



Penis Exercises: A Healthy Book for Enlargement, Enhancement, Hardness, & Health

By Rob Michaels

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If a man's biceps get stronger and harder with exercise, why can't his penis? The answer: It can. Despite popular belief, more than 1.3 million men have already learned the truth: The penis, like other muscles, is shapeable through exercises. For the first time ever, this book shows how you can:

- Increase your penis size. (In a survey of nearly 1000 men who exercised their penis for three or more months, the average size increase was 1 inch in length and 0.5 inches in girth—a volumetric increase of fifty percent.)
- Yield harder, stronger, and longer-lasting erections. (In one study, penis exercises improved erection strength just as much as erection drugs.)
- Overcome premature ejaculation and have multiple orgasms. (A strong pelvic region built through penis exercising gives men control of their ejaculations.)
- Endure dozens of other benefits. (A healthier penis and penile vascular system can increase libido, create stronger orgasms, and more.)

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