



What is in The Pull Your Ex Back Guide?

The main book is divided up into 17 informative chapters. Each chapter takes you through a progression of the steps you need to take during each phase. The material in this guide will help you to learn how to deal effectively with the feelings, and overwhelming emotions that you might be experiencing right after breaking up with someone; as well as what you should, or should not do every step of the way.

Chapter #1

The Emotional Roller Coaster Phase

This chapter is about learning to control your emotions. A VITAL part of learning to get your ex back

Chapter #2

So, Why Did It All End?

Learn to Follow the Concept of "Unconditional Love".

Chapter #3

The Most Important Rule- "No Contact"

Allow yourself, and your ex a "cooling off" period. This will allow you to get back into a stable emotional state and ease the pain.

Chapter #4

Putting it All Into Action..."The Instant Shift Technique"

Learn the various techniques for "shifting" your focus.

Chapter #5

The Deciding Phase- Do You Really Want Them Back?

9 very important questions to ask yourself.

Chapter #6

Getting Into Your Ex's Shoes

You know exactly how you feel, but do you know how your ex is feeling right now?

Chapter #7

Getting the Power Back-"The Main Process"

Learn how to get out of that dreaded phase of desperation. Say GOODBYE to your core challenges like insecurity, fear, anxiety & depression which are acting as roadblocks to your eventual success.

Chapter #8

An Important decision- "Let's Date Again"

Tactics which you can use to make your ex jealous, and create a "sense of loss".

Chapter #9

And Finally They Call

The "no contact" rule has brought the desired result. But there are some important things to remember now that they have called.

Chapter #10

Getting in Touch With Your Ex

This might be the most crucial step of the whole plan. Don't act prematurely.

Chapter #11

The Big Date

This is the make it or break it point. This is the part that will determine whether you get your ex back or not.

Chapter #12

The Big Re-Union

Some do's and don't's about making the connection again. And making it last.

Chapter #13

Get Your Ex Addicted to You

Learn how to avoid making up, to break up again.

Chapter #14

Most Vital Questions Answered

Some frequently asked questions.

Chapter #15

When Things Don't Go Your Way

Ok, so you followed the whole plan and you still don't have your ex back. Now what?

Chapter #16

Avoiding a Breakup When It Hasn't Already Taken Place

Here are some of the common signs which would indicate that your partner is about to breakup with you.

Chapter #17

What If I Dumped Them?

So you got rid of them because it seemed like the right thing to do back then but now you are regretting it?

This is a glimpse of what is covered in this material. And there's even MORE!

Folks, there are no guarantees in life. But it is a fact that the information contained within this guide will give you the absolute BEST chance of getting that certain someone back in your life again.

What you will discover in this book will open up a whole new world of possibilities for you...Now you will be able to realize why things go wrong...What to do about it...How to control it...And how to remain in control.

No BS... Just tried and proven methods that you can use to get your ex back!

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