



**THE CONFIDENCE BIBLE  
FOR MEN**

**BY MALEEDGE™**

**UNLEASH YOUR TRUE POTENTIAL**

**TIPS, TRICKS & ADVICE THAT  
WILL CHANGE YOUR LIFE!**

# THE CONFIDENCE BIBLE FOR MEN

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# Introduction

Congratulations on picking up your copy of the Maleedge™ Confidence Bible for men!

We believe that every man in the world can feel and act more confident, and that confidence is the most important step to becoming a better you. In order to help you achieve this, we put together this handy guide as an effective tool to help improve yourself in this way.

We at Maleedge™ have complete faith that if you take just some of the advice laid out here and apply it to your own life, you can achieve success not just in love, but in your career, social life, and even self-value.

There is a wealth of information out there about every topic covered in this guide, far more than could ever be put into a single book. Unfortunately, the best advice is hidden under mountains of useless misinformation. Therefore, in order to ensure you get the most out of this guide, we put together the most valuable and effective information available to achieve this goal.

The Confidence Bible for Men was designed with one goal: to help you achieve success in life. With that aim in mind, we focused on several key traits that many - if not most - men struggle with at some point or another. These are:

- ✔ Confidence
- ✔ Assertiveness
- ✔ Self Esteem
- ✔ Presentation

This is not a handbook on how to pick up women.  
It's a tool to be used to improve your life!

## Why Confidence Is More Important Than Looks

We've all met him: the guy who could walk into any room, start talking, and leave with a woman eager to learn more about him. The kind of man who held everyone's attention and drew every pair of eyes, despite not being the most attractive or wealthy person there. You might have scratched your head and thought "Wow, I wonder how he does it?".

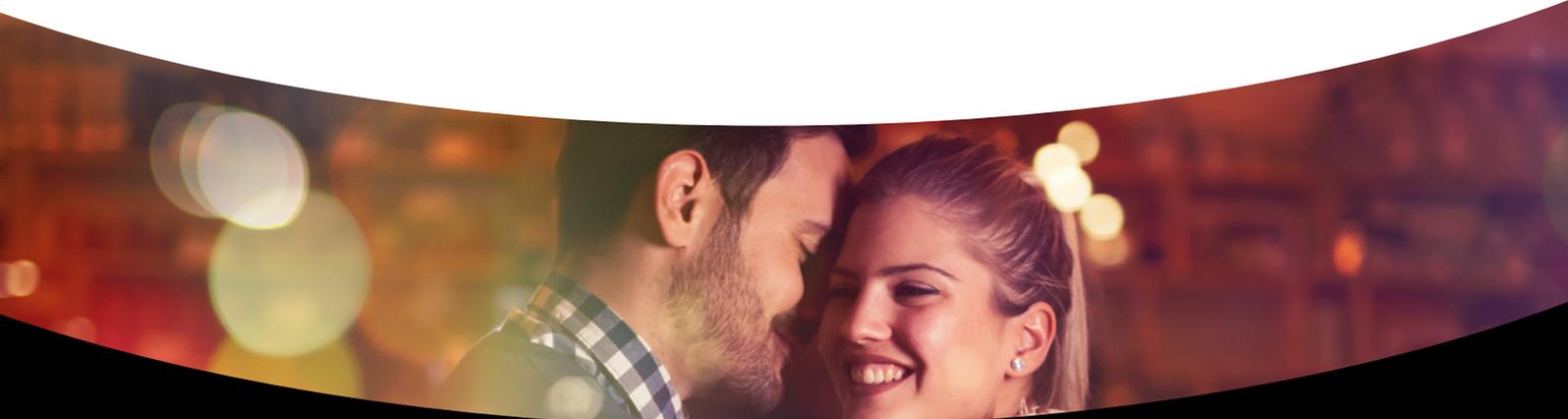
**The answer?** The most important keystone to success on the dating scene?

**Confidence.** A man could look like a young Marlon Brando, but he may never attract a woman if he has no faith in himself and his own value. It's like burying a diamond in the dirt: no-one is going to see it unless you put it on display and have faith in it.

Conversely, an average-looking man who is otherwise unassuming will shine like a beacon in a poorly-lit room if he shows himself to be supremely comfortable in his own skin. Such men are a pleasure to be around; they don't make women or other men feel uncomfortable or uneasy.

Certainly, there are skills, techniques and tricks that you can learn to attract women, but at the core there must be a self-assured man able to back up any trick he tries to use.

Few women will find you appealing unless you display unwavering confidence. If you appreciate yourself and your own value, others will be guaranteed to follow suit. In the next chapter we will look at some of the essential features confident men have in common.





# Top 6 Rules Confident Men Don't Break

If you want to see the change in yourself on the way to becoming a more confident and attractive individual, make sure you learn about and consider the following rules. These rules represent the most common and demonstrable behaviours that all really confident men show.

## #1 No apologies

Disclaimer: this doesn't mean literally never apologise for anything. If you step on someone's foot in line at a store, of course you should say sorry.

Being unapologetic means not being afraid to exist. The strongest sign of a confident man is one who is not afraid to be himself. A shy, unnecessary apology; the flash of an embarrassed grin shows more than regret. They tell of a man who doesn't like who he is and who feels the need to be sorry for existing. This is easy to spot from miles away in all directions.

These unconscious gestures such as covering your mouth when you speak, moving out of someone's path, or even looking around frequently and fidgeting tell the world that you are on high alert and everything going on around you is threatening. You are in a public place and your inner self is trying as hard as possible to just shrink and hide out of existence.

We can sum it up like this: Respect other people, but have respect for yourself first. Be sincere in everything you do, and don't ever be sorry for existing. This takes time to get used to, but stick with it!

## #2 Don't talk too much

It's true that women find a little bit of mystery interesting when it comes to dating. While you don't want to omit every detail of your life, leaving her to think you're either married or a serial killer, you don't want a woman to know about your pet fish back at home, what his name is, and the hilarious story behind the name - all before you've even asked her to dance.

This is not to say that you should keep information from your date or anyone else, far from it. Even James Bond can't go five minutes without telling the sexy villain's sidekick his name and what he's looking for (either nuclear launch codes or a female human to manipulate). The key difference is there should still be some mystery left over after the initial introduction.

There is a common stereotype that women talk much more than men in everyday life. This is, in fact, not at all true; there is almost no difference between men and women on average. The truth is that virtually everyone loves to talk about themselves, and in uncomfortable social situations men have been conditioned to take the lead and fill the silence. This leads to swarms of men on dates who will not shut up about themselves, and their poor dates bored to the verge of tears pretending to listen to them.

Be different. Ask meaningful questions. Steer the conversation to your date. Most importantly, leave out the small talk and stupid questions. Ask something memorable. Don't ask where she went to school, ask her about her best friends and what she thinks makes someone worth knowing. She'll leave the date and realise she doesn't know much about you, so will be eager to learn more.

### #3 Relax!

Every so often in the dating scene, as with everyday life, things will go wrong. A confident man knows sometimes he will mess things up, and other times things will just not go right. The temptation when this happens is to either withdraw or lash out, mentally or maybe even physically. The confident man feels this too, like everyone else. But no matter what the situation, he keeps his cool.

Of course, this is easier said than done. Everyone has the right to feel angry sometimes. Your date stands you up and doesn't even bother to let you know. You stub your toe on the coffee table. Some jerk from work gets a raise when you've been doing a better job. You're allowed to feel upset. But there is a big difference between feeling justifiably ripped off about something, and letting it have a big impact on you for the next few days or even longer. A huge part of confidence is being able to shrug off things that don't matter.

So what if your date walks off with another guy and leaves you alone for the rest of the night. That's no reason to flip a table or make any kind of scene. The entire point of dating is to have fun. So relax and let it slide off your back. A really confident man would never get into a situation like this anyway, so if you practise this behaviour and get used to being this more confident person, there should be nothing to worry about.

### #4 Remember: We're all human

A lot - A lot - of insecurities about our bodies or our characters stem from this simple fact being forgotten. Whatever a person has achieved, however fantastic their oratory about the nature of their life, they're still just a person. He or she frequently worries about X and wishes they had more Y in their life.

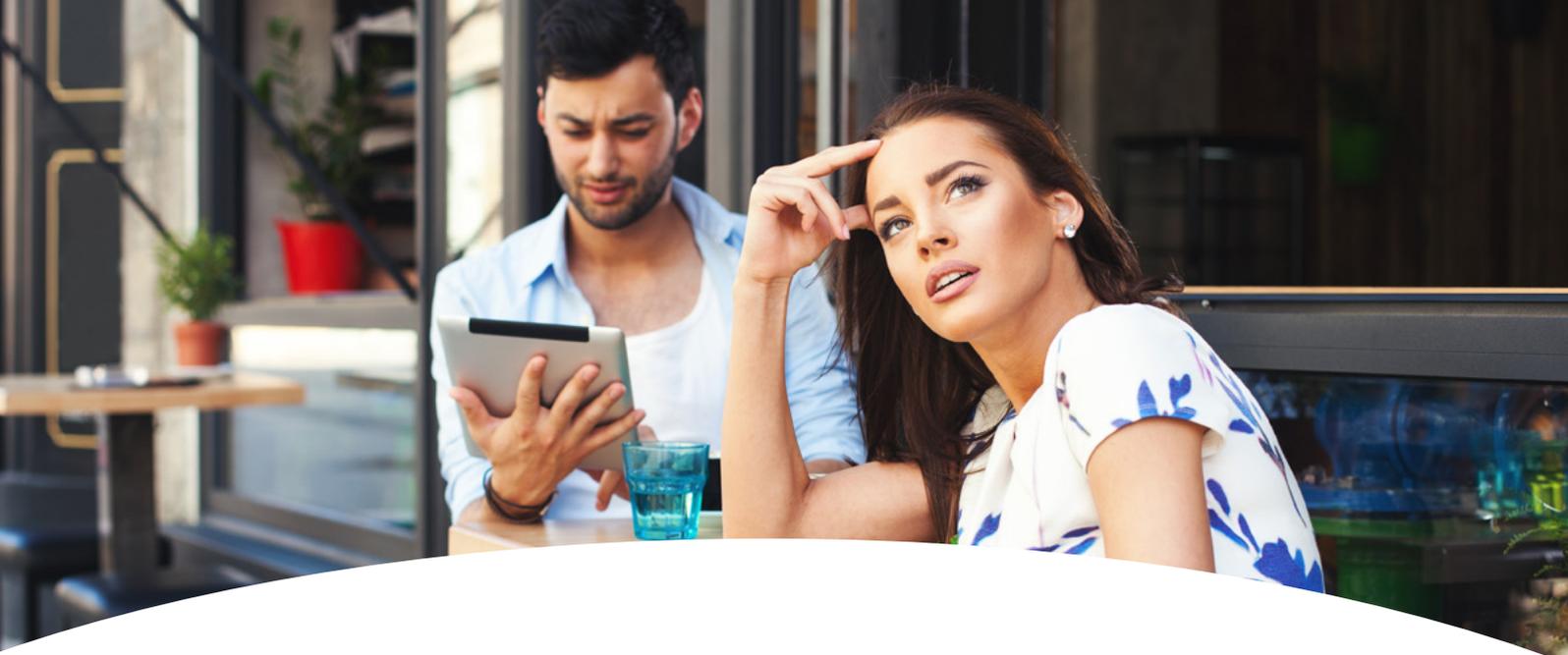
Many of the worst things in life come from thinking of people as things. You might think of that spectacularly gorgeous woman as a work of art, or a goddess. Or maybe Dave from work isn't a person, he's a no-good cockroach so-and-so because he got a raise and you didn't. The way you view people affects the way you treat them. A confident man treats people like people, always.

Most religious texts contain a variant of "do unto others as you would have them do unto you", and there's a very good reason for this: it's always excellent advice.

This rule especially applies when it comes to dating and relationships. Plenty of men find themselves intimidated by certain women and, as a result, miss out on getting to know them socially or intimately. This is much less likely to happen if you think and treat these women as nothing more or less than the human beings they are.

Added bonus: avoid objectifying women by thinking of them as humans first. Once you realise that everyone shares much more similarities with you than differences, they become easier to approach and talk to. This is a real confidence booster that will, given time, make you a more well-rounded and engaging person to be around.





## #5 Be honest

It's common for everyone to lie when they feel insecure. If you feel compelled to lie to a woman for whatever reason, then maybe you need to do a self analysis and ask exactly why you feel like you need to lie in the first place. Are you ashamed of your job? Do you have kids and you're afraid young women won't be accepting to that? The reason you lie is no excuse to lie anyways.

When you tell a woman something shady like, "I'm an independent sanitation operator for the city" instead of "I'm a garbage man", they tend to look at you suspiciously and your chances begin to slowly slip away. Whatever you are, you should be proud of it. When you say "I'm a garbage man" all women usually hear is "I have a stable job that I am proud to talk about."

Men tend to lie because of their own insecurities when there's usually no need to even bother in the first place. Do you think you stumbled into a bar that's exclusive to doctors, lawyers and royalty? No! The nice lady you are chatting up more than likely folds clothes at the mall and is feeling the same job anxiety you are.

Remember: There's no reason to lie. If you do have a reason to lie then maybe you should fix that aspect of your life before you worry about dating.

## #6 Don't live in the past

Everyone makes mistakes, and everyone has past events in their lives that they are proud of. Some of these events are often examined as career or life-defining events and put on the proverbial top shelf to be admired and mentally polished like a shelf full of trophies.

We're all guilty of this to some extent. Often it's not even a bad thing: past experiences are of course vital to making better decisions in the future. But it becomes unhealthy when we look back at the past and stay there. "Why didn't I make this decision instead of that one?" We all moan to ourselves during quiet moments. But confident people don't stay in the past. Confident people live in the present, because that's where everything happens.

This might sound like it's easier said than done, but all it really requires is a long-term effort to pay attention to your attention. Watch your thoughts as often as you can, for as long as you can. How many of your endless thoughts are about the present? How often do you dwell on some bad events in your past? This is standing in the way of the new, more confident you. Shift your attention back to what's going on around you, and you'll be more engaged and happier as a result.

The rules above don't represent every fine detail about showing confidence. However, we believe that when followed, these six rules are effective and balanced in order to get you to your end goal. Above all, the most important thing about confidence is being true to your own self. However, if you pay attention to these behaviours and make some active effort to improve them, you'll be on the right path to success in a lot of areas in life.

# Building An Essential Men's Wardrobe

Men tend to stress about what to wear a lot more than they really should. Having a personal style is important, but so is being comfortable in whatever clothes you wear.

Having said that, there are a few items that every man should have in their clothing arsenal, either because they're versatile, eye-catching, or simply unmissable. We've selected the 10 essentials that should form the foundation of any successful wardrobe.

## A Suit



No matter your profession, every man should own at least one suit. Set aside some time to choose the right one that fits perfectly. A well-fitted suit on a man is like lingerie on a woman. A lot of people say that men are at their most attractive in a good suit. It displays power, confidence, and a sense of style.

Now, we could write an entire book just on choosing the perfect suit to fit you, but it's not rocket science. If you try on a suit and everyone tells you it looks good, they're probably right.



## A Few Quality Polo Shirts

Emphasis on a few. Variety in your wardrobe is a good thing, but quality always shows. White and pale blue are the bare necessities, but experiment with colours as well. Work out what your colour is, and what style best compliments your body type. The polo shirt allows you to keep it formal, casual and slightly sporty at the same time.



## Fitted V-neck T-shirts

The most versatile item of clothing a man can own is a plain coloured V-neck t-shirt that fits well and looks good whatever it's paired with. It looks great with a pair of smart jeans and a blazer, when chilling around the house, or anywhere in between. Have a few colours - white, navy, black, etc.- to match any item of clothing.



## Oxford Shirts

Whatever your body type, a crisp white or blue Oxford shirt is a surefire way to look effortlessly stylish. They also make a safe combination with almost anything else in your wardrobe.



**Smart (but not dress shoes)** For example chelsea boots or loafers. Shoes that can be worn with jeans or chinos and look good at any social occasion while being understated enough that no-one makes a big deal over them.





**Well-fitted Quality Jeans** Have you ever seen a guy walking around with his jeans sagging horribly, even exposing his underwear? Or that guy with embarrassingly tight jeans that might as well have been painted on? These are extreme but valid examples of why it's so important to buy jeans that fit well.



**Quality Casual Jacket** The variations of this outer layer are almost infinite, but simple is best. Go for a darker natural or technical fabric, and remember comfort is the most important thing here. A comfortable jacket will make you feel more at ease, and this is what shows the best side of you.



**White Sneakers** A good choice for casual wear, best worn with jeans and a t-shirt for an everyday look. Not a good choice for anything more formal than a family barbeque.



**An Everyday Bag** Some say leather is the only way to go, but a strong, simple canvas bag can work just as well in everyday use. Both are great choices to round out any look.



**Dress Watch** It's a scientific fact that a smart-looking watch makes you look more classy, no matter what else you're wearing. A good watch is timeless (excuse the pun) and adds a level of sophistication that can't be matched by someone who just uses their phone to check the time.



**Chinos** No jeans, no problem. Chinos bridge the gap between dressing up and looking relaxed perfectly. The best thing about chinos is, unless he's at a wedding, funeral or high-power business function, a man wearing perfectly fitted chinos never looks out of place.



**A Trench Coat** The perfect blend of fashion and function. A grey or navy trench coat is long enough that it can be worn over a suit, and casual-looking enough to be worn with just about anything else. Truly a must have.

Everyone should own the items of clothing listed, but there are more important things to remember when choosing your wardrobe. It can be summed up in one question: What does this item say about me? If you like the answer to this question, great! You've found something that expresses what you want other people to see.

Despite what kids' cartoons say, people do judge books by their covers, and people by the way they dress. It's wired into the human brain to do this; it was a survival instinct to save time. This instinct told our prehistoric ancestors to run away from anything that looks like a tiger. Now it tells modern-day man that well dressed, comfortable-looking people are more approachable and more likely to be worth knowing. Use this hard-wired instinct to make yourself look better, and you'll notice you'll start to feel better as you get more used to expressing yourself visually.

# How to write an enchanting dating profile

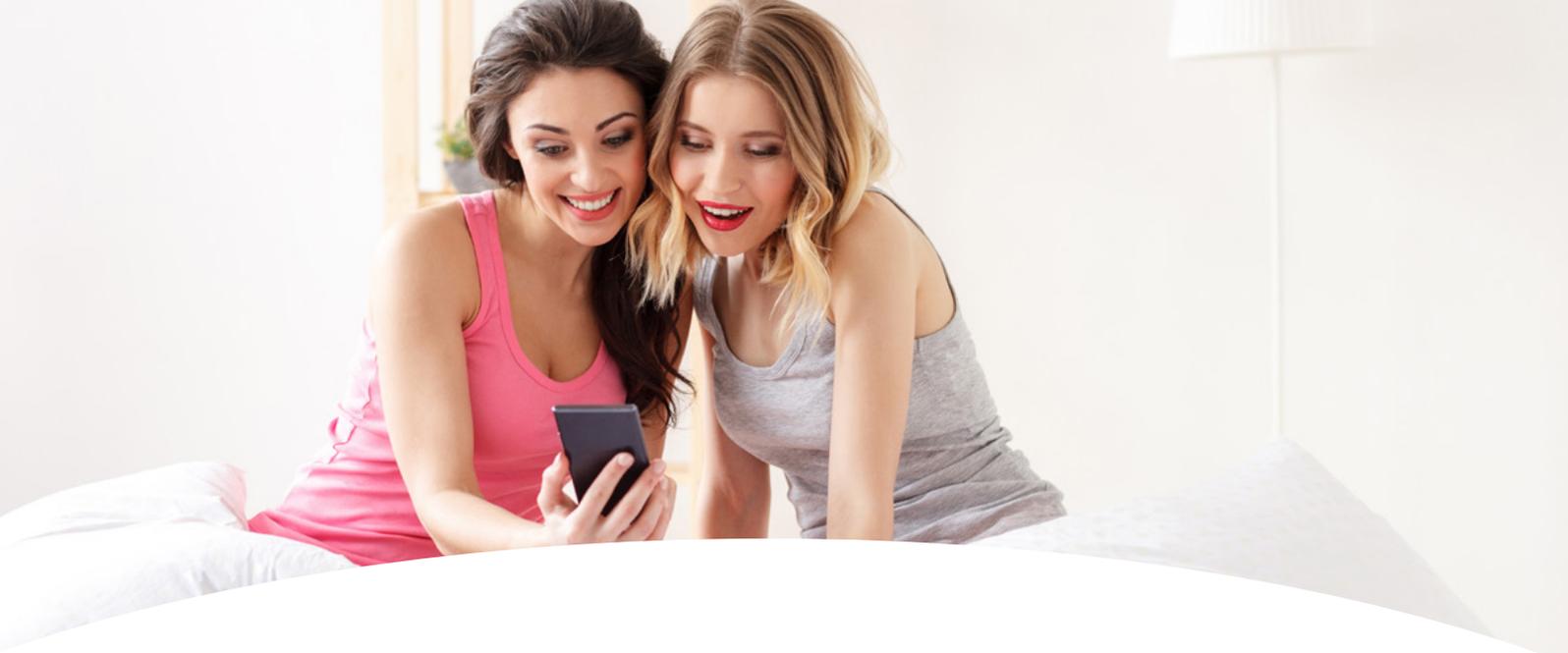
Online dating has changed dramatically in recent years. It used to be thought of as romance's dorky younger brother who stayed in his room and never met girls, but now it's one of the best ways there is to meet new people and find someone special.

However, unless you take the proper steps online dating can be a cruel and unforgiving place. Making your profile stand out from the crowd is necessary to attracting any interest at all. Approximately 20% of men's dating profiles get the majority of the attention. Fortunately, it's not difficult to be in that top 20% online. Here's how to do it.

## #1 Use a recent, flattering photo of yourself

Men are always at a disadvantage when it comes to online dating, especially with their photos. Most women have an innate sense and/or have practised enough to know how to take a great looking photo that makes them look significantly more attractive. For many men, though, dating profiles might be the only time looking attractive in a photo is important. There's no shame in getting outside help here. Ask your friends what photos you look best in, then put those first on your profile.





## #2 Have a well-written biography

The picture is the first impression, but a profile needs personality. That's where the biography comes in. The two biggest sins of any online dating profile is having no picture, or leaving the bio section empty. Be honest in your bio, but keep an air of positivity. You want the person reading it to get an accurate impression that paints you in a good light.

Stand out. Be interesting. If you have a unique hobby, mention it without going into too much detail so interested parties have something to ask you about. Paint a picture of yourself in broad strokes; don't give too much detail about any one aspect of your life.

If you don't like to give too much away, be funny! Humour is the perfect icebreaker. Open with a joke if it's a good one, but beware that you will attract different types of women with this approach.

## #3 Update your profile frequently

You'd be shocked at how quickly the information on your dating profile can get stale and need to be revised. This can inadvertently make you look deceitful, which is not a good way to start a relationship.

Remember: you're telling a tale of yourself. Activity makes your profile stand out more and may attract different kinds of people. If you're learning or trying something new, say so! Mix it up!

## #4 Check your spelling

Good grammar and spelling cost nothing more than a few minutes, and they can make a huge difference. Presentation doesn't just apply to photos. The number of men who lose attention and dates because their profiles look like a four year old proofread them is criminal. Don't be one of those guys.

## #5 Don't sound generic

You like long walks on the beach, movies, music, and going out with your friends? Great! So does most of the male population. A woman online might read two dozen profiles saying almost exactly the same thing. The trick to online dating is to stand out. If you don't have anything interesting on your profile, then you will be relying on your looks to get dates and trusting there aren't any more handsome men on the same site saying the same things.

Here's a secret: interesting beats out handsome most of the time. If you're standing next to an empty-headed male model in a bar, the way to win is to be more engaging and more exciting than he is. It's exactly the same principle online.

Following these steps will make your online dating profile attractive enough to get some attention, but there are more things you can do to make your profile look even better. The best online dating profiles are sincere and amusing - these men don't lie about their lives or what they are after, and they don't take themselves too seriously. Be one of them!

# Do's And Dont's While Dating Online

Online dating is different in many ways to meeting someone face-to-face, but there are many core similarities. As always, confidence is key, but the way to demonstrate it is unlike how you would on a physical date. Online dating actually lets you be a little more daring in your approach than meeting someone in person for the first time, and it carries a lot of advantages.

It gives you the opportunity to frame the encounter into a romantic one from the start. When a woman is on a dating site, it's a safe bet she's looking to date. These women are therefore more receptive to being approached. However there is a downside to this. Other men are also looking to attract the same women in more concentrated numbers, so in many ways there is more direct competition.

With that in mind, here are a few tips to standing out among the crowd and being a more attractive candidate on dating websites.

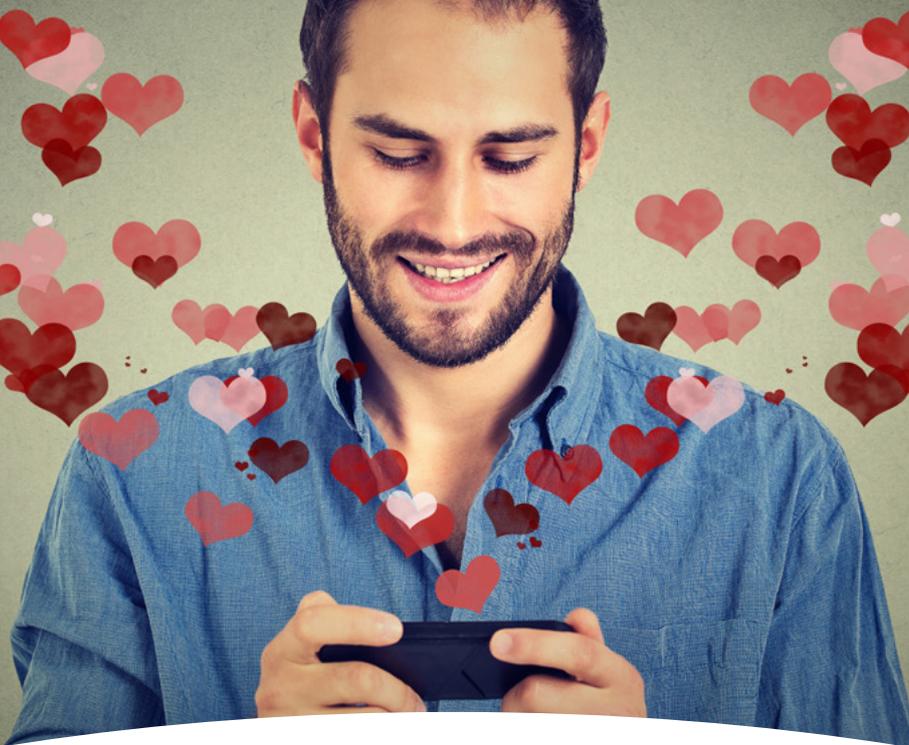
## #1 Don't send mass queries

Not only is this lazy, it's just not a good idea in general. Women can tell when a paragraph has been sent to fifty other women before. Sure, more queries means the possibility of more responses but it's quality they expect from you. Try something as simple as greeting them by name or mentioning something specific you read in their profile. You'd be surprised how well something that small will go over.

## #2 Do actually read the profiles of the women you wish to date

The last thing you want to do is finally land a date with a pretty young woman to find out she has five kids and is seeking an open relationship. Women write these profiles and put them next to their pictures for a reason, and they usually contain clues as to how to proceed with them once the conversation is initiated.





### #3 Do escalate the conversation

Escalating means taking a normal chat and turning it into flirting, or taking a flirty conversation further. So many men out there get past the initial stage of making contact with a woman, only to let the conversation flounder on for too long until she gets bored of small talk. Women can chat with whoever they want - women on online dating sites are looking for men who can excite them. Men who can make them feel interesting, valued, and sexy. These are the men who get dates.

### #4 Don't put her on a pedestal

Every now and then you might come across a woman who seems to be perfect. Breathtaking, even just looking at her profile. It's tempting in this situation to idealise such a lady, to start imagining her to be the solution to all of life's problems.

Putting a woman on a pedestal like that is a surefire way to shoot holes in your own confidence. I could never please or attract a woman like that, you might think, and then you'd be right. Remember - people are just people. That gorgeous supermodel-lookalike has anxieties, insecurities and personal issues just like you. Don't worry about not being enough for her - prove that you are!

### #5 Be daring

Take the initiative. Online dating is your chance to take risks and act as bold as you dare, with much lower consequences if you fail. This doesn't mean messaging random women asking for nude photos (never a good way to introduce yourself!).

Rather, online dating lets you be creative in your approach and have more fun, because there's much less pressure on you to get it right than, say, talking to a stranger at a bar. Tell a few hilarious, embarrassing stories about yourself! Ask a woman you're chatting to for intimate details (like "tell me about your hottest encounter", not "what's your bra size?"). Think of the dirtiest or cheesiest pick-up line you know, then dare to use it. Stand out from the crowd however you want to - you have the freedom to do so.

If you follow this advice on dating online, you might find your match sooner than you'd think!



# Top 10 Essential Dating Tips

A self-assured attitude is essential to a successful dating life but it's not the only rule to follow.

These tips lay down some standards of what's expected of you on a date. A lot of them are pitfalls to avoid - that's because doing the wrong thing is much easier to spot than doing the right one. The most important things to bring on a date are positivity and enthusiasm.

Here are ten examples of what your date expects from you.

## 1. Show up on time

Being punctual is an important value to display to someone you go on a first date with. When you show up on time, it displays your interest in the date and your ability to keep your word. Don't show up too early, however. There's a line between looking enthusiastic and looking desperate - best not to cross it by showing up at her door half an hour early.

## 2. Don't have dinner on the first date

Taking a woman to dinner on the first date is a recipe for disaster. Yes, it's romantic and eating with someone is intimate, but as a first meeting there are just too many things that could go wrong. Something as simple as a bad meal can ruin the date for both of you. Dinner also creates a lot of expectations and a lot of unwritten rules to follow or fail at. Instead, take her to get coffee, or a drink, or even just go for a walk in the park you both like. You'll both be more relaxed and will have a better time because of it.

## 3. Don't talk too much about yourself

Getting to know each other is one thing, spouting your whole life story like a fire hose is another. As mentioned before, people often talk more when they're nervous or to keep the silence at bay. Use this to your advantage by talking about something you both love or find interesting. Ask questions that don't have simple answers, such as "if you could go anywhere where would you go?", or "What do you dream of doing one day?". They can also be light-hearted and fun. Anything, just avoid droning about the minute details of your life.

## 4. Don't get drunk

Getting drunk on early dates is one of the worst things you can do. You need to display your ability to handle an awkward situation without having to take the edge off. This will also save you from many embarrassing scenarios and possibilities that tend to happen to inebriated people.

## 5. Use appropriate manners

While you don't want to seem uptight and too formal, you want your date to be sure that you have decent manners and treat everyone with respect. Avoid swearing too much and don't be rude to anyone, even if you think they deserve it.

## 6. Don't pay with a coupon

Just don't. Being thrifty is a positive trait, but coming off as cheap is not a good way to start a relationship.

## 7. Don't play with your cellphone

At times it can be impossible to resist. It's very common to check your cellphone often in this day and age but remember it's still very rude, especially on a date. If you absolutely must check it, excuse yourself to the bathroom and check it there.

## 8. Don't flirt with your server...

...Or anyone else, for that matter. It's basic human politeness. Say you're at a job interview. You wouldn't call up another company halfway through and ask them about vacancies. The same logic applies here, although hopefully your date is more fun than a job interview! Be friendly and generous to the staff, but keep it courteous, not flirty.

## 9. Avoid certain topics

Topics like politics, religion, and other dates you've been on are a recipe for disaster in most situations. She's not interested in hearing about your ex-girlfriend or what a jerk your co-worker is. Talk about interests, ideas, dreams. Anything that isn't likely to cause arguments.

## 10. Don't take a date to an establishment you frequent often

While you do want to portray yourself as a likeable guy; going to the bar you've watched every football game at for the last three years will just make you seem boring. Go somewhere new instead! Try that new tapas place that just opened up, or that highly rated wine bar recommended on Tripadvisor. If that makes you really uncomfortable, then at least try somewhere you don't know every inch of. You want to feel comfortable, but with just enough edge to make everything more novel and interesting.

Dating can be an intimidating prospect, especially when it comes to what your date is thinking about. With the following tips about noticing and understanding body language, you'll be able to read into your date much more accurately.



# How To Read Her Body Language

This quick, handy guide to 'translate' what your date may, or may not be saying with her body language can give you a distinct advantage in the conversation, especially when she's not giving you much to work with while you get to know each other.

**When she crosses her arms:** Crossing the arms is a pretty standard signal that your date is becoming shutoff and has begun to guard herself.

**The direction of her feet:** If you get a chance to sneak a peek at her feet you should look for a few things. Are they crossed? Which direction are they crossed towards? Basically any way her feet point will subconsciously indicate what she is interested in at the moment. If they are crossed in your general direction, take it as a good sign.

**Touching you for unnecessary reasons:** A lot of women give off this hint, believing it to be obvious to men but often times we chalk it up to something different. If a woman is actually making up reasons to touch you, go along with it and reciprocate accordingly.

**Lack of eye contact/interest:** Eye contact is a good indicator of whether your date is actually paying attention to you. If they are avoiding eye contact, it could be a sign of a few things. In general it means they are at least slightly uncomfortable, you should make it a point to understand why - without being too pushy about it.

**She's constantly distracted:** Is she constantly looking at her phone or her watch? Is there a television in the area and she can't pry her eyes away from it? If a woman was genuinely interested in you then there should be nothing else in the area that's holding her interest more. Take this as a sign to accept defeat early or try a new strategy.

Women tend to say tons of things in conversation without actually saying it. The more you get to know the person and the more time you spend with them will give you a good indication of the status of their mood, demeanor, and how you should act accordingly. The worst thing you can do is to overthink any non-verbal cues, but you surely don't want to ignore them.

# Get Confident In The Bedroom

It should come as no surprise that confidence in the bedroom starts outside of it. A confident man on the streets is likely to be more confident between the sheets.

Above all else, a confident man doesn't second-guess himself. This especially applies in intimate situations. A confident man knows what he wants and isn't afraid to go for it.

In sexual situations your worst enemy can be your own brain. Over-thinking things is a surefire way to sabotage your own sexual confidence and ruin your night. The bedroom is the best place to be spontaneous. Follow your instincts. If something feels good for either of you - keep doing that. Feel what you're going to do - don't think about it.

Over-thinking can take many forms when sex is involved. Some men struggle to think about what to do next, while others obsess over their partners former lovers and how they compare. Both of these are toxic to a happy and healthy sex life.

A good way to avoid over-thinking is to pay attention to detail. Prepare the occasion beforehand by making the room look nice, perhaps even adding candles or some other ornaments. Take note of her body language, what she wants, what she does. Listen to her and pay attention. All of these things will help keep your mind from wandering and getting lost somewhere that ruins the whole occasion.

# 5 Sex Tips You Wish Someone Would Have Told You Before

It's a simple fact that no-one knows what you like better than you do. The same applies to everyone else as well. This means that the best place to learn what to do is from whoever you're with at the time.

That being said, there are some great sex tips that everyone should be aware of. Here are five that every man should know.

## #1 Oral sex. Giving and receiving.

Oral sex is a great way to postpone the main event and get your partner to relax around you while aiding the entire process. While not mandatory, you should at least consider 'returning the favor' if she so happens to initiate it on you.

The simplest way is slide your tongue up her labia and suck her clitoris between your lips at the same time. This may take some practice, but she won't exactly know you're 'practicing' anything. Once you have control of her clitoris (it's the firm bump towards the top middle of the vagina) use your tongue in a random pattern to increase her pleasure. A simple way to ensure your pattern is 'randomized' is to spell out the alphabet with your tongue while you perform the act.

Other important parts of performing oral sex on her include: eye contact, caressing other parts of her body, using your mouth to moan/vibrate the area, and simply sticking with one strategy. There's no reason to go rouge while you do this and not keep it simple.





## #2 Foreplay

Foreplay is never just “the thing that happens before the fun starts”. Great lovers can have as much or even more fun during foreplay than during the sex itself. For example, receiving oral sex is a part of foreplay and most guys absolutely love that! It’s also a great way to last longer during the sex itself. You wouldn’t go to the gym and start lifting the heaviest weights without a warm-up. The same logic applies in the bedroom.

There’s a rough rule of thumb that may or may not have started life as a joke, but nevertheless sums it up pretty well. However long you think foreplay should last, double it. Women like to be kept waiting. Take your time. Tease her until she demands that you have sex right now!

## #3 Good guys finish last.

This can be through foreplay or through sex itself, but it’s an essential thing to remember and should always be the goal. The important part is to maintain your breathing and keep yourself calm. It helps to put your mind in other places, while maintaining your presence in the moment with her. You should always stay calm, cool, and collected during the act.

As a last resort you can simply ‘take a break’ and disguise it as an excuse to engage in more foreplay and engage her more intimately. It’s always good to cover up a near disaster with something that makes you look considerate and genuine.

## #4 Mix up the routine.

No one likes to do anything that is monotonous, and you don’t want her to think you’re boring when it comes to sex. Doing things such as changing positions, rhythms, and even the depth at which you penetrate her will heighten her arousal and keep her body guessing.

At one point during intimacy one specific motion or sensation could be really working for her. Oblige her and continue the motion/rhythm if it will help her with completion. Once she’s experienced an orgasm a lot of pressure is taken off your shoulders and you are more free to relax and enjoy yourself as well.

## #5 Ask!

This might be the last thing you want to do. After all, how could asking your partner for

instructions possibly be sexy? Well, actually it can be one of the hottest things a man can do in the bedroom or outside of it. Actively learning more about your partner and what gets them going is incredibly sexy, because it shows them that you are committed making it a better experience for you both. Everyone likes different things - you can’t possibly be expected to know exactly what your partner likes from the word go! The best way to improve is to learn. So ask!

# Sex Positions For Small/Medium Penises

It should come as no surprise that confidence in the bedroom starts outside of it. A confident man on the streets is likely to be more confident between the sheets.

If your size isn't yet where you want it, here are some great positions to use that will ensure you both get the most out of your experience - at least until you have completed your Maleedge program!

\* Pictures: Courtesy of Menshealth

## #1 Doggy Style

With the woman on all fours, enter her from behind. Have her arch her back for maximum depth of penetration.



## #2 Anvil

Your partner lies back and rests her legs on your shoulders. This position is great because you get the intimacy of eye contact and kissing if you like, combined with really deep penetration and sensation. More flexible women can even draw their legs up or hold them back to change up the angle. A must try.



## #3 Spooning

This is a great way to feel intimately connected with your partner and is also a great move for smaller penises as keeping her legs together means a tighter feel and thus more sensation for both of you.



## #4 Reverse Cowgirl

Your partner straddles you facing away from your face. From there she can move around to find the best angles. This position allows for deeper entry and stimulates the G-spot, while also giving your partner greater control over sensations, which often means a better time for you both.



## #5 Eagle

The woman lies on her back with her legs in the air. You can put a pillow or two under her midriff to change the angle, too. From this position the man can make use of his full length, and if angled right it hits the G-spot perfectly.



# Sex Positions For Large Penises

Some say that bigger is better, and while some women will agree with this sentiment, it's not always true. Certainly, bigger means deeper penetration, but it also presents challenges.

When faced with an exceptionally large penis, a woman might understandably be concerned that it's going to hurt. The following five sex positions are perfect in these situations because they minimize the risk of pain without minimizing pleasure.

## #1 Woman on top

A common position but in many ways an underrated one. With large penises, women will often want to be in control so as not to cause pain by hitting the cervix, for example.



## #2 Standing up

A major advantage for the larger gentleman is that some positions are much easier. Where a smaller member might not get enough penetration to stay in, a larger one will have no trouble.



## #3 Wheelbarrow

Consider this one an advanced technique for adventurous lovers. Hold your partner by the waist as she wraps her legs around yours. Having a larger penis comes in very handy here, as it's less likely to slip out.



## #4 Face-off

partner sits in your lap, using one hand to guide you in. This position puts her in control, a must for larger penises, but also allows for lots of touching and kissing, making it extra intimate.



## #5 Spider

Another unusual position that delivers huge sensations if done right, the Spider involves some awkward positioning. However, once you get going it's worth every second spent manoeuvring!



# How To Increase Stamina And Sex Drive

What use is self-worth, confidence and charisma if you have no energy to use it? These tips will help you and your libido stay healthy.

## #1 Exercise

Frankly, there is no substitute for exercise when your goal is to increase your energy levels. If you only do one thing on this list, make exercise a priority. Cardio is important for stamina and general energy levels, whereas strength training is a must if you want to be more effective in the bedroom. (It also lets you try new, more adventurous things.)

## #2 Nutrition

Fact: if your body doesn't get all the nutrition it needs, it focuses on survival at the expense of other, less pressing needs. One of the first things to suffer is libido as your body goes into starvation mode, doing everything it can to keep you alive in the face of the perceived danger.

This can make you lazy, unmotivated and even depressed - not ideal when passion is the goal! A well balanced diet contains lean protein, lots of fruits and vegetables and enough carbohydrates to fuel your level of activity. Avoid added sugar wherever possible - it causes a range of unhealthy conditions that can affect your libido and your health. Not only is it bad for your teeth, it can make you feel tired and unable to perform if consumed too much.

## #3 Free your mind

Before you dismiss this as some new-age garbage, take a moment to think about it. A healthy body needs a healthy mind to guide it. Stress is a killer - it can ruin much more than just your sex life! Meditation, relaxation techniques, even just taking a few deep breaths can help. If you find yourself feeling tense, do whatever you feel is necessary to relax. And remember - sex is a great stress killer too!

## #4 Get enough sleep

If you don't get enough time to sleep every day, it can ruin your sex drive and your energy levels. Exercising and getting the right nutritional balance can help you sleep - try a diet high in protein and with less carbohydrates, especially sugars.

Taking naps can also help. If you don't get 7 - 8 hours of quality sleep a night because of daily life getting in the way, you'll be amazed at the restorative power just a 20 minute nap can have.



# Final Words

They say that if you have the right tools and enough belief you can do almost anything.

By incorporating the advice laid out in the Maleedge Confidence Bible and using our clinically proven extender, you will find yourself a happier, more confident man not just in relationships but in your everyday life.

We believe that confidence really is the key to success. With the help of Maleedge and some hard work, you can pave the way for your own bright and better future!

**MALE**  **EDGE**™  
**EXPLORE YOURSELF**

