



## Article Side

How to Stay Hard After Orgasm; Keep your Erection after Orgasm by [Jon Smith](#)

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Most of us men have an annoying thing called the refractory period. The refractory period is the time period after we have an orgasm where we lose our sex drive and our erections turn into soft spaghetti.

We rather eat pizza then eat pussy at this time. Some of us have a very strong refractory period, sometimes taking as long as a day to be able to get a solid erection or have our sex drives back. And the older we get, the stronger our refractory period gets, and the longer lasting it is. And the funny thing is, women don't have a refractory period. They can have an orgasm and are just getting warmed up. Women can have back to back (to back) orgasms without having that wiped out feeling we have as men after we bust a nut!

Good news is we can override this refractory period process. The refractory period comes after we ejaculate! not after we have an orgasm. Most men assume that orgasm and ejaculation are the same; that one cannot happen without the other. Not true.

You can have an orgasm without ejaculation, and you can have an ejaculation without orgasm. With a well-strengthened pc/bc muscle, and the proper execution of the male multiple orgasm technique, you can hold back ejaculation during orgasm. This allows you to keep your erection after orgasm. When you maintain your erection after orgasm, this allows you to last as long as you want. And the good news is that you can have multiple orgasms without losing your erection, orgasm after orgasm without going soft. This puts you on an even playing field with your female companion. While she's having multiple orgasms, you'll be having them along with her! keeping a rock hard erection the whole time.

Our proper technique and exercises helps to last longer in bed, How to make a woman orgasm and men multiple orgasms . It is naturally improve your sex derive as you want to long. You will be able to prolong penetration and give your woman enough time to have an orgasm before you do!

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Author is a contributor writer and human health analyst on sexual problem. He writes proper technique on a [Men multiple orgasms](#) and a [How to make a woman orgasm](#).

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