

# **10 Tips That Could Improve Your Sex Life and Experiences**

**By John Simms, Ph.D.**

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- 1). Don't be ashamed if you have a sexual problem because many single individuals and couples do. And it's not to say that you couldn't improve or remedy your particular sexual issue.
- 2). If you want to improve your sex life and experiences, communicate with your partner and then go from there.
- 3). Regular exercise and meditation can physically and mentally improve your sex life and experiences.
- 4). For men, there are several approaches you can utilize for premature ejaculation, the start and stop method is one of them.
- 5). Depending on the person and/or situation, hypnosis can help with sexual issues.
- 6). A lot of sexual problems stem from various mental issues. Thus, may want seek out a competent psychologist, counselor, therapist, member of the clergy or spiritual advisor.
- 7). If you're having sexual issues, you may want to utilize a sex therapist and possibly a legitimate sex coach or surrogate. And for the most part, sex therapy is talk therapy whereas a sex coach or surrogate are more hands on.
- 8). Besides hormonal issues, certain medications can negatively affect you sexually. And your primary care physician can help you with both.
- 9). Read my free Sex Insight report.
- 10). Utilize my services.

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