

Q&A With Aaron

Interview with Aaron Kemmer, founder of The Penis Enlargement Gym and author of Exercising the Penis

- Why did you write this book?
- So penis enlargement isn't a myth?
- Why get the book if I have this website?
- How is penile exercising healthy?
- What makes penile exercising different?
- How do you feel about keeping penis enlargement a secret?
- What else can Exercising the Penis do for me?
- What's your best piece of advice?

QUESTION 1: Why did you write this book?

The short answer: It needed to be done. The long answer: There's so much confusion and misunderstanding with the term "penis enlargement," on what works and what doesn't, and how to use "penile exercises" safely and effectively.

Even on penis enlargement forums with millions of posts, there's a lot of misinformation and in many cases too much information for guys to know exactly what to do. This can be really tough for a man who doesn't have hours upon hours to maul through post after post. Even worse, a lot of information contradicts other information. So when a guy thinks he knows exactly what he's suppose to do, he often doesn't. I spent three years writing and researching Exercising the Penis so I could build a book with the most solid, effective information out there.

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QUESTION 2: They say penis enlargement doesn't work, but in Exercising the Penis you claim that this is a big misconception. Could you elaborate?

As I say in the book, this myth is slowly fading away. According to a survey of the top penis enlargement sites, roughly 1.3 million men have tried exercising their penis. In the book, I reveal how penis enlargement might work, evidence for its effectiveness, and debunk several other common "penis myths" along the way.

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QUESTION 3: It's been said that if a man is serious about penis enlargement, he needs Exercising the Penis. With all the information on this site and others, why do you think men need this book?

Although I'm reluctant to say that a man absolutely needs this book, I will say that this book goes above and beyond a website. With nearly 250 pages of information, Exercising the Penis is what I view as a complete manual to penile exercising.

Most online guides, including pay-sites, don't go into detail on how to exercise properly - which leaves a lot of room for error and dangerous exercising. Online guides provide a great start, but it's generally not enough. If it were, we wouldn't get the same questions so often on the forums: "what am I doing wrong?" or "what exactly should I do?"

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Without a doubt, penile exercising is healthy. That's why countless men consistently report rock-hard erections, and studies show that some exercises are more effective than erection drugs (more on this in the book). But just as you can injure yourself by lifting weights the wrong way at the gym, you can injure your penis by exercising the wrong way too.

For one reason or another, most men try to rush through penile exercising in the same manner they rush through foreplay. Similarly, this very common mistake leads to an unsettling experience. In *Exercising the Penis*, I go over the numerous ways a man can not only avoid injuring himself, but also make penile exercising healthy - by following the three principles in the circle of gains, the advice in the chapter on how to avoid common side effects, and hundreds of other tips.

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Besides the fact that you're not curling weight with your penis as you do with your arms and legs, I believe the biggest difference is permanency.

Unlike the gains you make from exercising your biceps, the gains you make from exercising your penis are often permanent. Some men have quit over 10 years ago without losing a millimeter. Although I go over several possible explanations for the how penis enlargement gains are permanent in *Exercising the Penis*, I believe it has something to do with the main purpose of the penis: to have firm, hard erections.

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QUESTION 6: Within the community, there's a "fight club" mentality in that many men believe penis enlargement should be kept a secret. Your book is at odds with this "do not talk about penis enlargement" belief. How do you feel about that? I completely understand the reasoning behind the belief. In fact, before the book was published, I asked myself, "Do I really want to do this? I could keep this knowledge hidden to the clutches of the Internet, like it's been for several years, and just forget I ever wrote the book."

In the end, I came to my senses and realized why I wrote the book in the first place: To help men. To help men who, like myself, want to improve themselves without the fear of injuring themselves -- and who want to understand how this stuff works and how to make it work better.

If you are one of the men that fear the "competition" will steepen in the sexual arena, first realize that sex isn't a competition. It's more like a union between you, your partner, and whoever else may be present. Second, consider how many men would have to gain an inch to raise the "average penis size" even a quarter inch. I imagine, at the very least, tens of millions. And here's more good news: by reading this you're already well ahead of the game while the rest of the world is "in the dark" on the benefits of penile exercising.

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QUESTION 7: The main focus of *Exercising the Penis* is how to make the penis bigger, harder, and healthier, but the book also goes over how to improve several other areas with penis exercises. What are the major ones?

Without a doubt, most men penile exercise do it with the goal of making their penis bigger. I believe, however, that the true power of penile exercising is the many other benefits it provides. Along with how to build stronger erections, the book goes over other key benefits such as how to use exercises to last longer in the bedroom, have multiple orgasms, and fix a penis curve.

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Follow the principles in the Circle of Gains' chapters religiously. Also make sure you read all the various other tips throughout the book. I was very selective on the information I put in Exercising the Penis, and didn't include anything if it wasn't backed by several men who tried it.

If you're unable to get the book, then my suggestion is this: Use less intensity than you think you need in the beginning, and always increase the intensity bit by bit as times goes on. Also, since how much you gain is often based on how you exercise, be sure you learn as much as possible. Get you information from somewhere, whether it be from Exercising the Penis or digging through as many forums posts as possible.

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