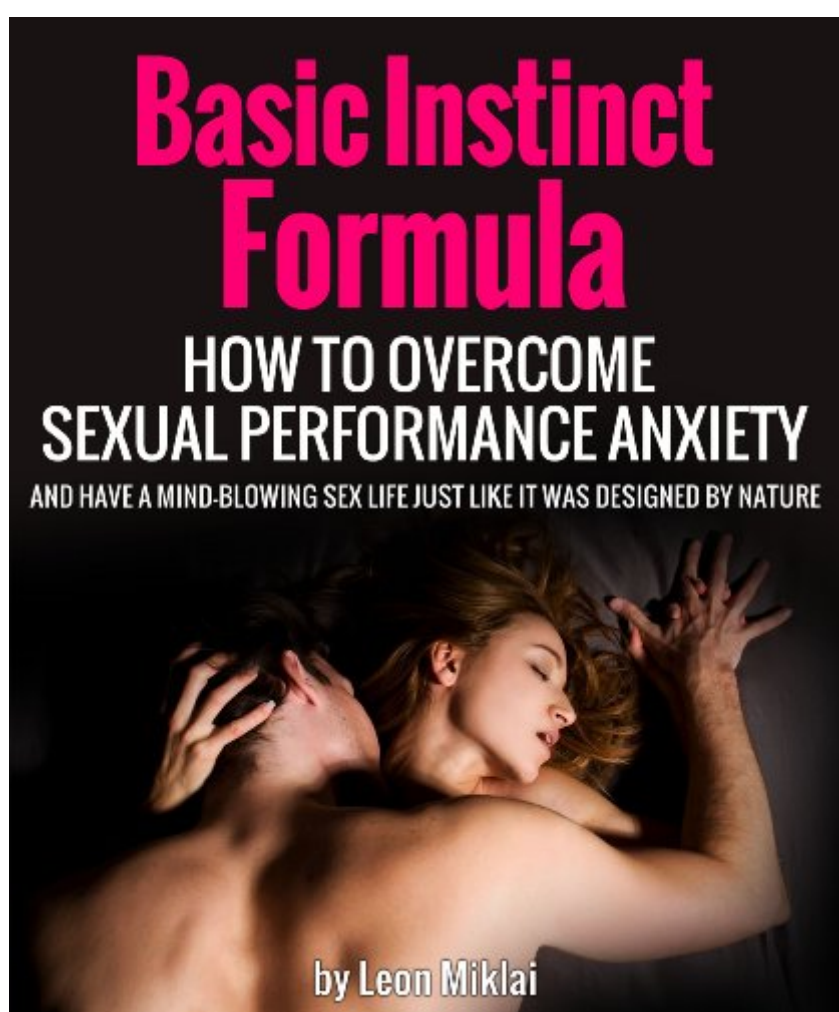


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# Basic Instinct Formula - How To Overcome Sexual Performance Anxiety And Have A Mind-Blowing Sex Life Just Like It Was Designed By Nature



## Synopsis

ARE YOU CONSTANTLY LOSING OR AFRAID TO LOSE ERECTION RIGHT BEFORE SEX? -Do you get an erection alone but lose it at the "moment of truth"? -Are your thoughts constantly focused on having an erection rather than enjoying a woman's body? -Do you stop yourself from dating women you like because you constantly worry about your sexual performance? -Do you worry about what will woman think of you if you can't perform well sexually. -Do you take Erectile Dysfunction medications just to compensate your anxiety and to make sure you will have erection in spite of any fears? That's called "Sexual Performance Anxiety", the condition that affects millions of men worldwide. A few years ago I asked myself a question, why millions of PHYSICALLY HEALTHY men in our generation, have a hard time performing the MOST BASIC human function, which is having sex? What have happened to us, men of 21 century, that we have to take pills to get a strong erection, why do we get an anxiety before having one of the most pleasurable experiences that exists in our lives? I started doing my own research on the subject. And it turned out to be that it's all about the laws of nature. The laws that govern how men and women have to perceive each other and treat each other. The problem is that modern culture have broken these laws and installed in us a totally different and unnatural perception of the opposite sex and as a result we now have all these performance anxiety problems... When I wrote all my findings on the paper, it was so complete, logical and clear, I called it the "Basic Instinct Formula". "The Basic Instinct Formula" will start explaining the duality of our nature. There are two parts in each of us: animal and human. It will explain how each part affects one another and what role each part plays connecting with the opposite sex. Then you will learn what really turns us on sexually, both men and women. And physical appearance of a woman is not the main thing that turns a man on. You will learn what it really is and why in the eBook. You will learn how our modern culture twisted the roles of each gender. How it creates an internal conflict between a man's animal and human parts, opening space for performance anxiety. Then I will state my opinion why doctors can't treat the problem and why they treat only the symptoms. We will also talk about confidence and how a man's confidence or lack of confidence affects a woman. We will discuss how to break the "what if" cycle. Example: "what if it's not gonna work again?". This eBook will bring you to the point when having such question for you will become unimaginable. Then you will learn 2 Rules. This is the CORE of Basic Instinct Formula. These are two Rules that you must incorporate in your behavior that will let you feel yourself a man in and out of bed. Following these rules will let you always be a man in the eyes of a woman. ALWAYS! By the time you finish this short ebook you will look at women differently, you will look at sex and relationships differently. You will learn how to enjoy sex and be proud of it at

100% and having even a thought of performance anxiety would become something unthinkable for you. The ebook includes the following parts: Introduction 1) An Animal And Human Inside Us 2) What Really Turns Us On? 3) Twisted 4) Doctors And Psychologists Just Don't Get It! 5) The Reason for an Anxiety 6) What Is Confidence? 7) How To Break The "What If" Cycle? 8) Two Contradicting Rules 9) The Power Of Intention 10) Exercises Conclusion After you finished reading the ebook and if you feel the ebook has benefited you at least somewhat, please leave a feedback on so other men will notice and benefit from this ebook as well. Thank you.

## **Book Information**

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## **Customer Reviews**

Sexuality is splashed all over the media today and a lot of the messages can be unrealistic or confusing. It's more becoming more commonly understood that women can be hyper-sexualized, but men are often left out these discussions. They themselves are reluctant to discuss any problems and culture is more likely to accuse them of being too aggressive rather than acknowledge that men can be sensitive sexual beings instead of mindless pursuers. This book demystifies the finer details of this topic which is not often discussed.

An original take on performance anxiety. This book will show you how to see a woman and how to act around her both in and out of bed to feel confident, fulfilled, and proud. As a result of this behavior you will have a very satisfied woman ;)

In a nutshell, this book opened my eyes to a lot of insights I needed to know. Everything makes sense now. Highly recommend reading this book a few times to get it down pack. I'm actually about to read it again!

This definitely changed my perception on how I view woman in general. It portrays a sense of empowerment and confidence that everyone should have!

Quick read. Will try it and see what happens. Good luck every one. Diet does have an affect for sure, the primal thing has me interested

Nice approach to ed. Ideas are really realistic and suitable for humanbeing!! You will understand how nature works for our sexual lives.

Though more is what I seek this was a shot in the right direction in reaching for a cure or solution regarding sexual anxiety, thx.

The book has a refreshing point of view. I completely agree with the main points and hope to see more from this author.

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Basic Instinct Formula - How To Overcome Sexual Performance Anxiety And Have A Mind-Blowing Sex Life Just Like It Was Designed By Nature Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) Social Anxiety: Overcome Shyness, Anxiety, Introvert, Low Self Esteem & How To be Confident ((BONUS Inside)Overcome Any Fear, Feel Confident, Strong, Overcome Shyness) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome

Anxiety Today) Sex Positions: Sex: The Top 100 Sex Positions to try Before you Die (Sex Positions, Sex Guide, Kamasutra, Sex Books) Psychology: Hypnosis and Mind Control to Overcome Stress, Anxiety, Depression, & Finally Recover Your Happiness (Positive Thinking, Body Language, NLP, Mind Reading, CBT, Hypnosis Sex, Brainwashing) Trypophobia: Real, Terrifying and you defenetely have it: phobia,fear,anxiety,stress,overcome,trypophobia (Stress, Anxiety,Depression, High Pressure, Unhappy, Stressed) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Sex: Sex Starved Marriage: 33 Demonstrated Sex Positions + 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE BONUS)(Sex and Marriage, Sex Positions Book) The Survivor's Guide to Sex: How to Have an Empowered Sex Life After Child Sexual Abuse Sex: This Book Includes - Tantric Sex: A Beginners Guide For Couples Based On The Art Of Tantra, Sex Positions: 21 Illustrated Sex Positions To F\*ck Her Brains Out (Sex Techniques, Kama Sutra) Chakra for Sex: Harnessing the Sexual Energy: Lessons, Poses and Exercises to Open up Your Sacred Chakra and Improve Your Sex Life: Sex Improvement, Book 2 ACT LIKE A LADY, THINK LIKE A MAN:By Steve Harvey:Act Like a Lady, Think Like a Man: What Men Really Think About Love, Relationships, Intimacy, and Commitment [Hardcover] 1st Edition Holy Sex!: A Catholic Guide to Toe-Curling, Mind-Blowing, Infallible Loving Increase Libido at Any Age Naturally: The Ultimate Guide to An Increased Sex Drive & Improved Sex Life for Men & Women (Increase Sex Drive, Improve Sex Life) Jump Attack: The Formula for Explosive Athletic Performance, Jumping Higher, and Training Like the Pros Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset) Dirty Talk : Secrets For Women and men, Straight, Gay and Bi, Spice Up Your Sex Life and Have Mindblowing Sex: (Sexuality, Intimacy, Sexting, Confidence, Relationship) (Great Sex Book Series 1) Una Vida Sexual Mas Feliz/A Happier Sex Life: Study in Modern Japanese Sexual Habits

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