



SIZE DOESN'T MATTER

Get Her Off No Matter What!

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Size Doesn't Matter

You've heard it before: it's not how big it is, it's how you use it. But when it comes to penis size, is that really true?

It's a fear that a lot of men have. We wonder but are afraid to ask — does it really matter how big I am down there?

Penis Size and Self Image

Porn, the selfie epidemic, and locker room smack talking all do a lot to give men a false impression of how their penises measure up to the “norm.”

It's normal to have certain anxieties and worries about your self-esteem. Career, clothes, physique, physical appearance — all of them play a part in determining our self-image, and what vibe we project.

Penis size is not the least among them.

But a lot of what you believe about your penis is based in **myth and not fact**. It may be funny to make jokes about guys having small dicks, but these jokes leave a lot of men with a feeling of anxiety that never quite leaves.

Watching porn is no help either. Porn is not real — it's a

What Women Really Think

You've always wanted to know. What do women *really* think and feel about penis size?

An interesting new study conducted at Australian National University finds that women rate men with larger penises as more attractive than men with smaller penises, but that it also relates to height. So a big penis is a bigger advantage on a taller man than a smaller penis is on a shorter man.

The researchers came to this conclusion by showing 105 young women life-sized images of nude men (computer generated). They changed up the size of the figures' flaccid penises, along with height and shoulder-to-hip ratio, which have been shown in previous studies to be connected with attractiveness for women.

At the same time, taller women found taller men attractive, and the opposite with shorter men.

So in ideal terms with no other factors in the mix, women naturally go for tall men with broad shoulders and big dicks.

But of course, flesh-and-blood men are a lot more complex than computer generated images. She might unconsciously be assessing your shoulder-to-hip ratio, but women are seduced by a lot more than that.

A lot of men suffer from the belief that women are only interested in men with big penises. They look down at their own equipment and wonder, is mine big enough?

The question is a lot more complicated than that. There is truly no one right answer because each woman is different. Just as every

person is attracted to different things, every woman has her own thoughts about penis size.

Here are some of those thoughts...

“If a guy is too well-endowed, he doesn’t try as hard.”

Some women actually prefer an average penis to a supersized one for the same reason that some women think that average-looking men are better partners than extremely good looking ones. The thinking goes that if a man has too much going for him physically, he won’t put out as much effort in bed, or ever. While of course this isn’t always true, some women swear by their own experience. But that’s good news for all the guys who don’t look like models with 12-inch schlongs!

“Girth is more important than length.”

A lot of women will tell you, if asked to speak frankly, that the girth, or circumference, of a man’s member is more important to the length. While deep penetration can be pleasurable, that “filled up” feeling can be more so. A thicker shaft also stimulates the clitoris more easily.

“No. Big dicks are scary.”

Some women honestly do not find sex with a well-endowed man comfortable. A huge boner can be a turn-off because it can make the sex more painful. It also makes oral sex harder for the woman.

“Yes, absolutely, only Magnums for me.”

She’s just being real! Some women know what they like, and what they like is a big penis. It all depends on the size of the woman and her vaginal canal — if a woman has a larger, longer vaginal canal, a small penis probably won’t do a lot for her in terms of penetration. And some women simply find a big dick more physically attractive. 7

“Within reason.”

This is the most common answer. Most women will tell you that they're not terribly interested in a 3-inch penis, but in general, they don't have any set parameters listed in their OKCupid profiles. Women want to be satisfied from sex — that much is obvious. But how a man goes about doing that really has little to do with the size of his penis. So provided it doesn't veer to one extreme or the other, most women are perfectly content with average.

Are You Big Enough?

There's be no straight answer to what women want in this or any other respect. But there are concrete statistics that can help you assess how your penis falls on the scale of "small" to "big."

Is your penis smaller than average?

That is the question of the hour — and always. The answer? Probably not.

Several recent studies have shown that men who *believe* their penises are smaller than the norm are actually the owners of perfectly normal-sized members.

Small Penis Syndrome, also known as "locker room syndrome" is defined as an obsessive feeling that your penis is inadequate. It's actually **more likely to affect men with normal penises than men with smaller-than-average penises.**

Similarly, less than 1% of men are actually affected with a micropenis (a penis of less than 2.7 inches in length when limp), but 12% think they have one.

Usually this perception comes from a lack of confidence. Being proud of your penis — and pleasing a woman more than you ever thought possible — has all to do with feeling good about yourself.

Men tend to labor under the painful misconception that women only want to go to bed with guys with huge penises. But an American Psychological Association survey found that **women were more satisfied with their partner's penis size than the men were.**

This is all confirmed by the way a woman's body is built. **The most sensitive and pleasure-feeling regions of the vagina — the vulva, the all-important clitoris, and the inner portions of the vagina — are all easy accessible by the average penis.** No need for a 10-incher to give a woman a great orgasm.

Additionally, the vagina only extends to a length of 4 inches on average. That's well below even the low end of the average penis size. The vagina is an adaptable organ that conforms to the size of the penis during sex. While girth may provide more clitoral stimulation, there's no reason to believe that you can't please a woman with your average Joe penis.

That means that in all likelihood, you're more worried about the size of your penis than your girlfriend is!

It's no surprise that the study also found that men with larger penises have higher self-esteem.

Again, we'll go into this in more detail later, as well as just why size really doesn't matter when it comes to thoroughly satisfying a woman.

Are Your Penis Hang-Ups Fact Or Fiction?

There are a lot of other misconceptions besides what makes a big penis that we need to clear up before we continue.

You probably have a lot of ideas about what a "normal" penis is. A lot of these are stereotypes reinforced by society — the belief, for example, that black men have big penises or that big feet equal big penis size.

Most of these hang-ups, though, are simply not true. The most recent study examining penis size with relation to foot size found

that there's no link between the two — dispelling one of the most common rumors about penis size.

While big feet are just big feet, **penis size *is* directly related to height**, according to at least four studies. Taller men do tend to have longer members to match. Weight has also been found to have a relation in some studies, but not as consistently.

There's also **no strong connection between flaccid penis length and erect penis length**. Some men's penises just grow a lot more than others when erect. So if you find yourself glancing around the locker room and comparing your schlong to others, remember that this isn't an accurate indicator. The erection is what's important, after all.

Also, the myth that **men of certain races or ethnicities have bigger penises than others?** Just that: a myth. With centuries of genetic mixing behind us, there is absolutely no way to tie a certain race or nationality with being “big” or small.” Genetics does have something to do with it, just like you inherit hair, eye, and skin color from your parents and descendants.

Speaking of what you're born with, sorry guys, but **your penis won't stop growing after puberty**. You can stop praying for a penile growth spurt; they don't exist. Once your height has capped and your puberty is complete (between the ages of 16 and 21), your penis has also stopped adding inches.

Remember that these are just correlations and are not one-size-fits all. So while a tall, robust man may have a penis to match, but a short man can also have a large penis. So don't make assumptions based on a man's looks.

Now For the Numbers

Before you can decide whether you're big, average, or small, you need to know what "average" actually is.

There are several parameters, including but not limited to length, that classify penis size.

This is obviously subjective and up for debate. It's hard to get a conclusive number on what makes a bigger-than-average dick. But there are some numbers that will help.

Several studies indicate that the **average erect penis length** is between 5.1 and 5.9 inches in length.

Studies on average girth, or circumference, indicate that the **average mid-shaft circumference** of the fully erect penis is between 4.49 and 4.97 inches.

How do you measure up?

Now that you know what you're up against, it's time to take your measurements.

Make sure to measure an erect penis. The size of your dick only matters when it comes to pleasing a woman. So do your measurements when your penis is erect.

Also, don't measure from the underside. Using a ruler, measure from the base to the tip from topside.

For measuring girth, use a string. Wrap a string around your erect penis mid-shaft (halfway up) and then transfer the string to a ruler to measure.

Buyer Beware

The male enhancement market is huge — tread carefully. Manufacturers of male-enhancement pills and gadgets rely on the fact that a lot of men harbor insecurity about the size of their penis. They tap into that fear to sell you goods that may not only be a waste of money, but also dangerous.

The fact is that most of the claims on websites for penis extenders, pumps, and pills are based on pseudo science, a few questionable testimonials, and flashy marketing. A lot of them are made in China and marked up to exorbitant prices.

What's more, they can cause a whole host of problems, including:

- Nerve damage
- Stretch marks
- Decreased sensitivity
- Blood circulation problems
- A thinner flaccid penis
- Weaker erections
- Loss of sex drive
- Permanent impotence

Stay away from these products — you'll be glad you did. A smaller-than-average penis is better than one that doesn't work!

Exercises to Increase Your Size

If your penis is smaller than average and you're set on making a change, there are many natural ways you can see results without sorting to surgery or extreme measures.

Exercises are a safe and effective way to add centimeters, or even an inch, to your erect penis.

Penis-Enhancing Exercises

Warm Up

You wouldn't dive right into sprints or deadlifts without warming up your muscles, would you? Same goes for your man parts. Wrap your penis in a hot washcloth for five minutes before beginning the routine.

Stretches

After your penis is nice and warm, it's time to stretch it out. It's as easy as it sounds: just stand and take your flaccid penis in your hand, stretching it as far in front of your body as it will go. Be gentle and listen to your body — you'll know how far is too far. **Hold the stretch for 30 to 40 seconds. Rest ten seconds, then repeat. Do ten sets.**

Jelqing

Now that you're stretched out, get to a half erection. Apply a lubricant, then grip your shaft tightly at the base with the thumb and forefinger of one hand.

Slowly slide that hand up the shaft towards the tip of your penis — this is to push as much blood into your member as possible.

Once you reach the tip, immediately go back to the base where you started and do it again. Repeat this nonstop for ten minutes.

Jelqing both stretches and expands your penis — a double whammy that helps cells grow in penis tissue. It can also help with penis curvature, for you guys that lilt one way or another.

Ulis

Now that you've exercised your penis in a half-erection, it's time to move on to a full-on hard-on.

Start the same way you did with jelqing, with your hand at the base of your penis. Now, squeeze as hard as you can without grimacing in pain. You'll see your penis shaft swell and the head get big and shiny.

Hold this for ten seconds, then rest for ten seconds. Repeat three or four times.

Ulis is a great girth-enhancing exercise. Done the right way, you should see a visible increase in the thickness of your dick.

Kegels

Kegels are your friend! Skipping a set of Kegels should become like skipping a meal — you should feel the lack!

Kegels are exercises that target the pelvic floor. With strong pelvic floor muscles, you'll have stronger erections and your thrust will come at the best possible angle.

Originally designed for pregnant women, Kegels develop these key muscles to push nutrient-rich blood to the penis, helping make your penis bigger. They also give you the added benefits of improved prostate health, incontinence control, and the strongest erection you can have.

You can even use Kegels at crucial moments to stop premature ejaculation.

Make Your Penis Work For You: Sex Positions That Make You Feel Bigger

Keep in mind that while **most men are not lacking in inches, but in their understanding of the female body**. If you don't *really* know your way around down there, there's no way you're going to be able to make her scream.

If you have a smaller than average penis, or even if you're just not as huge as you think you should be, you need to focus on the **angle of sex** in order to hit a woman's G-spot. Certain sex positions will shorten her vaginal canal, leading to a feeling of **deeper, more intense penetration for her**.

General Tips

Foreplay

If women have one message for guys, it's not "get a bigger cock" — it's "take your damn time!"

Research indicates that women take a full 45 minutes to become fully aroused. So don't just throw on the condom and hope for the best. The best sexual experience for woman is a full-body one. That means don't skimp on the teasing, touching, and talking before sex.

Use Your Tongue

Make sure she's completely aroused. Brush up on your oral skills — both kinds. Dirty talk will get you both more in the mood, and if you tell her how sexy you find her and how turned on you are, she'll feel encouraged to do the same. Nothing will help your confidence more than hearing exactly how much she wants you.

The second is oral sex. Most woman love it and it's a great way to seriously turn her on and make her orgasm before penetration.

Focus On The Clitoris

The clitoris is your friend. Spend time with it. Using your hands, your tongue, or both, make sure you've fully stimulated you're lady's clitoris. If you make her climax at least once before moving on to the Main Event, you'll feel more confident and ready to get in there with gusto.

And the same goes for her. Some of the following positions allow her to have her hands free, so make sure she know she's encouraged to stimulate herself. This is helpful for a lot of couples.

There are 8,000 nerves in a woman's clitoris. You'd be stupid not to take advantage of each one.

Observe Her Rhythm

Generally, women prefer a slower pace of lovemaking than men. Jack-rabbit style shallow thrusting isn't going to do a lot for most ladies.

In positions where she's on top or controlling the rhythm, observe what kind of speed and intensity she likes. Then follow suit when you're the one at the helm.

Sex Positions For Every Penis Size

No matter what you're working with, you can find sex positions that fit both your body and your lady's. Remember that a woman's orgasm is about much more than deep penetration — many don't even get off from just intercourse. Focusing on oral and manual stimulation will give her a satisfying sexual experience — no 10-incher needed.

Bring these positions into your next round of sexy time and see what happens. Happy experimenting!

Bigger Than Average

As we've seen, being a big guy can be both a blessing and a curse. A big penis is typically seen as a mark of manliness and some women do prefer a supersized penis to a normal one.

But being too well-endowed also presents its own problems — it can be hard to achieve penetration, and can be painful for the woman. It may also increase the risk of those pesky UTIs for her.

General Tips

Spend more time on foreplay

Spend, at the VERY least, 15 minutes on foreplay. That will give her vaginal canal time to expand. Help her along by using two fingers to make wide circles on her clit as well as gently easing them inside her (no jabbing, please, unless the goal is to turn her off completely).

Use lube

Nothing wrong with rubbing on the lube. In fact, many women make purchasing lube a regular habit along with a supply of condoms. Water-based lubes are the safest bet to keep condoms doing their job and stave off any irritation.

Let her take control

If her eyes widen in fear when you unwrap your package, it's probably wise not to be too assertive in bed. A big dick can be intimidating and, quite honestly, scary for some women, especially petite women. So do the gentlemanly thing and let her take the

reigns. Most of the positions we've featured here are woman-on-top for that reason.

Positions

The Push-Up

This is a lady-on-top position that departs from the usual cowgirl. She lies on top of you in a plank position, resting each hand on either side of your head. This allows her to control the angle of entry and ease herself fully on top of you, while controlling the rhythm and thrust for more comfortable sex.

Tip: Help her out by bending your knees so she has something to lean on for support.

The Chair Straddle

Find a chair with no arms and sit down. Have your lady mount you from there. This is an amazing position for both man and woman, and it allows her a more comfortable penetration sensation. Not only can she control how deeply you thrust, but she also gets intense clitoral stimulation.

Hint: Use your hands to work her clit to give her an over-the-top orgasm in this position.

The Right Way to Missionary

Missionary can be used effectively for any size penis, but go for a no-frills approach if you have an uber-penis. That means no pillows under her butt or tossing her feet over the shoulders. That might seem like fun to you, but the more her pelvis is tilted, the more she's going to have to take — and not all women will enjoy that.

Tip: Have her keep her thighs together. The further apart they are, the deeper you can thrust, which may be too much for comfort. On

the other hand, you'll both get an amazing, high-friction feeling is she keeps her legs closed.

Regular Sized

Most likely you fall into the average penis range. That gives you the advantage of freedom — there are few positions that are off-limits for you. So have fun changing it up and experimenting!

General Tips

Change it up

It's common for couples to get into a sex routine pretty quickly, or to alternate between a couple of positions (him on top, her on top).

Ask her what she likes

As you get comfortable with a new partner, don't be afraid to ask her to speak up. And of course, you should feel free to do the same thing — suggest trying something new or ask if she's comfortable with a certain something-something that she's not doing. Most of the time the woman *wants* to know what will please you — but she won't know if you don't tell her or show her!

Positions

The Crouching Dragon

In this one, she wraps her arms around your shoulders and her legs around your torso. Next, you crouch down in a squat so your body makes a human “chair” for her to bump and grind on.

Tip: This one's a little athletic, so have fun and don't take it too seriously. When you get it, you'll know!

The Superhero

Not for beginners! This is a fun challenge that will literally take her higher than your regular routine. You'll need a relatively high surface for this one, like a counter or bar stool. While she grabs on to the surface, you put your hands under her waist to lift her off the ground. Then she'll wrap her legs around your waist in a seamless, synchronized move (ideally). You get complete control and a great view of her behind, while she gets in intensely arousing angle of penetration.

Tip: Make sure you're actually strong enough to support her weight to avoid any catastrophic falls.

The Hip Flexer

This is a super comfortable yet intimate position that involves both of you sitting down facing each other. Bend your knees, spread them apart, and move in towards each other so you're butt-to-butt and you can penetrate her. Enjoy the variety of motion this allows — vary up the speed, depth of thrust, and add in grinding motions along with in/out strokes.

Tip: Start out with both partners supporting themselves on their arms, then take turns bearing the weight so the other partner can lean in and enjoy more intense action.

Six inches Or Less

A little smaller than the norm? No need to fret! Pick the right positions and she'll have no cause to complain.

General Tips

Give her better head

If you were blessed with less in the below-the-belt department, you're going to have to compensate in other areas. Work on your oral skills.

Attack from the rear

Rear-entry positions are generally the most satisfying for the woman if you have a smaller penis because they create a feeling of deeper penetration.

Avoid lube

If you're on the smaller side, stay away from lube — you want to create all the friction you can get.

The following positions emphasize deep penetration and maximum friction. Good things really can come in small packages.

Positions

A variation on doggy style, this one tends to be more comfortable for her than all-fours (although that's also a good one to try). Have her rest her head and shoulders on a pillow, lift her butt, and squeeze her thighs together while you penetrate from behind on your knees.

Tip: Have her keep her legs tight together — the closer they are, the snuggier the fit will be, creating big feeling.

The Tortoise

Another position where you enter here from behind, but in this one, you're both lying down. Have her lie face-down on the bed and straddle her from behind. She should keep her legs as straight and closed as possible. It'll help if she grips the edge of the mattress so you can get your hold. Once you get it right, you'll be in the perfect position for intense penetration and deep thrusting that she'll love. It'll help if she moves her body backwards while you thrust forward.

Tip: While it can be difficult to get into at first, once you have it you'll both share control, leading to a great experience for each partner. While you're controlling the rhythm she gets guides the angle of clitoral stimulation.

You can also open and close her legs for more excitement for both of you.

Rabbit Ears

A creative take on a man-on-top position that gives a feeling of intense penetration. Lay her down on her back on the bed, spread her thighs and draw her legs up so her knees are around her ears (rabbit ears, get it?). Slipping a pillow underneath her butt will get you at an even better angle to penetrate her in the right spot so she feels like you're filling her up completely. You can also slide your arms underneath her knees and then use your hands to brace yourself against the wall or bedframe for more thrusting power.

This is also a great place for her to work her own clitoris for a double-whammy orgasm.

Tip: You can vary this pose by stretching her legs up behind her in a "V" or draping them over her shoulder.

Extra: The Curveball Penis

Does your member bend one way or the other? Don't worry; some men simply have penises that curve slightly. That doesn't mean you're any less powerful in bed; you just need to make some adjustments.

Start with this one: lay her on the mattress and stand next to it. She should have her legs draped over the edge of the bed and be sitting up on her elbows, almost curled into a ball. Hold her shoulders for support and thrust, letting her direct the angle so she can find what feels best.

Surprising Ways to Make Sex Better (No Matter What You're Working With)

Newsflash: some things are way more important than the size of your penis to give her a great sexual experience, time and time again.

Yes, some women truly aren't interested in being intimate with a man who has a small penis. But if you're in a relationship or starting to date a woman and the chemistry is just right, you have no reason to think that your penis will put her off.

Read on for surprising and effective methods of making the sex better...and better...and better.

Romance Her

Women need to feel an emotional connection to want to keep having sex with a man. There's always the possibility of a one-night stand or a few lusty hook-ups, but that quickly wears thin. Women need to feel safe, comfortable, and happy with you to really open up in the bedroom. That will make the sex more intense and less inhibited, no matter the size of the penis.

Surprise her with a sweet note that she'll find after you've left, or even the typical bouquet of flowers. She'll love any genuine gesture that shows that you care about her, especially if it's unexpected.

Another great way to stoke the fire in the bedroom is to plan a surprise date. Make plans for a certain day and time, but don't reveal any other information. Plan out the whole evening, making sure it really suits her tastes — maybe a restaurant she mentioned wanting to try, followed by a night of salsa dancing or live jazz, if that's what she likes. She'll be thinking about you and the night

ahead all day, and the feeling of spontaneity will carry over into the bedroom.

Learn From Her

There's a reason women melt to hear John Mayer sing, "Your body is a wonderland." That voice, but also the words. A woman wants you to take your time and savor every inch of her.

There's an anatomical reason, too: the nerve endings that go down into the vagina spread out throughout the body, and show up in unexpected places on every woman. So don't assume that what worked on your last partner will work for this once. It's all about being attentive. Most likely your lady wants nothing more than a man who really understands this. That means licking, biting, and kissing the inside of her thighs before going down on her, stimulating her nipples with your mouth and fingers (gently!), and exploring everywhere from her lower back to her scalp to the insides of her feet.

Make sure she knows how much you're enjoying your new course of study. Moan if it feels natural, or tell her how sexy you find specific parts of her.

And as an extra bonus, this will encourage her to do the same to you — which may lead you to unexpected pleasure points on your own body that are far removed from what's hanging between your legs.

Boost Her Self Esteem

She needs to feel truly desired if she's going to desire you. So boost her self-esteem with complements. Don't rely on generic ones ("you have an amazing body"). Those are nice, but she'll appreciate more specific complements that show she's really special

to you. Try complementing the curve of her waist or her sexy collarbones.

You should also boost her self-image by showing her off. Take her out with you to meet your friends or colleagues and make sure she knows how lucky you feel to have such a beautiful woman to show off. Tell her how beautiful she looks and how excited you are to have her by your side. She'll be feeling much more cuddly when you get her home.

Cuddle Her

She needs to feel a lot of physical affection to want to be more intimate. You both feel cuddly right after sex, but make sure this isn't the only time for non-sexual physical contact. This is incredibly important to sustain feelings of love and romance in any relationship, and to make the sex more fulfilling.

This doesn't mean you should replace sex with cuddling, falling into a pattern of non-sexual physical affection above all else. But you should grab her hand when you're walking together, gently wrap an arm around her waist for a second when you pass her, and spend time spooning in bed. A teenage make-out session on the couch isn't a bad idea, either.

Preheat The Oven

It's hard for any woman to go from 0 to 60 in five minutes flat. To make her crave you, you have to get her warmed up well ahead of time.

That means starting before you're in the bedroom. Keep you on her mind by sending her suggestive text messages or emails during the day. Kiss her or touch her sensually at a random moment, and then walk away. All of those things will turn her on so she's ready to pounce once you get to the bedroom. And of course, once you do,

take your time with foreplay instead of barreling, gun blazing, into the main event.

Pique Her Lust

Women are aroused in a lot of subtle ways. You can make her want you before your penis is even in the picture. Try giving her a back or foot massage so she gets relaxed and starts enjoying your touch before you even kiss her. Or assert your dominance when she is in the mood by pushing her against the wall, pulling up her skirt, or telling her to take off her shirt.

The point is to get creative and understand that for a woman, lust isn't all based around what you have in your pants. In fact, when it comes down to it that may be the least of it.

Summary

Mostly likely, you already have everything you need to please a woman in the bedroom. So use what you have and make sure to focus on her, not on yourself. You'll probably find that any doubts you had about the size of your dick will disappear once you see how much power you really have.

A few points to go away with:

Penis exercises are safer and more effective than store-bought enhancers. Steer clear of pills that claim to increase your size. While Viagra will certainly help with an erection, there is no magic pill that will add inches to your schlong. Penis pumps and stretching contraptions will either only provide temporary results or may actually cause permanent damage to your anatomy.

Gentle stretches, jelqing, ulis, and Kegel exercises, on the other hand, can increase both the strength of your erection and the size of your penis. Don't forget the warm-up!

Employ the optimal sex positions for your penis, be it big, average, small, or bendy. The right position will target her clitoris and G-spot and give her amazing orgasms, no matter how big you are.

Don't skip out on foreplay, oral sex, touching, cuddling, and other precursors to actual intercourse. This creates too much anxiety surrounding the actual act and doesn't let you both savor the possibilities of really exploring each other.

And last but not least, remember that for most women, **size really doesn't matter.** Showing that you care about her, are attracted to her, and want her are much more important than what's below your shorts. Do yourselves both a favor and focus on the intimacy you have together, rather than the size of your penis.