

**I AM
COPASETIC**

STICHIS



ACKNOWLEDGMENTS

The praise and honor go to Jesus Christ, my God, my Lord, my Savior, my Redeemer, and my King. You are the Author and Finisher of my faith. Thank You, Abba Father.

My son, Prince Nadutey Kwao; my daughter, Izaya Dede Aminartey; and my godson, Izick Aminartey. My father, Mr. John Teye Kwao; and my mother, Mrs. Grace Ami Kwao. My siblings, Bra Samuel, Peter Aminarnor (Scraches), Sister Mercy (Peggy), Sister Baby (Florence), Sister Layo (Gladys), and Rebecca. My aunties, uncles, nieces, and cousins, Bra Kweku, Sister Narki, Awekye Teye Yayo, Awekye Organizer, Chief, Adotey, Adoteye, Awekye Odonkor, Ransford, Ayawey, and Kofi Chokpey.

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To all the women with whom I have been lucky enough to be intimate, this is what I have to say: "God gave me life, and your presence in my life gave me a reason to fight, survive, and keep breathing-a reason to live."



MY BACKGROUND

My name is Isaac Aminartey (aka Stichis). I was *born in* Ghana to Mr. and Mrs. John Teye Kwao. My parents came from Somanya, Plaw. I grew up in Akosombo, which is in the eastern region of Ghana. At the age of twenty-six, I migrated to the United States, and I've resided in Baltimore, Maryland, ever since.

When I started having sex, I was never satisfied with my performance. I always ejaculated much sooner than I would have preferred to, sometimes during foreplay. Even worse, occasionally I would not get hard at all, even in front of a sexy, willing female. More than unsatisfied with my performance, I was frustrated and stressed out, which led to anxiety and panic attacks.

Ignorance was the root cause of these issues, which made me look lame and immature. In fact, my marriage ended in divorce because of my immaturity. That was when I hit rock bottom. It was time to make a choice: sink or swim. I could remain miserable and die, or I could get up and fight back.

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I chose to fight back, because I already knew that by faith I would win, even though it seemed impossible. From the depths of hell, I stood my ground. I fought and I won, by grace through faith in the name of Jesus Christ. Amen.



FOR WHOM I WRITE

Sometimes I ejaculated during foreplay, even before I penetrated. Whenever this happened, I felt so embarrassed and ashamed. It made me feel worthless, to be exact. At other times, I made it through foreplay only to ejaculate seconds after penetration. I was a one-minute man.

I felt so much shame and embarrassment. Sometimes I didn't get hard at all, even though I was in the room with a sexy, willing girl. Deep in my heart, I desired to have sex, so I was confused and frustrated about why I couldn't get hard. No matter how hard she tried to hide it, the look in her eyes betrayed her disdain and disappointment. Lord knows how lame and worthless this made me feel. I was stressed out, because this was a huge problem without any solution. When I was by myself, just the thought of it caused anxiety and panic attacks.

I turned the notes in my diary into this book. I jotted the information down when I started making progress, so that I could always refer to it. I'm publishing it as a book because I would feel like a wicked person if I kept it to myself. I don't wish on any brother the pain, shame, embarrassment, frustration, confusion, stress, depression, anxiety, and

panic attacks that I experienced because of my erectile dysfunction and premature ejaculation. I hope there are no brothers out there going through what I went through. But even if only one man is being oppressed by this monster, I find it necessary to publish this book for your sake. At least now you will have the power to choose whether to remain a slave to erectile dysfunction and premature ejaculation or to set yourself free by believing and putting your faith in these words.

Remember, people do not live by what they've been taught. They live by what they believe, out of all that they've been taught. You have the right to choose, so choose wisely. If you can relate to the pain and torture of erectile dysfunction and premature ejaculation, then you are the person for whom I write. If you experience these same problems while making love to your lady, and you feel like I felt, then you are the person for whom I write.



THE QUESTION

I know that God is perfect, and I know that I am created in His image. Yet I am imperfect, even though I proceeded out of perfection, which is God. Why is my physical health imperfect? Why are my emotions unstable and unbalanced? Mentally, I am not perfectly sound, and financially I am poor. Why? My Father is perfect, so why am I full of mistakes?



THE ANSWER

Knowingly or unknowingly, consciously or unconsciously, I did not play by the rules. That's why I am imperfect, even though I proceeded out of the perfection that is God. I forgot who I was. The principles, rules, and laws that turn a person full of mistakes into an excellent person—I forgot them. Because I forgot them, I didn't live by them, and so I made a lot of mistakes. That's why I suffered the pain and torture of imperfection through premature ejaculation and erectile dysfunction.

I am by no means a perfect person now, but at least I understand why I am imperfect. If I choose to play by the rules, I stand a chance of experiencing what it means to be an excellent individual. Or I can choose to ignore the rules and remain a slave to premature ejaculation and erectile dysfunction. You have the right to choose, too, so choose wisely.

I did not play by the rules, so I suffered the torture of premature ejaculation and erectile dysfunction. But by grace through faith in Jesus Christ, I discovered who I am. I started playing by the rules, principles, and laws of righteousness, so now I am copasetic.

Amen.



HABITAT

Every living thing has a habitat, an environment in which it can survive, thrive, and procreate to sustain its life. The lion has the wilderness, the tiger has the jungle, the shark has the sea, and the eagle has the air. Take a living thing out of its habitat and it dies. Unable to survive in a different habitat, it cannot procreate and thus it becomes extinct. Take the lion from the wilderness, put it in the sea, and it dies. Take the shark from the sea, put it in the jungle, and it dies. When I lost the memory of who I was, chose not to play by the rules, and remained ignorant, I created the perfect habitat for erectile dysfunction and premature ejaculation. First they took control of my mind, and then the rest of my body followed. In the absence of knowledge, ignorance ruled. My mind was the perfect habitat for erectile dysfunction and premature ejaculation because I was ignorant of who I was. But in the presence of knowledge, ignorance becomes extinct. I have only one mind, so there can be only one king on the throne of my mind, either King Knowledge or King Ignorance. By becoming knowledgeable and playing by the rules of the game, I created a very hostile habitat in my mind for erectile dysfunction and premature ejaculation. It took years,

but eventually they became extinct. Now I am free. I am copasetic.

The good news is that for you, this process does not have to take years. You have options now. You can choose either to be bullied by this monster or to stand up for your right to have a rock-hard penis and stamina that lasts as long as you wish.

Remember, the monster was real in my life only because it had the perfect habitat in my mind. But then I tried something different, and now I have a different life. I am brand new. I am copasetic.

Now it is your turn, if you so choose.



KEY

Premature ejaculation and erectile dysfunction became a huge problem that I had to overcome. I had two options, the natural method or the artificial method, much like two different keys with which to open a door. There were different things in the room, for my eyes only, depending on which key I used.

First I chose the artificial method, which is something we call “stone.” It looks like soap, and you make a solution with it by mixing it in your palm with a little water. Use that solution around the tip of your penis, wait fifteen to thirty minutes, and then wash it off thoroughly with soap. It numbs the head of the penis, making you last longer, until it wears off.

That artificial method was like a key that opened a can of worms for me, because sometimes it worked and sometimes it didn’t. The uncertainty that hung over my head was torture. I couldn’t imagine myself without stone, so when I was about to run out, I had to replenish my supply—which meant constantly spending money.

It was impossible for me to be spontaneous, and I experienced

anxiety and panic attacks. Whenever she wanted sex out of the blue, I had to make all these lame excuses. “Let me hit the liquor store. I’ll be right back.” “One second. I need to use the restroom. “I had to buy time to apply my stone, and it was hell. Eventually I had had enough of the torture. The artificial route did not leave me feeling good.

The natural method looked impossible, but that was the only option I had left. The natural route was simply to put all my faith into specific principles and rules, and then live by them. I didn’t know these principles and rules, so I spent a lot of time reading books, going on YouTube, and searching through Google. I was a taxi driver at the time, so I would have conversations about this issue with my riders —young and old, men and women. I had no shame. As long as I got what I was seeking, I didn’t care where the answer came from. There were so many opinions and suggestions, so whatever made sense to me, I put into practice. Then if it didn’t work, I eliminated it. Through this method of practice and elimination, one of the principles worked. So I held on to that one and repeated it until I mastered it. In the next few pages, you’ll read more about these principles.

The natural method is the key to a room full of treasure, but only for the man who practices these principles. I am always ready, anytime and anywhere. My self-confidence is back. The time and money I spent was an investment in myself. I feel wise. I enjoy sex just the way it was meant to be enjoyed. I am no longer pathetic, because now I am copasetic.

Remember, you are going to put your faith to work regardless of the method you choose. So once again, the choice is yours. You have the right to put your faith in pills or creams, only to open a can of worms, or you can put your faith in specific principles and rules of righteousness. If you live by these principles, you’ll reap the benefits of self-confidence, joy, and happiness. I hope that one day you can proudly say, “I am copasetic.”



THE OWNER

One day it dawned on me that someone seemed to be claiming ownership of everything—my legs, my eyes, my stomach, my fingers, and even my mind. Who was it? That was me, the eternal spirit. My body is a temporary vehicle owned and driven by me. My body is at my service, so it's no wonder that when I tell my eyes to shut, they shut. Whatever I instruct my hand to touch, it touches. This being the truth, why did I sometimes feel like my mind was all over the place? It was as if I had no control over my mind, even though I am its owner. I realized I was being stupid, because I was exercising my authority over all my body parts except for my mind. That's discrimination, and discrimination is evil. Because of that, I paid a big price: premature ejaculation and erectile dysfunction.

Now, just as with the rest of my body parts, I have ownership of my mind too. This means that I have the power and authority to instruct my mind about what to think and what not to think. When, where, and how to process a specific principle—I have control over all of these, because I am the owner. There are specific rules and principles to live by as far as

erectile dysfunction and premature ejaculation are concerned, which I'll go on to explain in the next few pages. Once again, you can choose to realize your power and authority as a sovereign being and take control of your life. You can make your mind work for you-or you can choose to continue working for your mind.



IMPOSSIBLE

Like Daniel in the lion's den or Shadrach, Meshach, and Abednego in the fiery furnace, overcoming premature ejaculation and erectile dysfunction looked impossible to me by sight. But by faith, I knew that I was more than a conqueror. So I kept knocking by reading books, going on You Tube, and using Google search until one day the door was opened. Through my research, I came across a lot of information and strategies. If something made sense to me, I put it into practice, but if it didn't work, I discarded it. Through this process of trial and error, one day a strategy worked, so I repeated it and mastered it. I found the truth, the principles and rules of righteousness pertaining to lovemaking. The truth that I found, by grace through faith in Jesus Christ, has set me free. So now I am copasetic.

It took me ten years to master this truth, but I've compressed it into less than two hours of reading for you. I sincerely hope it sets you free, too. Your strength is measured by the enemy you've conquered. Even things that look impossible are sometimes perfectly designed to bring out the best in us. So, when it looks impossible it only means, this is the time for me to put my faith to work.



SLEEP

Sleep is the foundation of excellent health. For an adult, eight hours of sleep is good, but I prefer to sleep for ten hours straight. I don't mean that I actually sleep ten hours, but I stay in bed for ten hours without rising. My sleeping pill for a deep, sound sleep is simply this: I pray and thank the Lord for letting me know that I am forgiven for all my sins, past, present, and future. Then I proceed to forgive whoever or whatever tries to do me harm. In the name of Jesus Christ, I pray, amen. I am able to forgive my neighbor only because I am first forgiven by Jesus Christ. Without Jesus Christ, I am paralyzed. I desire to do good by forgiving others, but without Jesus Christ, I lack the power to make it happen, as though I am paralyzed.

Forgiveness is the foundation of my peaceful mind. My peaceful mind is the foundation of my deep, sound sleep. My deep, sound sleep is the foundation of my rock-hard penis. My rock-hard penis is the foundation of my stamina. My stamina is the foundation of my great sex session. I am copasetic.

The number one cause of my erectile dysfunction and premature ejaculation was inadequate sleep. I am not myself when I am sleep deprived. I lose my appetite and reflexes, I am restless and jittery, and I am dull and simply out of whack. So, the number one rule that I use to overcome premature ejaculation and erectile dysfunction is plenty of sleep—at least eight hours, but ideally ten hours a day. I wake up refreshed and well rested with my penis rock hard.

When I get out of bed after ten hours of sleep, I am like a 100 percent charged battery. After some time, however, the battery gets low and must be recharged. We have twenty-four hours in a day, and with ten hours of deep, sound sleep, I am good for the rest of the day. Ten hours of deep, sound sleep gives me a rock-hard erection. This truth has set me free, and I hope it does the same for you too, if you choose to believe and put it into practice. So the number one rule is *sleep*.



PHYSICALLY FIT

My formula for staying physically fit is 90 percent diet and 10 percent exercise, plus living my life in love. 99 percent of the food I eat, I cooked at home. I go for food that is high in fiber and iron, a lot of which naturally comes with most of the other minerals that the body needs to function properly. I buy organic produce and avoid processed food. No GMOs, growth hormones, pesticides, or microwave. I drink glass bottled spring water or coconut water. I like tea with raw honey. No sugar, coffee, or dairy. I eat a lot of greens and vegetables raw, cooked, grilled or stir fried. One fresh fruit and a handful of raw nuts each day. I like mushrooms, wild caught fish and meat but seldom do I eat meat. Wine and beer, I drink light, but no GMO beer.

The color of my urine tells me if I am drinking enough water. Every day I must poop at least once, with no diarrhea or constipation—that's how I know that I am eating right. Exercising every part of the body is a must, but most important is the abdomen because that is the center of my physical strength. With a tightened abdomen, I hit harder, lift heavier, and run faster and longer. All of this, together with a peaceful

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mind because I am living in love, makes me feel physically fit. I eat right and drink right so that I will feel right and look right. Staying physically fit is my rule number two that I used to overcome premature ejaculation and erectile dysfunction. I am obliged to share with you how I do it, but you have the right to choose how you want to get it done. I am copasetic.



THE BREATHING TECHNIQUE

The breathing technique is simply my natural way of breathing, and it can be done in two different ways. When I am engaged in activities that don't require stamina, such as sleeping or just resting, naturally my mouth is closed and I inhale and exhale through my nose. That's breathing technique number one. I use breathing technique number two when my activity requires stamina, such as having sex, running, or singing. Then I inhale through my mouth throughout the activity, though how I exhale does not matter. I cannot lose focus on inhaling through my mouth, because it is essential for stamina during sex. Inhaling through my mouth begins the moment that my penis gets rock hard.

During lovemaking, when I feel the sensation that I am about to ejaculate, this is what I do to regain control: I switch to slow, half-dick strokes and never lose focus on inhaling through my mouth. I do this until I feel the urge to ejaculate go away. This strategy puts me back in

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control, so I can hit it how I want to. This is rule number three that I use to overcome premature ejaculation and erectile dysfunction. It is simply my natural way of breathing, which I had forgotten. So I thank God that I am finally back to normal. I hope it sets you free, too, if you choose to believe and put it into practice. I am copasetic.



WHERE TO START

When I learned about the breathing technique, I first tried it with my exercise routine. I realized that when I tighten my abs and inhale through my mouth, I can run longer distances and do more push-ups, squats, and pull-ups —more everything—without getting out of breath. I noticed the difference, so my faith became stronger. I entered the bedroom with confidence, and the rest is that I am copasetic.



JUST WAIT FOR IT

Sometimes good things come to those who wait and in the case of erectile dysfunction, this saying is a hundred percent true. There have been times when we were naked, she is willing and ready and I desire to penetrate but I can't get hard. Keep in mind that I have had ten hours of sleep. I'm feeling refreshed and well rested so why is it that I don't have an erection in the presence of this sexy and naked lady?

Anxiety is the reason why. I'm commanding my penis to get hard but it is not obeying me. Now, with every second of disobedience, my impatience leads to frustration and frustration leads to panic attacks and then I'm petrified. My body shuts down.

But now, in case I lose my erection or I don't get an erection at all, I say to myself, "Just wait for it." I allow my spirit and body to work in harmony without my interference. I relax every muscle, vein and artery by keeping my lips closed and making sure that my upper jaw is detached from my lower jaw, happy face, for perfect blood flow. Breathing normal

through my nostrils and watching my lady, my body and my spirit work together and in no time I get my erection back. So, just wait for it, don't be anxious for it. Be still and know that your erection is a few seconds away. Don't tell yourself to get hard, don't force it. I apply this same principle to going to bed and falling asleep. I'm no longer anxious to fall asleep. Insomnia has no place in my life because I let sleep come to me. I just wait for it.



MULTITASKING

When it comes to lovemaking, I naturally multitask. Eighty percent of the time, I am doing two things at once: either kissing her lips and squeezing her tits; kissing her lips and rubbing her skin; kissing her lips and squeezing her buttocks; penis in vagina, thrusting and kissing her lips; penis in vagina, thrusting and rubbing her skin; penis in vagina, thrusting and smacking her buttocks; or penis in vagina, thrusting and squeezing her tits. Being present and living in the moment is the key. I am enraptured in the moment. It's funny how time flies when I am having fun. I have discovered who I am. Thank God, I am a ton of fun. I am copasetic.



SET SMALL GOALS

Every big success is an accumulation of successfully reaching different smaller goals, and that same principle applies to lovemaking. Giving her one big orgasm or making her squirt takes reaching different smaller goals: full dick with fast and hard strokes, full dick with slow and hard strokes, half dick with fast strokes, or half dick with slow strokes. Setting small goals means choosing to go, for example, fifteen of this stroke, followed by ten of that stroke, followed by forty of another stroke, and so on. I choose the number at the time, and it's never the same. The most important thing is that whatever number I choose, I make sure to follow it all the way through. That's called discipline. Sticking to the script is the name of the game. Before I penetrate, I have a game plan. I have my numbers in my mind, but I am flexible and quick to switch strokes or numbers according to her reaction. Whatever number I choose, I make sure to follow it all the way through—that's the most important thing. It makes sex exciting for both of us, because I am always doing something different. Setting small goals also makes me go longer, which is good for us, because stamina is the foundation of great sex. I am copasetic.



THE G-SPOT

When I hit the spot, naturally she reacts with a moan or a groan, and then she shouts or screams. When I hit the spot, she gets excited, and then I get excited. Getting lost in this kind of passion can also act as a boost to my stamina. The only thing about hitting the spot is that I have to figure out my angles first. I used to go long but wrong. I used to be able to have sex for forty-five minutes to an hour straight, but then she'd reach for her vibrator and put it on her clitoris because I did not give her an orgasm, let alone make her squirt. Yes, you can go long but go wrong. So I figured out my angles, and now I can hit the spot at will. Whether a woman is tall or short, in shape or out of shape, fat or skinny, I can hit her spot at will. I am copasetic.

Like fingerprints, no two penises are the same, which means that no man can teach another man his angles. The angle or position that I use to hit a woman's spot might not be the same for another man. So just as I've discovered mine, you are going to have to discover yours. You'll be proud of yourself when you do, because that's something that makes

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you unique. Whenever I sit in the driver's seat of another person's car, the first thing I do is adjust the seat and the mirrors to fit me. The same principle applies here. Know yourself so that you and your lady can have the best of times as you make love.



THE GRUDGE

Power reveals the man. A morally corrupt person with power only becomes more morally corrupt, but a morally upright person with power remains morally upright. Power magnifies the character of a man, and stamina is a form of power.

A grudge arises when a woman gets furious because her sex partner is unfaithful. At the time of sexual intercourse, both partners desire pleasure and satisfaction. But beyond that, the woman and the man want to get other specific things—different things—from that sex session. I am talking about young, unmarried partners or sex outside marriage. This is by no means an attempt to justify fornication or adultery. First, the male. A man's goal at the time of sexual intercourse is to get naked, enjoy foreplay, penetrate, and, ideally, give her an orgasm. Then he ejaculates, put his clothes back on, hits the streets, and it's back to business as usual. If he sees another lady the next day who he finds attractive, most likely he wouldn't mind having sex with her, especially if he is 100 percent sure that he's not going to get caught by the first lady.

Second, the female. Whenever a woman opens her legs and allows you to penetrate her, this is what happens in her heart after the sex session. If she feels like you suck in bed—you are a one-minute man who has no clue what you're doing—then, sir, you just made bail and you are free to go. You are nothing but frustration and a waste of time, and she does not even want to remember your name. The thing is, women don't love *sex*—women love *mind-blowing* sex.

On the other hand, maybe she considers you to be great in bed because you've got stamina, you hit the spot and gave her multiple orgasms, and you made her squirt—and all of this in just one sex session. If this is the case, then in her heart she wants you to come back again and again and again until the end of time. She wants to be your queen, and there is nothing wrong with that. So the grudge begins in her heart when the man whom she considers to be great in bed forgets to—or chooses not to—come back to her juicy, bomb-ass pussy. She'll be extra furious if she sees him with another woman. If they are in a committed relationship, she is not crazy for bearing a grudge because her partner is unfaithful to her. Nonetheless, I'll not go on without mentioning that when someone offends us, we should always remember to forgive them for our own good.

The grudge can be avoided for the sake of humanity. As a young man, I made the mistake of triggering the grudge in a woman's heart. As a grown man, however, this is how I choose to avoid the grudge in my life. If I say a word to a woman and the woman agrees, and I perform exactly as I said I would to the woman, then logically she will have no reason to bear any grudge against me. My word is my number one asset. So being faithful to every word that proceeds out of my mouth is my joy, pleasure, and peace. I don't commit to a woman just because I want to get into her pants. I commit only when I meet the requirement for a relationship as

a man and I see in her what I want in my woman. That's when it will be right for me to commit to her, but I know this now only because I made that mistake as a young man. You are a sovereign being, so I respect your right to choose how to avoid the grudge in your life. I just felt obliged to share with you how I avoid it in my life. I am copasetic.

