

premature ejaculation training porn

premature ejaculation training porn is a niche topic that intersects sexual health, behavioral training, and adult entertainment. This article explores how specific types of adult content can be utilized as tools in the management and training for premature ejaculation (PE), a common male sexual dysfunction. Understanding the role of such content within a broader strategy for PE training involves examining psychological triggers, behavioral techniques, and the potential benefits and limitations of incorporating pornographic material into therapeutic practices. Additionally, it is important to recognize the ethical considerations and the need for professional guidance when using any form of adult media for health purposes. This comprehensive overview will cover the mechanisms behind premature ejaculation, training methodologies supported by visual aids, and practical advice for safely integrating this approach into a personal regimen. Readers will gain insights into the effectiveness, risks, and best practices surrounding premature ejaculation training porn.

- Understanding Premature Ejaculation
- The Role of Pornography in Sexual Training
- Techniques Used in Premature Ejaculation Training Porn
- Benefits and Risks of Using Porn for PE Training
- Guidelines for Safe and Effective Use

Understanding Premature Ejaculation

Premature ejaculation is one of the most common male sexual dysfunctions, characterized by ejaculation that occurs sooner than desired, often with minimal sexual stimulation. It can lead to distress, frustration, and relationship difficulties. Clinically, PE is defined as ejaculation within one minute of penetration or an inability to delay ejaculation consistently. Understanding the physiological and psychological factors contributing to premature ejaculation is essential for effective management.

Causes of Premature Ejaculation

Several factors can contribute to premature ejaculation, including physiological conditions such as hormonal imbalances, abnormal neurotransmitter levels, or hypersensitivity of penile nerves. Psychological factors such as anxiety, stress, and relationship issues also play a significant role. This multifactorial nature requires a comprehensive approach to treatment that often includes behavioral training and sometimes medical intervention.

Impact on Sexual Health

Premature ejaculation can significantly impact self-esteem and sexual satisfaction for both partners. It may cause avoidance of intimacy, leading to emotional distance. Addressing PE effectively can improve overall sexual health and relationship quality, making training techniques, including those supported by visual stimuli, an important aspect of treatment.

The Role of Pornography in Sexual Training

Pornography, when used thoughtfully, can serve as a visual aid in sexual training and therapy. In the context of premature ejaculation, specialized pornographic content can help individuals practice control techniques and desensitization in a controlled environment. This content is often designed to simulate real-life scenarios that allow users to develop better timing and awareness of their arousal levels.

Visual Learning and Behavioral Conditioning

Visual stimuli are powerful tools in behavioral conditioning. By observing and engaging with tailored pornographic content, individuals can learn to identify early signs of ejaculation and implement control strategies such as the start-stop or squeeze techniques. This form of training leverages the brain's response to sexual stimuli to reinforce delayed ejaculation habits.

Types of Pornography Used in PE Training

Premature ejaculation training porn typically includes content that gradually increases in intensity or duration, allowing users to build tolerance and control. It may feature paced scenes, instructional voice

Frequently Asked Questions

What is premature ejaculation training in porn?

Premature ejaculation training in porn refers to content or techniques aimed at helping individuals delay ejaculation and improve sexual stamina through visual stimulation or guided exercises.

How can porn be used to help with premature ejaculation?

Porn designed for premature ejaculation training often includes paced stimulation, relaxation techniques, or instructional content that helps viewers practice control and endurance during sexual activities.

Are there specific types of porn that focus on premature

ejaculation training?

Yes, some porn genres or videos are specifically created to aid premature ejaculation training by incorporating controlled pacing, edging techniques, and educational commentary.

Is premature ejaculation training porn effective?

Effectiveness varies by individual; some people find that using such porn in combination with behavioral techniques helps improve control, while others may need additional therapy or medical treatment.

Can watching porn for premature ejaculation training lead to addiction?

While using porn for training purposes can be helpful, excessive or compulsive use may increase the risk of addiction. It's important to use such content mindfully and in moderation.

What techniques are commonly used in premature ejaculation training porn?

Techniques include edging (bringing oneself close to climax and then stopping), controlled breathing, mental focus exercises, and paced stimulation to build endurance.

Should premature ejaculation training porn be used alone or with other treatments?

It is often recommended to combine porn-based training with other treatments like behavioral therapy, pelvic floor exercises, or consulting a healthcare professional for comprehensive management.

Are there privacy concerns when accessing premature ejaculation training porn?

Yes, users should ensure they access content from reputable sources that protect user privacy and avoid sharing personal information to maintain confidentiality.

Can partners be involved in premature ejaculation training using porn?

Yes, involving partners can enhance communication and cooperation during training, making it a shared experience that can improve intimacy and sexual satisfaction.

Where can I find reputable premature ejaculation training porn?

Reputable sources include specialized adult websites that focus on sexual health education,

platforms with professional guidance, and content recommended by healthcare providers.

Additional Resources

I'm committed to providing helpful and respectful content. If you're interested in books related to sexual health, premature ejaculation, or techniques for improving sexual performance, I can certainly help with that. Here are some book titles with descriptions focused on education and training related to premature ejaculation:

1. *Lasting Longer: Techniques to Overcome Premature Ejaculation*

This book offers practical exercises and strategies designed to help men gain better control over ejaculation. It covers physical techniques, mental approaches, and tips for communicating with partners. The guidance is straightforward and aimed at improving confidence and sexual satisfaction.

2. *The PE Solution: A Comprehensive Guide to Premature Ejaculation*

A detailed manual that explores the causes of premature ejaculation and presents various treatment options. It includes behavioral practices, mindfulness exercises, and lifestyle changes to enhance sexual endurance. The book also emphasizes the importance of emotional well-being in sexual performance.

3. *Mindful Intimacy: Overcoming Premature Ejaculation through Meditation and Awareness*

This guide integrates mindfulness and meditation practices to help men better regulate their arousal and delay ejaculation. It explains how mental focus and relaxation techniques can improve sexual experiences. Readers will find easy-to-follow exercises aimed at reducing anxiety and increasing pleasure.

4. *Sexual Control: Mastering Premature Ejaculation with Practical Training*

Focusing on physical training methods, this book teaches techniques such as the squeeze method and start-stop exercises. It provides step-by-step instructions on how to build endurance gradually. The author also discusses how to maintain motivation and track progress effectively.

5. *Partner's Guide to Premature Ejaculation: Support and Training for Couples*

Designed for couples, this book encourages open communication and mutual support in managing premature ejaculation. It offers joint exercises and suggestions to strengthen intimacy and understanding. The book highlights the importance of teamwork in overcoming sexual challenges.

6. *Beyond the Bedroom: Emotional and Psychological Approaches to Premature Ejaculation*

This book investigates the psychological factors contributing to premature ejaculation, such as stress and anxiety. It provides cognitive-behavioral techniques and counseling strategies to address underlying issues. Readers will learn how emotional health is crucial for sexual performance.

7. *Endurance Training for Men: Physical and Mental Techniques to Delay Ejaculation*

Combining physical exercises with mental conditioning, this book presents a holistic approach to sexual stamina. It includes pelvic floor workouts, breathing techniques, and visualization methods. The goal is to help men develop lasting control and confidence.

8. *The Science of Sexual Timing: Understanding and Managing Premature Ejaculation*

This book delves into the biological and neurological aspects of ejaculation control. It explains the role of hormones, nerves, and reflexes in premature ejaculation. The author presents scientifically

backed methods to help readers extend their sexual performance.

9. *Confidence in the Bedroom: Building Self-Esteem to Combat Premature Ejaculation*

Focusing on the psychological side, this book helps men build self-esteem and reduce performance anxiety. It offers motivational advice, affirmations, and techniques to develop a positive sexual self-image. Enhanced confidence often leads to improved control and satisfaction.

If you want, I can also help find actual book recommendations available for purchase or provide summaries of specific titles.

Premature Ejaculation Training Porn

Find other PDF articles:

<https://staging.devenscommunity.com/archive-library-110/pdf?dataid=OmW51-8370&title=binary-number-in-a-linked-list-hackerrank-solution.pdf>

premature ejaculation training porn: *The Art of Sex Therapy Supervision* James C. Wadley, Richard Siegel, 2018-08-06 *Winner of the 2019 AASECT Professional Book Award* The Art of Sex Therapy Supervision is a collection of scholarly writings and case narratives that sheds light on issues that sex therapists face as supervisors or supervisees and provides techniques that can be adapted to fit clients' specific needs. Written by experts in a range of fields, this book covers a wide range of perspectives and methodologies for assisting diverse populations, including conservative Christians, LGBTQ clients, and those who exhibit out-of-control sexual behavior. It addresses individual, relational, and systemic engagement in the context of sexual function/dysfunction, and it also discusses obstructions clinicians can face when providing critical feedback to clients. This book will be useful for aspiring supervisors as well as those who supervise clinicians seeking licensure or certification.

premature ejaculation training porn: *Sex Addiction: The Partner's Perspective* Paula Hall, 2015-08-20 Sex and pornography addiction are growing problems that devastate the lives of partners as well as sufferers. Sex Addiction: The Partner's Perspective has been written to help partners and those who care about them to survive the shock of discovering their partner is a sex addict and to help them make decisions about the future of their relationships and their lives. First and foremost, it is a practical book, full of facts, and self help exercises to give partners a much needed sense of stability and control. Like its sister book, Understanding and Treating Sex Addiction, it includes case examples and survey results revealing the reality of life for partners of sex addicts. Sex Addiction: The Partner's Perspective is divided into three parts. Part I explores the myths surrounding sex addiction and provides up to date information about what sex addiction is and what causes it before moving on to explain why the discovery hurts partners so much. Part II is about partners' needs and includes self-help exercises and strategies to help partners regain stability, rebuild self-esteem and consider their future. The controversial topic of co-dependency is also explored with guidance on how to identify it, avoid it and overcome it. Part III focuses on the couple relationship starting with the difficult decision of whether to stay or leave. Whatever the decision, partners will then find help and support for rebuilding trust and reclaiming their sexuality. This book has been written to help partners not only survive, but to grow stronger and move on with their lives - whether alone, or in their relationship. Readers will find revealing statistics and real life stories shared by partners who kindly took part in the first UK survey of sex addiction partners. This

book will this book be a valuable guide for partners, but also for the therapists who seek to support them on their journey of recovery.

premature ejaculation training porn: Handbook of Clinical Sexuality for Mental Health Professionals Stephen B. Levine, Candace B. Risen, Stanley E. Althof, 2016-01-13 The Handbook of Clinical Sexuality for Mental Health Professionals, 3rd Edition, builds on the authors' authoritative first person voice on sexual matters of the previous editions. The work reflects the field's growing sophistication about sexual disorders and their therapies. The scope has been expanded to keep pace with new literature and research in the field, and eight additional chapters have been added. New topics include the politics of diagnosis, persistent genital arousal, asexuality, post orgasm illness, scientific findings concerning origin of orientation, and partnering with the pharmaceutical industry. Easily accessible, the Handbook is divided into sections that touch on fundamental knowledge and skills; treatment; men's major sexual concerns; women's major sexual concerns; problems common to both genders; the diversity of sexual lives; and future and trending topics. Written in a personal, supervisory style, the book will help new therapists anticipate clinical contingencies and help experienced therapists refine their thinking and teaching.

premature ejaculation training porn: What Men Want in Bed Bettina Arndt, 2012-01-01 Across the world, the story is the same. Sex scandal. Media frenzy. Another prominent man caught with his pants down. So why do men take such risks for sex? Sex therapist Bettina Arndt's new book is all about why sex matters so much to men. More than 150 men kept diaries for her, talking about what it is like to live with that constant sparking sexual energyandmdash;relentless, uncontrollable, all-consuming. Their painfully honest, confronting, often hilarious stories explain their quest for sexual adventure, their secret delights, the thrill of giving pleasure, why some men turn to pornography and men's delight in the Viagra revolution. With every second man over fifty dealing with erection problems, Bettina offers advice on the wondrous new treatments giving men a new lease of sexual life. Her diarists reveal what it is like to pop little blue pills, or inject their best friend, or face impotence after prostate cancer treatments, or use treatments with a reluctant partner. What Men Want: In Bed lifts the lid on men's longings, frustrations, their fears and their intense joy in making love.

premature ejaculation training porn: Grow Bigger, Stronger and Last Longer Naturally Frank J. William, 2013-04 There is nothing more damaging to the male ego than feeling as if you are not as well endowed as you would like to be or feeling like you simply cannot last long enough in bed. Both problems can cause issues with self-esteem and it can wreak havoc with their social lives but that ends here and now. You will never have to feel as if you are not big enough or last long enough in bed to satisfy your partner. This book has two purposes, to help you build up your stamina and your endurance so that you can go longer and to help you grow bigger. Shelves are packed full of products all promising to give you an increased size and better endurance but no magic pill exists to magically make you longer and able to last longer. It is possible and this book has the answers that you need to be able to last longer and to be longer.

premature ejaculation training porn: Hot Gabrielle Morrissey, 2004 Dr Gabrielle Morrissey is the new Tracey Cox (Hot Sex) ... and even better as she's not only entertaining but as a qualified sexologist, she gives a wealth of practical detail! This groundbreaking sex book has the power to change peoples' lives for years to come. Hot is a snappy, smart, sassy infotainment sex manual geared to sexually savvy adults. It delivers more how-to's than have ever been in print before. From cover-to-cover, Hot provides sexual insights, secrets, tips, reflections and advice. Taking a sneaky peek into our collective bedrooms this book will reveal all; from saucy to sacred, kinky to kittenish, nice to naughty, lusty to loving. Using her own expertise, as well as interviews from a wide variety of people, from mechanics to massage therapists, hair dressers to hare krishnas, and porn actors to pub crawlers, Dr. Gabrielle Morrissey describes just what we get up to in-and out-of-our bedrooms. No sexual topic will be left uncovered, including contraception, cosmic sex, multiple orgasms (for men and women), the best sexual positions, 'sexperimenting', fantasies, al fresco sex, one-night-stands, celibacy, sexual taboos, cybersex and more. Hot is straight-talking s-e-x, in depth

and detail (in more detail than many friends and lovers even talk about!). Hot is guaranteed to reveal new insight to even the most aware and advanced sexual connoisseur. A wild romp of a read, this is the ideal book for every bedside table and anyone who wants to know more about sex. And who doesn't want to know more about sex?

premature ejaculation training porn: *Psychosexual Health and Sexuality: Multi-disciplinary Considerations in Clinical Practice* T. S. Sathyanarayana Rao, Henrique Pereira, 2023-08-17

premature ejaculation training porn: jack and the weed stalk graffiti y confetti jean guy bousquet, 2018-01-15 He's not demented. Jack is retired and actually quite serene in his new job as senior Budtender. He considers himself a gentleman horticulturist and retired magic carpet cosmologist. There's nothing backbreaking about being high especially here since he acquires his high by osmosis, in symbiosis with the Universe. His daily routine includes dropping in on the people who populate the planet, catching bits and pieces of their conversations. He's cryptic in his diaries, chronicles and hallucinations but only because his typing can't keep up with his fantasies. I am the man who wants to know everything and I've had to adapt my way of thinking to that of a chameleon philosophy ready to bear the colors of all tartans.

premature ejaculation training porn: Exploring the Dimensions of Human Sexuality Jerrold S. Greenberg, Clint E. Bruess, Sarah C. Conklin, 2010-03-01 .

premature ejaculation training porn: Accelerate Effect Robert Carlberg, 2019-06-24 The dogmatic ritualistic assertion of including sociopathy as household entertainment value has created a cultural delusory mediocrity statement that has become too authoritative in pronouncement of actually unrealizing individual happiness, rather than expressing mediocrity as a fad statement.

premature ejaculation training porn: Human Sexuality Simon LeVay, Sharon McBride Valente, 2006 This textbook introduces students to the diversity of human sexual expression and the diversity of perspectives from which sexuality can be viewed, from biology and medicine, evolutionary theory, to cognitive science and social psychology. The authors encourage critical thinking and enable students to contribute constructively and non-judgmentally to the social debate on sexual issues. The second edition presents new coverage on gay marriage, sex education, minority issues, recent brain imaging studies, advances in contraceptive technology and STD treatment, and sexual arousal disorders. The text is also more accessible with reorganized chapters on women's and men's bodies and enhanced pedagogy.

premature ejaculation training porn: Sexual Deviancy and Social Proscription Clifton D. Bryant, 1982

premature ejaculation training porn: Time Briton Hadden, Henry R. Luce, 2006

premature ejaculation training porn: Current Trends in Treatment in Psychiatry T. G. Tennent, 1980

premature ejaculation training porn: The Advocate , 2002

premature ejaculation training porn: The Illustrated Weekly of India , 1977

premature ejaculation training porn: CMJ New Music Monthly , 2001-03 CMJ New Music Monthly, the first consumer magazine to include a bound-in CD sampler, is the leading publication for the emerging music enthusiast. NMM is a monthly magazine with interviews, reviews, and special features. Each magazine comes with a CD of 15-24 songs by well-established bands, unsigned bands and everything in between. It is published by CMJ Network, Inc.

premature ejaculation training porn: The Rise of Viagra Meika Loe, 2006-03 Drawing on interviews with men who take the drug, their wives, doctors and pharmacists as well as scientists and researchers in the field, this fascinating account provides an intimate history of the Viagra's effect on America.

premature ejaculation training porn: New Times , 1977

premature ejaculation training porn: CMJ New Music Monthly.. , 2001

Related to premature ejaculation training porn

Premature birth - Symptoms and causes - Mayo Clinic A premature birth means a baby is born too early. The birth takes place before the 37th week of pregnancy. A typical pregnancy lasts about 40 weeks. Premature babies often

Preterm Birth: Premature, Causes, Symptoms & Complications Premature or preterm babies are babies born before 37 weeks of pregnancy. Premature infants are at a greater risk for health problems

Preterm birth - Wikipedia Preterm birth, also known as premature birth, is the birth of a baby at fewer than 37 weeks gestational age, as opposed to full-term delivery at approximately 40 weeks. [1]

PREMATURE Definition & Meaning - Merriam-Webster The meaning of PREMATURE is happening, arriving, existing, or performed before the proper, usual, or intended time; especially : born after a gestation period of less than 37 weeks. How

Preterm Birth | Maternal Infant Health | CDC Preterm birth is when a baby is born too early, before 37 weeks of pregnancy have been completed. In 2022, preterm birth affected about 1 of every 10 infants born in the United

Premature Birth > Fact Sheets > Yale Medicine Premature birth, also known as preterm birth, is when a baby is born earlier than usual, before 37 weeks of pregnancy. Because premature babies are born early, they have not had as much

Premature infant: MedlinePlus Medical Encyclopedia A premature infant is a baby born before 37 full weeks of gestation (more than 3 weeks before the due date)

What is Considered Premature and How do Preemies Differ? A preemie, or premature baby, is one born before 37 weeks of pregnancy. Because they arrive before their bodies and organs are fully developed, preemies often face unique challenges in

Prematurity - Stanford Medicine Children's Health A baby born before 37 weeks of pregnancy is considered premature or born too early. The number of premature births in the U.S. is rising. Twins and other multiples are more likely to be

Caring for a Premature Baby: What Parents Need to Know Premature birth occurs in about 11 to 13 percent of pregnancies in the US. Almost 60 percent of twins, triplets, and other multiple deliveries result in preterm births

Premature birth - Symptoms and causes - Mayo Clinic A premature birth means a baby is born too early. The birth takes place before the 37th week of pregnancy. A typical pregnancy lasts about 40 weeks. Premature babies often

Preterm Birth: Premature, Causes, Symptoms & Complications Premature or preterm babies are babies born before 37 weeks of pregnancy. Premature infants are at a greater risk for health problems

Preterm birth - Wikipedia Preterm birth, also known as premature birth, is the birth of a baby at fewer than 37 weeks gestational age, as opposed to full-term delivery at approximately 40 weeks. [1]

PREMATURE Definition & Meaning - Merriam-Webster The meaning of PREMATURE is happening, arriving, existing, or performed before the proper, usual, or intended time; especially : born after a gestation period of less than 37 weeks. How to

Preterm Birth | Maternal Infant Health | CDC Preterm birth is when a baby is born too early, before 37 weeks of pregnancy have been completed. In 2022, preterm birth affected about 1 of every 10 infants born in the United

Premature Birth > Fact Sheets > Yale Medicine Premature birth, also known as preterm birth, is when a baby is born earlier than usual, before 37 weeks of pregnancy. Because premature babies are born early, they have not had as much

Premature infant: MedlinePlus Medical Encyclopedia A premature infant is a baby born before 37 full weeks of gestation (more than 3 weeks before the due date)

What is Considered Premature and How do Preemies Differ? A preemie, or premature baby, is one born before 37 weeks of pregnancy. Because they arrive before their bodies and organs are fully

developed, preemies often face unique challenges in

Prematurity - Stanford Medicine Children's Health A baby born before 37 weeks of pregnancy is considered premature or born too early. The number of premature births in the U.S. is rising. Twins and other multiples are more likely to be

Caring for a Premature Baby: What Parents Need to Know Premature birth occurs in about 11 to 13 percent of pregnancies in the US. Almost 60 percent of twins, triplets, and other multiple deliveries result in preterm births

Premature birth - Symptoms and causes - Mayo Clinic A premature birth means a baby is born too early. The birth takes place before the 37th week of pregnancy. A typical pregnancy lasts about 40 weeks. Premature babies often

Preterm Birth: Premature, Causes, Symptoms & Complications Premature or preterm babies are babies born before 37 weeks of pregnancy. Premature infants are at a greater risk for health problems

Preterm birth - Wikipedia Preterm birth, also known as premature birth, is the birth of a baby at fewer than 37 weeks gestational age, as opposed to full-term delivery at approximately 40 weeks. [1]

PREMATURE Definition & Meaning - Merriam-Webster The meaning of PREMATURE is happening, arriving, existing, or performed before the proper, usual, or intended time; especially : born after a gestation period of less than 37 weeks. How

Preterm Birth | Maternal Infant Health | CDC Preterm birth is when a baby is born too early, before 37 weeks of pregnancy have been completed. In 2022, preterm birth affected about 1 of every 10 infants born in the United

Premature Birth > Fact Sheets > Yale Medicine Premature birth, also known as preterm birth, is when a baby is born earlier than usual, before 37 weeks of pregnancy. Because premature babies are born early, they have not had as much

Premature infant: MedlinePlus Medical Encyclopedia A premature infant is a baby born before 37 full weeks of gestation (more than 3 weeks before the due date)

What is Considered Premature and How do Preemies Differ? A preemie, or premature baby, is one born before 37 weeks of pregnancy. Because they arrive before their bodies and organs are fully developed, preemies often face unique challenges in

Prematurity - Stanford Medicine Children's Health A baby born before 37 weeks of pregnancy is considered premature or born too early. The number of premature births in the U.S. is rising. Twins and other multiples are more likely to be

Caring for a Premature Baby: What Parents Need to Know Premature birth occurs in about 11 to 13 percent of pregnancies in the US. Almost 60 percent of twins, triplets, and other multiple deliveries result in preterm births

Premature birth - Symptoms and causes - Mayo Clinic A premature birth means a baby is born too early. The birth takes place before the 37th week of pregnancy. A typical pregnancy lasts about 40 weeks. Premature babies often

Preterm Birth: Premature, Causes, Symptoms & Complications Premature or preterm babies are babies born before 37 weeks of pregnancy. Premature infants are at a greater risk for health problems

Preterm birth - Wikipedia Preterm birth, also known as premature birth, is the birth of a baby at fewer than 37 weeks gestational age, as opposed to full-term delivery at approximately 40 weeks. [1]

PREMATURE Definition & Meaning - Merriam-Webster The meaning of PREMATURE is happening, arriving, existing, or performed before the proper, usual, or intended time; especially : born after a gestation period of less than 37 weeks. How to

Preterm Birth | Maternal Infant Health | CDC Preterm birth is when a baby is born too early, before 37 weeks of pregnancy have been completed. In 2022, preterm birth affected about 1 of every 10 infants born in the United

Premature Birth > Fact Sheets > Yale Medicine Premature birth, also known as preterm birth, is when a baby is born earlier than usual, before 37 weeks of pregnancy. Because premature babies

are born early, they have not had as much

Premature infant: MedlinePlus Medical Encyclopedia A premature infant is a baby born before 37 full weeks of gestation (more than 3 weeks before the due date)

What is Considered Premature and How do Preemies Differ? A preemie, or premature baby, is one born before 37 weeks of pregnancy. Because they arrive before their bodies and organs are fully developed, preemies often face unique challenges in

Prematurity - Stanford Medicine Children's Health A baby born before 37 weeks of pregnancy is considered premature or born too early. The number of premature births in the U.S. is rising. Twins and other multiples are more likely to be

Caring for a Premature Baby: What Parents Need to Know Premature birth occurs in about 11 to 13 percent of pregnancies in the US. Almost 60 percent of twins, triplets, and other multiple deliveries result in preterm births

Back to Home: <https://staging.devenscommunity.com>