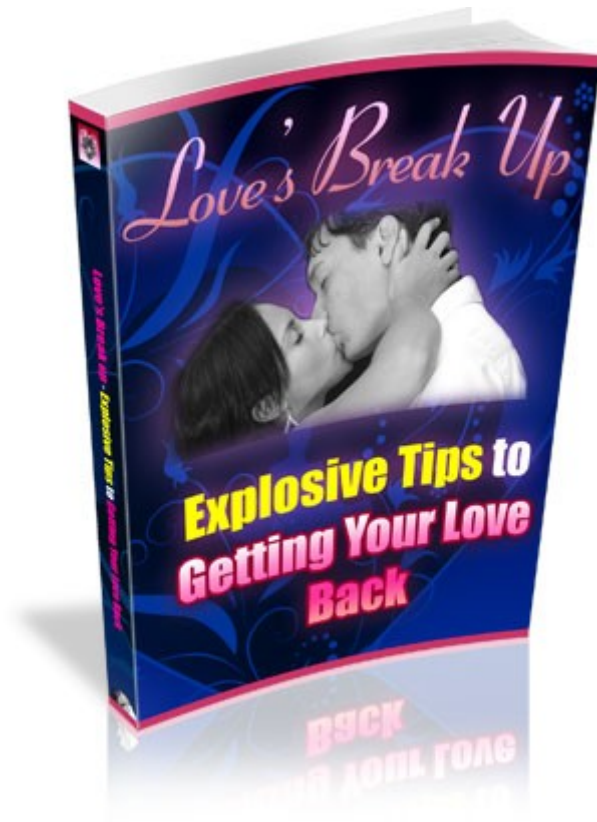


Love's Break up
Explosive Tips to Getting Your Love Back



By
Ashley Kay

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Introduction



Special Note From The Author:

Have you just had your heart broken? Does your partner act like he or she doesn't love you anymore? Do you feel like you're the only one trying? Are you and your partner constantly at war with one another?

Is there any love left to salvage?

If you've picked up this book then either you fear your relationship is about to end or one of you has already called it quits. Despite which circumstance it may be, you are in the midst of a relationship transition.

One of two things needs to happen... either you can get your love back or... accept you're just not meant to be together at this time.

I'm the first to admit that not every relationship end because of incompatibility. Sometimes there's still plenty of love between two people but the timing is just not right. Often it's because the people involved assume love is enough when things such as the ability to communicate efficiently or willingness to compromise are what is killing the relationship.

Whether you want to admit it or not you're at a crossroad and you will soon need to decide which path you're headed towards.

Sometimes it's necessarily to at least know you've tried all you could before you can

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get the closure you need to start moving on. I'm going to give you all the help and resources you need to gain control of your life again.

This book is split into 3 primary sections:

Section #1 -

Just Answer Me This... What Do You Want?

In this section I cover what men desires, what women craves and what YOU truly want and need in your life. It's important to know what you want, not only from the viewpoint of a brokenhearted lover, but what you truly require from relationships in general. This is also the place to do some soul-searching and find out what went wrong in your current or past relationship.

Section #2 -

So You Want Your Love Back... Let's Get Started!

You might very well decide you want your lover back. Sometimes we just know who we want to be with. In this section I'll provide you with a simple plan you can follow that will help you re-capture your lover's heart again.

Section #3 -

The Secret to Attracting True Love

In this section I'll be diving into some key tips about attracting men or women. You can use this section to attract Mr or Mrs Right or as a way of wooing your lover back. It can be used in conjunction with Section #2.

Conclusion – Where to from here?

A summary of what I want you to take away from this book and how you can start

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changing your life right now.

Extra Resources

More helpful links on break ups and re-attracting love.

... Alright, now that you have a brief overview, let's get started!

#1. Just Answer Me This... What Do You Want?

The Male Hunter – What Men Desires



Although men and women aren't much different in the sense that we all want to be loved and appreciated by our partners, conflict is most evident in the way men and women choose to communicate with one another in a relationship.

The truth is the male brain is actually extremely different to the female brain, and the more you understand how men think, the more success you will have with communicating with them.

In the prehistoric times men assumed the role of hunter. As a result they developed a brain better suited for assessing situation, calculating speed, tracking and mapping... in other words the logical side of the brain. This can definitely explain why modern men take better to video games, sports, golf and other more technical activities such as using computers.

Of course this doesn't mean to say all men are into these things but as a general rule, these are the things their brains are more wired to do.

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It's also why most men need to feel like the masculine heroine in the relationship. They want to feel needed and admired. They want to be the protector in the relationship. At the same time women also buy into this stereotype that their man SHOULD be the provider.

Too often the ideal male image can poison a relationship. When women find their partner not quite living up to their ideal, they only end up blaming, nagging, judging and nitpicking at everything the man is doing WRONG. This will only make the man feel resentful, bitter and undervalued.

Once they feel they're lower than the role they believe they should play in a relationship, they will leave that relationship for someone who WILL appreciate and admire them.

Men also need their space and 'quiet' time. Unlike women, men like to chill out and in a sense, go into meditative-mode after a hard day's work. This is why men, after coming home from work, would rather relax in front of the tv, read the news or browse the internet. Women on the other hand, would much rather talk about their day as a way to unwind.

Women also tend to think their man should just 'know' what is on their mind. These women will be coy, indirect or drop hints in the hopes their man will just 'get it'. Then when their man doesn't get it, the woman becomes grumpy and upset instead. If you find yourself doing this, do yourself and your man a favour and be direct and open about what it is on your mind instead.

Being too needy, available and dependent on your man will only make him feel trapped. If a man feels trapped, he will build a feeling of resentment for the woman. Trivial issues get blown out of proportion and eventually the man will be criticising the woman's every move as being too controlling.

A man isn't attracted to a woman because she doesn't have a life outside of him, he's attracted to a woman who is independent, self-respected and has the ability to speak her mind.

Understanding men is key to getting what you want out of them. If you have lost the ability to communicate efficiently with your man, keep in mind the things they most desire from the relationship and work on bringing that out in you.

The Emotional Female – What Women Craves



In contrast to men, women are naturally more in-tune with their emotions and feelings. They're better at spotting detail and reading body language. Women, as the nurturer, tend to want to take care of things. Women feel men are like children, who need a woman to take care of them.

It's because women are usually the ones to look after and care for their man, they can start to feel under-appreciated when their efforts are not acknowledged. While men are busy trying to be the 'man' of the relationship, they fail to appreciate or notice the little things women do for them.

Once a woman feels she isn't loved or appreciated anymore, she'll soon start to look elsewhere. In the same respect, if she feels the man isn't providing enough for her (support, security, love etc), she'll also feel inclined to look for those things elsewhere.

Men might want to say women are confusing and because their actions doesn't always make sense, some may even call women evil.

Women are much more emotion-driven than men. This can certainly make their reasoning and actions seem rather spontaneous and difficult. Women also have a wild

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side that likes to be entertained. They love surprises, challenges and adventures. They would rather not plan everything meticulously before actually doing it... eg going out for dinner.

In the heart of all women, they dream of their knight to sweep them off their feet and take them away from predictability of life. All that means is they want their man to be spontaneous, romantic and take action without needing to be asked.

Women also tend to notice the details. They care more for small sweet gestures on a regular basis than grand gestures that happen in a blue moon. They love to be hugged, kissed and flirted with everyday if possible.

Are they too much work? They don't need to be but if men mistakenly feel once they have done all the hard work of getting the woman, he can slowly stop trying anymore. The truth is, the courting process should never end. Not for a woman at least. If you want her heart, you need to constantly woo and date your woman.

Sex also means different things to a woman. Women associate a lot of love and emotions towards sex. Whether they want to or not, women will always become attached to whomever they share the bed with.

The problem with women can be equally said about men. They fail to think men are men and therefore communicate as if they are a woman. Men does exactly the same thing, and because of this, a lot of conflict, confusion and misunderstanding will develop.

The best way to communicate is to keep in mind that they DO think differently. Pay more attention to the details. What women say is rarely what they truly mean, this will be a hard one to crack but if you play emotional detective, you'll be able to sense what she truly is thinking from her body language and her actions.

The Secret to Understanding You



Although it helps to understand what women and men want and need out of a relationship, it's important for you to assess where it all went wrong in your own relationship. Often there are multiple issues being the cause for your relationship troubles. You need to assess the damage and acknowledge where the problem lies.

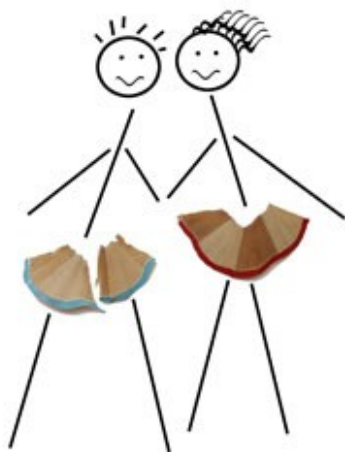
Is it a communication problem? Do you find yourself constantly arguing about trivial matters or problems aroused from misunderstandings?

Or are you simply too different in terms of your life goals and ambitions?

Are there outside forces tearing you apart? Or has your relationship simply turned stale and lifeless?

Pinpoint the issues and jot them down. Stop yourself from wanting to blame, instead look at where the miscommunications lie and how things can be improved. Would it help if you both were honest and upfront about your feelings? Are you willing to compromise for the sake of the relationship? Is your ex or your partner willing to compromise?

Should You Break Up?



If you feel the difference between you are too great or the timing is just not right, perhaps it's better to do the undesirable and accept it may be better to move on instead.

Most relationships can be salvaged because the people involved simply lack the ability to speak in each other's language. Of course you may have trust issues or feel deeply under-appreciated, but if you're really open with your partner and they feel there's a chance to fix what appears to be broken, then it's very possible they will be willing to give the relationship another try.

Not many people realize but there are simple mistakes that should be avoided if you want your ex back. Of course you're not meant to know what to do, they don't teach this sort of thing in school after all. However understanding a bit about human nature goes a long way in trying to persuade your love back.

In Section #2 we will cover the mistakes to avoid, and questions you need to ask yourself before proceeding to get them back.

#2.

So You Want Your Love Back... Let's Get Started!

10 Mistakes... Are You Making These?



If you're determined that your partner is the right one for you, then it's best to get a plan together to bring him or her back. The plan isn't difficult nor is it about dirty mind tricks. Why I suggest you have a plan is because right now you are likely too scattered to think rationally about your situation.

Feeling emotional, desperate, fearful, lonely, heart-broken and stressed are all emotions that are playing AGAINST you when you want to get your ex back.

But first, let me ask you some questions. Answer honestly and be mindful whether you're making some of these mistakes already.

Question #1 - Are you taking it seriously?

If you want your lover back, you need to be committed. You need a plan you can follow with conviction. If you doubt yourself, if you think you can win them back by

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doing what you've always done, you might not see the results you want.

You might be offended about that. How can you NOT be taking it seriously you ask? Well it's one thing to THINK about doing something, it's another to actually DO it. If you find yourself hesitating to [quit smoking](#), [lose weight](#) or try to curb a bad habit, when you KNOW it will make your partner happy, then do you really want them back bad enough?



Question #2 - Are you willing to change?

Continuing on from the last question. Some people are too set in their ways to really change. Now there is a difference between changing just for the sake of pleasing someone else, and doing it for yourself.

You should NEVER change for someone else. That might seem contradictory from what I have said above. But what I mean is, if there's a behaviour you KNOW is bad for you, but you keep doing it despite how much your ex hates it, then perhaps you are not as committed to getting them back as you first thought.

This section about willing to change goes deeper than a few bad behaviours. Are you willing to sacrifice for your partner? Are you willing to change not only for them but for yourself? For the sake of your relationship and for your happiness?

It certainly depends on what it is you need to change, which you will have to figure out from reading Section #1.

Question #3 - Do you have a positive self-image?



Do you feel on some level you're not good enough for your partner? That you don't deserve them? These beliefs will limit your ability to get them back.

Of course it might also mean you feel regretful for something you have done. I'm not saying you should be overly cocky about the

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ability to get them back, but if your self-image was poor prior to them leaving you, then perhaps you need to work on that first.

If you are suffering from [deep depression](#), [stress](#) or [anxiety attacks](#), or you find yourself having [suicidal thoughts](#), please do get professional help.



Question #4 - Are you paying attention to what your partner wants?

It's easy to fall into the victim mode. You're the one hurt, you're the one out of control, and you're the one desperate to get them back. You might want your partner to feel sorry for you, so your actions around them are also filled with self-pity.

This is very unattractive and will only want to make your partner wish they were somewhere else or with someone else.

Redirect your attention away from how much pain you are feeling right now and consider your partner's perspective. Have you hurt them equality as much as they have hurt you?



Question #5 - Are you taking action?

Doing is more powerful than talking. The best way to start changing yourself for the better is simply by doing small things for yourself everyday.

These things could be:

- [Losing weight.](#)
- [Improving your finances.](#)
- [Being more grateful.](#)
- Treating yourself and the people around you with respect.
- [Taking steps each day to improve on your flaws.](#)

Simply saying you'll change and things will be better does not equal being so. To show your ex you really are going to change, you need to start putting that change into action.

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Question #6 - Are you confident?

People are attracted to those that are self-assured and confident in their own abilities. For men, if your girlfriend has left you, don't simply shower them with attention, gifts and 'I love You's' (unless your break up was due to a lack of those things), identify the root of the problem and go from there. If you apologize blindly without dealing with the core issues, your ex will see through your blatant persuasions.

Question #7 - Do you feel the need to panic?

Panicking at this stage will only do you a great deal of unnecessary damage. This means drunk dialing, constant text messaging, stalking and talking to their friends/family to try to get them back. These are all things to be avoided!

If you're suffering from **panic attacks** (which is very different from the above), you can find [help and cure here](#).

Question #8 - Do you have misguided beliefs about gaining their trust and love back?

You can never EXPECT them to come back. Thinking that way will come through in your actions and this will only repel their desire to come back. Be genuine and loving to your partner but never expect to get the same in return.

Question #9 - Are you too proud?

You need to realize what is most important. Winning the battle or winning your love back. Swallow your pride and don't let a good thing go just because of your ego.

Question #10 - Are you drowning yourself in a great deal of self-abuse?

It is much too common for people to drown in their sorrow with alcohol, drugs or anything of that nature. This is NOT the time to start being self-destructive.

You need to be in the best shape you can be right now. This means eating healthy, exercising, getting out of the house etc. Substance abuse is not only bad for your body; it will only make you feel



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worse in the long-run.

(If you have an addiction to alcohol, or drugs, please [refer here](#) to get treatment and help.)

The 'Get Your Love Back' Plan



So now that you know all the things to avoid when you want your love back, it's important that you take action right now to work on these changes.

Now here is a simple guideline to follow that will help you get your love back:

As I have mentioned, it's important to have a well-structured plan if you want your love back. This is by no means an in-depth step-by-step of the process but it will get you well on your way.

#1 - Resist making the mistakes listed above and agree with the break up.

Being agreeable to your partner will show them that you ARE listening to their needs and you're mature enough to handle the break up.

#2 - Limit contact.

If you're separated, either temporarily or officially, limit how much you communicate with your ex for now. Use this time to gain another perspective on your situation and for the air to settle.

If you're still together but things are bleak, talk reasonably with your partner about what you're feeling and where the relationship may be going. Remember although this may lead to a break up, it's better to know now than to constantly question and

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worry about the outcome of your relationship.

Either way you need to have a heart-to-heart with your partner and find out exactly what each of you want, and what you're willing to do to keep the relationship moving forward.

#3 - Keep busy and re-evaluate your life goals and ambitions.

The best way to recover or heal from a break up is to refocus your life around other priorities that might have been neglected during your relationship. Use this time to improve your health, get fit, improve your finances and reconnect with friends and families.

Here are some ideas:

- [Start a blog](#) - blogging about things you're interested in is a great way to refocus your life.
- Learn a new musical instrument – or if you have slacked off from previous musical interests, this could be a nice time to start.
- [Lose weight](#) and [get fit](#) – not only can you start to gain confidence from exercising and eating healthy, moving your body is also a natural anti-depressant.
- [Make some extra money online](#). - Making some extra bit of money can be very rewarding and quite fun.
- [Start dating casually](#). - Have some fun by going out and meeting new people.
- [Learn to speak a new language](#).
- [Join an interest club or meet](#). - Meet up with people with similar interests.
- [Participate actively in online communities](#). Helping others with their problems will make it easier for you to cope with yours.
- [Read a book](#).
- [Start a novel](#).

#4 - Keep your eye open for new love and new opportunities.

As much as it will hurt to move on from your partner, it's deadly to cling onto hope. Don't place the fate of your happiness in someone else's hands. Start to take control of your life and move onto better opportunities.

#5 – Re-establish a connection

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Slowly increase contact with your partner. Remember though it's very important you have a period of no contact or limited contact to put things into perspective. There are no set number of days you should wait but if you really want a number to follow, most will suggest 30 days.



I recommend no contact for at least 30 days, after which you can get back into your ex's life. The thing is to take things slowly! Don't jump if they show you the slightest bit of interest and certainly don't sleep with them before you're officially back together!

Here I've listed some of excellent resources for bringing back lost love:

[Magic of Making Up](#) – Easy to follow and fast working method for men & women.

[How to Get Her Back For Good](#) – Excellent resource for men looking to reunite with his woman.

[Save My Marriage Today](#) – Most comprehensive resource for marriages in danger.



#3. The Secret to Attracting True Love

Attracting Mr or Mrs Right



Whether it's attracting new love or old love, the process is actually quite similar. The most important thing you need to remember is the relationship you attract always comes down to the relationship you have with yourself!

If you have a healthy and loving relationship with yourself, where you have respect for yourself, stand up for your beliefs and have strong morals, you will attract exactly that sort of person to you.

It's not really some big mystery and you certainly don't need to spend \$1000s on a dating coach to get the guy or girl you want. Besides those pick up artists have different objectives to you.

If you want a long-term quality relationship with the man or woman of your dreams, you can! But you must start from within.

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Now if you've just been through a break up, you're not likely to be feel you're in the best shape to attract anyone. But that's ONLY if you haven't read this book ;)

Earlier I talked about what makes men and women tick. There are a few things I failed to mention.

Both men and women are attracted first by physical appearance. Someone's first impression of you is very important. Often first impression is largely the determining factor of how that person will think of you from then on.

This doesn't mean you need to get dressed up just to take the dog for a walk, but taking a few minutes to make sure you're clean and well groomed is enough to attract new or old love.

For men, make sure your hair is not a mess, your shirt is clean and tucked and your skin is not dry and damaged.

For women, the same goes, keep your hair washed and clean, a bit of make up and some fitting clothes goes a long way. Don't feel you need to hide your body either, because there's nothing to be ashamed of. There are clothes that fit all body shapes and sizes, some will cut inches off anywhere you want like magic.

The truth is, looking good is just about being able to present yourself properly. If you have a good relationship with yourself, the image you project out into the world should reflect that. Pick the clothes and the style that suits your personality and it shouldn't take you more than 10 – 15 mins to get ready to go out looking amazing.

Now for your most valuable asset which will truly help you win hearts and make friends with ease! This is something everyone has and everyone under-estimates!

It's the power of your eyes and your smile! It's amazing how far proper eye-contact and a simple smile can go in attracting anyone to you. Of course I'm not saying to stare at strangers (especially attractive strangers) but maintaining a bit of eye-contact with an inviting smile is an instant friend and people magnet.

There's a lot more to it of course but that's beyond the scope of this book. However, if you were only to remember anything about attracting love, make it these 3 key components:

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- 1). Relationship with yourself.
- 2). The way you present yourself to the world.
- 3). Eye-contact and your smile.

Now go outside feeling good, looking good and be ready with a smile and you can't go wrong. And you know what the secret is to instantly getting over your break up pain? It's exactly the same thing! Whenever you feel down, put a smile on your face and after a minute or so you will find yourself feeling so much better. It's weird but just remember, action precedes your emotions.

DO happy, you'll BE happy. DO sad, you'll BE sad.

Here are excellent recommendations on resources will help you attract Mr or Mrs Right to you. Whether you're a shy guy or girl, you can attract the man or woman of your dreams no matter who you are or what you look like:

For Men Wanting to Attract The Right Woman:

[GuyGetsGirl](#) – How to approach women... from a woman.

For Women Wanting to Attract the Right Man:

[The Woman Men Adore...and Never Want To Leave](#)



Conclusion - Where to from here?

I hope this e-book has been helpful to you. My goal was to show you that life after your break up doesn't have to be as bleak and terrible as it seems right now.

When you have a plan, when you know where you're going, you're strong and rooted and you don't need anyone to make you complete.

I have been exactly where you are, feeling like my heart will never heal and downright bitter about loving again, but you know what, I recovered a LOT sooner than I thought and you know why? Because I had outside interests and a purpose in life apart from my ex.

The scariest thing is when you come out of your relationship and find out you have lost your identity along the way. This is exactly why you need to find it again! I can't stress how important it is to have interests outside of your partner and your relationship. You are NOT the girlfriend / boyfriend / spouse of so and so, you are YOU.

Whether you get your love back or not, remember you don't need them in your life to be complete.

Ironically, it seems for many, ex's always know to come back when you least need them anymore. So the sooner you cease to care about your ex coming back, the sooner they will come back =)

I've attached further helpful resources at the end of this e-book for you.

I wish you all the best in love, health and wealth!

Good Luck!

Katie W.

Extra Resources

More Free Reports & E-Books by TrueLoveReturns:

“[Win Back Your Lost Love](#)” – download here.

Break Up Forums & Communities:

[Enotalone.com](#) – Excellent community full of quality and free advice.

[LovingYou.com](#) – Sometimes brutally honest but full of a wide range of opinionated people.

[LoveShack.org](#) – Similar to LovingYou only with more sympathy towards the brokenhearted.

Get Your Ex Back e-books:

[Ex Recovery System](#) - interactive, step-by-step system that is the most in-depth and comprehensive guide to getting your ex girlfriend, boyfriend or lover back.

[Magic of Making Up](#) – Easy to follow guide to getting your girlfriend or boyfriend back.

[How to Get Her Back For Good](#) – Great resource and community on getting your girlfriend back (for men).

[Win Back Love](#) – In-depth guide for getting your love back for men and women.

[Bring Back The Love Of Your Life](#) – Powerful and unique method to bringing back your lost love.

Save Your Marriage e-books:

[Save My Marriage Today](#) – The best Save Your Marriage package online.

[Save The Marriage, Even If Only You Want to Break Free From The Affair](#)

Attracting Your Dream Guy or Girl:

[GuyGetsGirl](#) – How to approach women... from a woman.

[The Woman Men Adore...and Never Want To Leave](#)

Get Your Ex Back Websites/Blogs:

[Get Your Ex Back - Break Up Tips & Advice](#)

[Get Your Ex Back After Break Up](#)

Health & Fitness:

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[The Truth About Six Pack Abs
Strip That Fat](#)

Making Money Online:

[Money Beyond Belief](#) – Home Tapping System
[The Lazy Millionaire](#)

Dating Resources:

[Matchmaker.com](#)
[Perfectmatch.com](#)
[eHarmony.com](#)
[singlesnet.com](#)
[lavalife.com](#)

Addiction, Depression & Anxieties:

[Addiction Help](#)
[Quit Smoking Today](#)
[Conquering Stress: Get Your Life Back](#) - Natural Anxiety, Depression, Stress Relief
[Online Depression Resources for Suicidal Persons](#)
[Panic Away](#)

Misc Links:

[Message of a Master](#) – Video Inspiration.
[Personal Development](#) – Steve Pavlina Blog
[Meetup](#) – meet up with people with similar interests around your area.
[Rocket French](#) - Learn French like a rocket!
[Amazon](#) – get lost in some bestseller books at Amazon.
[NaNoWriMo](#) – start writing to get through your break up!