE FIX

The honest version: there's no overnight cure. There is a real fix, it takes about ten minutes a day, and most men feel it working somewhere around week three or four. Anyone promising faster is lying to sell you something. This isn't magic — it's training, and training takes reps.

And this isn't just me talking. When researchers took a group of men who'd already tried the creams, the pills, everything, and had them train this exact muscle instead — **most of them went from under a minute to well over two**, more than tripling their time. No pills, no gadgets, just the muscle. It was a small group, and I'll always be straight with you about that, but the reason it worked is the same reason it'll work for you: it's the muscle we've been talking about this whole time.

Based on a published pelvic-floor training study of men who hadn't improved with other approaches.

The fix has three parts. They work together — skip one and the other two get weaker.

PART 1 Train the muscle

You've found the muscle. Training it means practicing both directions — squeeze and, more importantly, release — until you own it on command.

- **Slow holds:** squeeze, hold a few seconds, then *fully* release. "Release" isn't just stopping the squeeze — it's actively letting go until the muscle feels soft and heavy.
- **Quick pulses:** squeeze and release fast, several in a row, like a flicker. This builds speed for the moment you need to react at the edge.
- **The long release:** the one everyone skips, and the one that matters most. Squeeze, then take *twice as long* letting go as you took squeezing. Feel it melt open. This is your brake pedal, and this is where you build it.

THE RULES

Breathe normally throughout — hold your breath and you're tensing your whole body, which is the opposite of the point. Don't clench your ass, stomach, or thighs; if those are firing, you've lost the muscle. Don't overdo it — this muscle fatigues like any other, and sore or twitchy means take two days off. And never train right before sex; a tired muscle has less control, not more.

You can do these anywhere — desk, car, in bed before sleep. Nobody can see a thing.

Now the honest part

Every man reading this *can* do what I just described. Almost none of them will still be doing it in two weeks. And it's not because they're lazy.

It's because there's no feedback. You're squeezing a muscle you can't see, in the dark, with zero way to know if you're doing it right, if it's getting stronger, or if anything's happening at all. Week one you're motivated. Week two you skip a day, then two. Week three you've quit, and you've told yourself "I guess it didn't work for me."

It didn't fail. You just had no way to see it working — and no one keeps grinding at something invisible with no scoreboard. This is the exact wall I watched man after man hit, and it's why I started pointing them somewhere that fixes that one problem.

HOW IT ACTUALLY WORKS

Kegel AI opens with a **60-second test** that finds the muscle and measures how well you can hold *and release* right now — the two things you just learned decide everything. That gives you a real starting number, your **Control Age**. Then it builds a plan around *your* baseline — **25 exercises, about ten minutes a day, 42 sessions over roughly six weeks** — and **rebuilds the plan after every session** based on how you did, so it's never generic.

Your **re-test is set for week six** before you even begin — a date on the calendar, a number to beat. If it's 11pm and you're thinking "am I even doing this right," there's a coach built in to ask, no human involved. And your whole profile **stays on your phone** — which, for something this private, matters.

You don't need it to do the exercises. You need it so you're still doing them in week three, when it actually starts working. That's the whole difference between the men who fix this and the men who quit.

FIND OUT WHERE YOU'RE STARTING FROM

quiz.kegelai.app

PART 2 Calm the body

Remember the tension loop. A trained muscle inside a tense body still fires early — so part two is teaching your body to stay loose when every instinct says clench. The fastest lever you have is breathing.

Try it now: hand on your belly, deep breath. Did your chest and shoulders rise, or did your belly push out? Most men are chest-breathers, especially when nervous — and chest breathing tightens everything. Belly breathing does the opposite. It flips your body out of survival gear and into the calm one.

THE DAILY PRACTICE — 5 MINUTES

Lie back or sit. Breathe in slow through your nose for 4, feeling the belly rise. Hold for 2. Breathe out slow for 8. Repeat for five minutes. It should feel like the long sigh you let out after a brutal day. Do this daily and belly breathing becomes automatic — including in bed, where it counts.

Then, in the moment: when you feel the edge coming, do not hold your breath and clench — that's what most men do, and it's the exact wrong move, because the clench is the finish. Instead: slow down, push a long slow breath out, and let the muscle go soft. Out-breath plus release. That combination pulls you back from the line every time.

PART 3 Retrain the habit

Your body learned to rush during fast, secret masturbation. So that's exactly where you unlearn it — alone, no pressure, no one watching, nobody to disappoint. Sex therapists have used this for decades; they call it the stop-start method, and it works because it directly overwrites the old training with new reps.

THE PRACTICE

Masturbate slowly — no rushing, no chasing the finish. When you feel yourself climbing toward the point of no return, *stop completely*. Hands off. Breathe out. Release the muscle. Let the arousal sink back down. Then start again. Reach the edge and back off *at least three times* before you let yourself come.

Each rep teaches your body two things it never learned: exactly what "the edge" feels like, and that reaching the edge doesn't have to mean going over it. You're literally rewriting the lesson you drilled in as a teenager.

A few things that matter: skip porn during this — it drags your attention onto a screen when the entire point is learning to read your *own* body's signals. Use lube so you can go longer without getting sore. Keep it relaxed; it's practice, not a race. Two or three times a week alongside the muscle work. This is the part that turns raw strength into real-world control — the muscle work builds the brake, this teaches you to use it.

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CHAPTER EIGHT

FOR TONIGHT

The real fix takes weeks. But you might have plans tonight. So here's what actually helps right now, while the training works in the background. None of these fix the root — they buy you time until the training does.

Start slow — before you think you need to

Not when you're close. From the very first minute. Most men come in hot and fast because they're excited or nervous, blow through their runway in ninety seconds, and then panic. Set a slower pace from the first stroke and hold it. You've got far more control at the start than you think — spend it wisely instead of burning it in the first minute.

Breathe out, don't hold

The second you feel tension climb, push a long slow breath out. Belly, not chest. Holding your breath is clenching, and clenching ends it.

Switch to her

Feel yourself getting close? Change what you're doing — go down on her, use your hands, kiss her, slow everything right down. You get a break from the intensity; she gets more attention on her, which given that fourteen-minute reality from chapter two, is exactly what she needed anyway. To her it lands as you being a generous lover, not a man managing a problem. No woman in history has complained that her man spent too much time pleasing her.

Pick the position that gives you control

Some positions hand you the pace; some hand it to her. When she's on top setting a fast rhythm, you've got far less say over your own body. Start in positions where you control the speed and depth, and save the ones that finish you fastest for when you've decided you're ready to finish.

Get out of your head, into her

Stop monitoring yourself — "how close am I, is it happening, oh no" — that spotlight on your own arousal speeds you up. Flip it entirely onto her. Her skin, the sounds she's making, how she moves, how she smells. The more of your attention lives in *her* body instead of yours, the longer you last. This one alone changes the game for a lot of men.

Give yourself permission to fail

Sounds backwards, works anyway. Before you start, tell yourself: "If I finish fast tonight, fine. I'm training this and it's getting better." The man who *desperately needs* tonight to go perfectly

clenches up with the pressure — and the pressure causes the exact thing he's dreading. The man who's let go of needing it relaxes, and relaxed men last. Wanting it too badly is part of what breaks it.

AND IF IT HAPPENS FAST ANYWAY?

Do not vanish into your own head and go silent. Do not apologize five times — that just forces her to manage your feelings on top of everything else. Stay *with* her. Hands, mouth, attention — the night is not over unless you decide it is. She cares far more about whether you stayed present than about what the clock said. How you handle the next ten minutes matters more than the two that just happened.

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CHAPTER NINE

WHAT CHANGES, AND WHEN

Here's the real timeline, so you don't quit the week before it works — which is exactly when most men quit.

WEEK 1 You're finding the muscle and learning to feel it. Some men still can't tell squeeze from release — that's completely normal. Nothing changes in bed yet, and it shouldn't. You're laying wire, not flipping the switch.

WEEK 2 The muscle starts to feel like something you can actually find and move on purpose. Belly breathing feels less strange. In bed you might notice you're a little more *aware* of your body — not more control yet, just awareness. That awareness is the first real sign. This is also the week most men quit, so if you're using the app, this is where the daily nudge earns its keep.

- WEEKS 3–4** This is where most men feel it turn. You catch the edge coming a beat earlier than you used to. Slowing down actually *works* now, where before it did nothing. You notice yourself relaxing instead of clenching. Small, but unmistakably real — the first time you deliberately pull back from the edge and it works, you'll know.
- WEEKS 5–6** Control becomes something you *have* instead of something you're straining for. You start picking your pace. The panic quiets down because your body has stopped ambushing you. Week six is also when the re-test lands — the day you get to watch your number actually move.
- AFTER THAT** It becomes normal — just how your body works now. Like any trained muscle, it stays strong as long as you touch the training a couple times a week. You stop thinking about it, which was the whole point.

Do this before you start

Thirty seconds. Answer it honestly — not for me, for you.

Why do you actually want to fix this?

And go deeper than "to last longer." Is it to stop dreading a thing that's supposed to be fun? To stop watching her fake that she's fine? To feel like a man who owns his own body instead of getting hijacked by it? To kill that vicious little voice in your head that starts talking the second your clothes come off?

Whatever the real reason is — hold onto it. Because there's a night coming, around week two, when you won't feel like doing your ten minutes. The men who push through aren't the ones with iron willpower. They're the ones who remember, in that moment, exactly *why* they started. Have your reason ready before that night arrives.

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CHAPTER TEN

ONE LAST THING

You now understand this better than almost every man alive — including most of the ones who don't have the problem.

You know what she's actually thinking, and that it was never the cruelty you feared. You know it's not your wiring — it's a muscle and a habit, both trainable. You know the fix, the three parts, and how long it honestly takes.

That's the part I can hand you for free, in a PDF.

What I can't hand you is the part that gets you through week two. The number that proves it's working when you can't feel it yet. The plan that adjusts to *your* body instead of some generic routine. The nudge on the night you'd rather skip. The re-test on the calendar so there's a finish line to run at. That's the difference between knowing how to fix this and actually fixing it — and knowing, by itself, has never fixed anyone.

YOUR STARTING NUMBER

Every man who beats this starts the same way — by finding out where he stands right now. That's the piece you've never had. The 60-second test gives you your Control Age, and once you've got a number, you've got something to beat. Most men are honestly a little shocked where they start — and a lot more motivated once they see it.

TAP TO FIND YOUR CONTROL AGE

quiz.kegelai.app

And if things stay stuck no matter what you do, or anything hurts, or something changed on you out of nowhere — go see a doctor. Training your body and getting checked out aren't opposites; do both if you need both. Trust me, a good doctor has heard this a thousand times and won't so much as raise an eyebrow.

You've got this. Truly. You already did the hardest part — you stopped pretending it wasn't happening and you read to the end.

— *Sara*

WHY YOU FINISH BEFORE SHE STARTS

Sara James is an intimacy coach, not a doctor. If anything hurts or changes suddenly, see one — some things need a professional.

Share this with anyone it might help.