

## Penis Enlargement: Be prepared to give it time!

Find out how long it takes to see results and a few ways to get you to your goal quicker.

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Recently, I've been getting requests for "quick fix" advice and "quick routines" for beginners. It seems that a lot of neophytes are impatient, and want something that they can do as an afterthought and expect to make gains. Let's go over some possible answers for these beginners...

"Is PE easy?": Relatively speaking, yes. We've laid out most of the ground work for you in the members' area. The only thing left to do is to follow the routines. Getting assistance and advice is important, but in the end, you're going to have to do the exercises YOURSELF.

"How long before I see results?": A lot of guys start seeing noticeable changes within a few weeks. A few genetic marvels have added up to an inch or more in less than a month! Uncommon? Yes. Impossible? No. Again, how fast you see results is entirely dependent on YOU. Here are some factors that will determine how much and how fast you gain:

- Finding a good routine. VERY IMPORTANT!
- Your dedication to a routine. If you're constantly hoping from site to site in the hopes of a penis enlarging "Holy Grail", you're not going to make gains! Find a good, solid, and reputable PE (Penis Enlargement) program, and stick to it! Bottom line- Patience!
- Genetic ability. Simply put, some guys are born with bigger penises, and some guys are born with the ability to make gains faster than others.
- Your ability to follow instructions. This is a biggie! Some guys have trouble interpreting written exercise instructions. If you're of these guys, watch the video instructions.
- Motivation. There are a nearly infinite number of possible reasons why a guy may want to add size to his penis. Some want to add a little more size for purely aesthetic reasons. Others feel it will make them better lovers. Others (unfortunately) have been embarrassed or humiliated by previous lovers due to their lack of size. Whatever the reason, motivation will surely influence whether or not you stick to a schedule, get the rest that you need, and add as much intensity to each exercise as (safely) possible.

A lot of the same guys that are seeking quick fixes are also complaining that the routines "take too long". Granted, there are some sites that recommend doing hours of exercises (we don't recommend those). For the sites that we DO recommend- "Do the exercises take a long time to do?" Relatively speaking, no. Unless you're VERY advanced, the exercises shouldn't take more than 30 minutes a day (hanging weights is the exception, but that doesn't require anything more than setting up a weight at the end of your penis- no actual manual exercise there) to perform.

People talk about being pressed for time. Take 20 minutes a day to devote to PE. Are you willing to set aside a few minutes a day for PE? If you REALLY desire a bigger penis, you'll MAKE the time. Take that time that you normally spend watching TV and use it for PE. Wake up a few minutes earlier or go to bed a few minutes later. Do it on your lunch/coffee break. Get the idea?

How badly do you want it?

Hope this helps!

Big Al