

# Natural Penis Enlargement: How to strengthen your erect...

Author : 21erotic

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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. Roger is a 'personal trainer' at [PenisAdvantage](http://PenisAdvantage.com) – a site containing a guide that details exactly how any guy can enlarge his penis using natural exercises and techniques, as well as how to improve their sexual performance, restore their foreskin or correct a curve in their erect penis.