

# Win Back Your Lost Love

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## **How to Win Back Love - A Special Note From The Author**

If you're worried you might lose your loved one forever and you're desperately scouring the internet for some sort of action plan, then you've stumbled upon the golden nugget you've been looking for.

The internet is full of information... and most of it is less than helpful... so I wanted to help you further along by bulldozing through the junk and cutting straight to the meat of the solution. Are you with me? Let's tackle this thing head on... the sooner you get the right information, the sooner you can get your love back.

Best wishes,

Katie

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## Introduction...

You've had your heart broken or your lover has stopped trying to make your relationship work, you might be feeling desperate, lonely and hopeless in your efforts to get your love back. For some reason you can't help but know in your heart, you're meant to be together and you must do something about it now!

The good news is there is a solution no matter how bad your situation seems, how far apart you are from one another or how hopeless you might feel.

The problem comes when you're faced with choices during this trying time... how can you stop driving your partner or lover further away without making even more mistakes? It's ok because you're not meant to know what to do! I mean no one teaches this stuff in school and no one is *expected* to know the secret to a successful and happy relationship.

So let's get educated shall we?

I've split this course into 3 simple sections - here are the lessons in this special e-book:

### **Lesson #1: Common Misconceptions and Myths About Winning Back Love**

There are many misconceptions about what to do when you want to win your love back. Make sure you're not making any of these and if you are, make sure you take note to avoid them in the future. We all make mistakes and you'll see it's not as bad as you think even if you've made all the mistakes already.

### **Lesson #2: Lets Dig A Little Deeper Behind the Reasons For Your Break Up**

Getting to the core reasons why your lover has left you or is choosing to drift away from you is very important. You can't expect to get your love back and keep them if you don't have this part worked out. Understand

the reasons for your break up or heartache and you'll be increasing your chances by 100%!

### **Lesson #3: Powerful Tactics For Re-Attracting Your Lover Back**

This is the section you're most interested in but it's still important not to skip the first two sections. This is a 4-step action plan which you can adopt called the **P.L.A.N.** One of the most important steps in this report is nested in here so please pay attention!

### **Conclusion: Where to from here?**

If you're going to take anything away from this report, I hope it's this. Make sure you do this today (and everyday). You'll find out what that is this section.

## **Lesson #1: Common Misconceptions and Myths About Winning Back Love**

The very first step to winning back love, before anything else, is to take an objective look at yourself and your situation. You want to make sure you're not making the mistakes that common people make when trying to get a love back.

Mistakes happen in relationships, especially when emotions are high and neither partner is thinking straight. Keep in mind; we're in reactive mode when we're dealing with a conflict in the relationship: we feel we're the victim, we're hurt and we say and do things that we wouldn't normally say and do.

With that said, it's never too late to turn back the clock and make things right. The great thing about people is that we like to forgive and we love to make up. This is your chance to redeem yourself.

These are the most common misconceptions and pitfalls people make (and assume to 'work') when trying to win a love back. Be sure to be aware and avoid them in the future for maximum chances of getting your love back.

### **#1 Is It All About Me, Me, ME?**

Have you tried to apologize to your partner or persuade them into coming back while focusing only on what YOU want?

Sure you don't want to lose your lover so the first logical thing to do is try everything in your power to convince them it's worth their while to come back to you.

The problem with this is that you're only worried about yourself right now. What happened to what your lover wants? Are you saying they don't know what they want? If they want to break up with you or spend less time with you, but you insist otherwise, what is in it for them except

your empty promises? At the same token, if they perceive your relationship problems are too great, they will not listen if you merely just try to talk their way back into loving you again.

The reason most people try this route first is because it worked for them in the past. The reason it won't work this time is because your partner is likely sick of the lies (unfulfilled promises) and until they see real action, it's all just words at the end of the day.

**The Solution:**

Be objective! Why does your partner want to leave? Can you understand and empathize with their reason not to come back? Understanding is important because we're so wrapped up in ourselves all the time. If you show your partner you understand where they are coming from, they will be less likely to fight with you.

**#2 Persuasion Through Persistence and Bargaining**

This one trips people up quite a bit. It's commonly known as begging and bargaining your way back into your lover's life. You might feel you can't take no for an answer so to prove to your partner how much you really love them, you persistently nag until they give in (that's the plan anyway).

I'm not sure where the idea that this will work came from but really... can you see how this is not only unattractive but annoying?

Drill it into your head that you can't convince your partner to come back through begging, bargaining or any other emotional blackmail.

Perhaps it worked when you were 5 years old when you just had to have a certain toy for Christmas, so that's what you did to your parents, but we're not children and your partner isn't your parents. They don't owe you anything.

**The Solution:**

Will saying don't do it help? For most people, they just can't help it... they miss their partner and want to constantly call and check up on them to see how they are. This will unfortunately make you look desperate, needy and unstable. The best thing to do is to keep yourself busy when you feel you're on the verge of picking up that phone.

### **#3 Arguing Your Way Back Into The Relationship**

Do you just have to be right all the time? You want to convince your partner they have made a bad choice to break up, so you argue with them about it, bring up a list of why they're all wrong for breaking up and why you're right for wanting to get back together.

It's ok, we all do it even when we don't mean to. It sounds silly looking back and you might even be aware of it halfway through that debating with your partner won't really work. However you keep doing it anyway because you just don't know any other way.

There are other ways, better ways to get your lover back. I have certainly being guilty of this many times and it's just one of those things that happen when we're emotionally stressed and not thinking clearly.

#### **The Solution:**

The best way to stop this from happening is to take a couple of deep breaths. Let your partner do the talking and hold your tongue if you feel like arguing. Try not to start sentences with "but..." or "if only you ..." or "I would have if..."

### **#4 Trying to Make Your Lover Jealous**

There is one bad advice circulating the internet about how trying to make your partner jealous is a viable way of getting them back. Wrong! Anything that classifies as dishonest, manipulative or conniving will come back to bite you in the behind. Let me please remind you that you can not and should never try to get your lover back through deceptive means.

#### **The Solution:**

Always always always be honest about your feelings and your intentions. Never make plans you can't keep. Never be false or pretend to be someone else just to get in your lover's good books. Honesty is the best policy.

## #5 Playing the Victim

Do you like hanging around people who just complain about how miserable their life is all the time? The ones who just want everyone to feel sorry for them? If you find yourself in this state, trying to make your partner feel guilty by laying on how miserable you are (either through actually saying it or through your actions or body language), you need to get a reality check right now.

Your partner might pity you but all you are really doing is making them wish they were somewhere else or with someone else.

### **The Solution:**

If you perceive you're the victim, then you'll act like one. Remember your relationship has failed to work because of the consequences of two people. Not just one. How can you be the victim if you have hurt your partner too? Take responsibility for your part in a failed relationship right now.

## **Lesson #2: Let's Dig A Little Deeper Behind the Reasons For Your Break Up**

The core of getting your partner back lies within understanding what went wrong in the first place. Without it how can you properly mend and nurture this relationship back to health?

Believe it or not, you took part in the outcome of this relationship. Even if your break up came out of the blue, I don't believe problems arise overnight and your partner suddenly had a change of heart.

The first thing you need to do is have a closer look at the issues in your relationship. I believe all relationships have problems that are pushed to the surface from a core inner conflict. This core conflict is the driving force of all big and small problems in your relationship.

Core conflicts are: lack of appreciation, lack of trust, lack of security, lack of contribution, lack of growth and lack of commonality.

You need to identify the core conflict within your own relationship.

Don't simply look at the individual arguments that occurred leading up to the break up. Look at them collectively as a whole, notice what they have in common, their trigger points and tie them together to one core conflict.

If it's a lack of security, you might find yourself arguing about money, about the attention someone else may be paying to your partner, about how much you need your partner around just to do the normal activities in life.

If it's a lack of growth, you might find yourself arguing about the lack of activities you partake together, or about how your partner is constantly holding you back in some aspects.

If it's a lack of appreciation, you might find constant arguments about not pulling your weight around the house, how you never show any affection or pay any attention to your partner or how you never think of him or her.

I'll admit some situations will overlaps and you might find more than one core conflict. However there is always one main conflict that surpasses the others in importance. This is the issue you argue most about and bring you the most stress and heartache.

Pay more attention to your partner's actions rather than what they say with words. For example, if your partner has left you and still wants to remain friends, but fails to contact you at all after the break up, then they're still not ready to be friends just yet.

This will help you tremendously in the next lesson when we finally tackle how to re-attract your love back into your life.

## **Lesson #3: Powerful Tactics For Re-Attracting Your Lover Back**

We've finally made it to the section you've been waiting for. The reason I wanted to cover the other areas is that they are as important to the success of bringing your love back as this section. And if you skipped it you might not find this section to be nearly as powerful or helpful.

So let's recap...

By now you should:

- Understand why your relationship failed or is failing to work this time around.

Remember that the core conflicts you're dealing with will still be around when and if you get back together, so the better you understand what went wrong the better you'll be at resolving those issues.

- Know the common misconceptions you should avoid if you want your lover back. Not just avoid but downright eliminate them from your list of bad habits. Not only will this help you re-attract your love back into your life but also attract other types of relationships into your life also.
- Understand the situation from your lover's perspective. Remember we love ourselves more than anything else in the world so if you can keep in mind that your ex is only concerned with him or herself, then you're already halfway to re-gaining their love back.

Alright here is the main plan of attack to getting your ex back:

The **P.L.A.N**

**Step 1:** Preparation

**Step 2:** Limit Contact or Limit Conflict (if you're still together)

**Step 3:** Aim for Growth

**Step 4:** New relationship

Here's a break down of each step:

### **Preparation**

It doesn't matter what has happened up until now, what mistakes you have made or how much your partner hates you right now. You prepare to leave the past behind and confront the new single life (if you have broken up), a new relationship with yourself and a new and improved you.

This is the upgraded, cleaned up and transformed you that is going to re-attract your love back into your life. But remember this is the preparation stage. Mentally prepare yourself for change or you will more likely to revert back into old ways.

You also need to prepare to break contact with your ex (if you have broken up), you might not need to, but it's likely you will. Remember if you have tried it all and that has not worked, the last thing to try is to implement no contact. Sound hard? Well it is! So prepare for it!

### **Limit Contact or Limit Conflict**

If you have already broken up, you're going to refrain from contacting your partner for at least a month (this number is not set in stone however). Give each of you time to cool off and distract yourself from the break up. Focus on work, your friends, your family and other people's problems - just don't go running back to your ex. This period is important and also difficult but it's best you do it to avoid further complications to your relationship.

If you're still with your partner, you're going to use a different approach instead. Instead of Limit Contact, you need to Limit Conflict. If you feel situations arising, arguments about to flair, take some deep breathes and be prepared to deal with them sensibly, instead of blowing up like you usually do. A good idea is to distract your mind, change topics quickly or just walk out of the room.

### **Aim for Growth**

For me, this is the most important step in the P.L.A.N. Even if you're going to ignore every other step in this report, if you apply this step everyday and consistently, you'll get massive reward from this one step alone.

What is it? Aim for growth means constantly aiming to improve on yourself, whether it is your money situation, your health, your social life or just your everyday appreciation of life. Doing this everyday will empower you and give you the ultimate happiness in the long run.

What does this have to do with getting your love back? We easily get complacent when we're in a relationship. In the beginning we try super hard to please the other person, after some time, we slowly stop trying so hard and after a while longer, we stop trying at all. We have this misconception that our partners know what we're like so we don't need to constantly please them anymore. Wrong!

The best way to show your lover you have changed is to start changing tiny areas of your life. I say tiny areas because success is in the details. You use this period of limited contact or no contact (if you're separated) to work on yourself and your ex is going to start seeing changes within a month or even a week's time.

Everything that stems from this action works like an automatic attractor that stacks upon one another: you gain more confidence, confidence is an attractor, you get more fit, looking healthy is an attractor, you start to enjoy life more, being happy and content is an attractor, you get a better job or you get promoted, having more money is an attractor... do you see how powerful this is?

## **New Relationship**

Last but not least this is where you need to realize that getting back together with your ex or lover resembles not your old relationship resumed, but the start of a new and better relationship. Better because you're improved and more educated to deal with the problems that you will face. You're more aware and more grateful for your partner, you won't take them for granted and if for whatever reason it doesn't working out, you'll be able to move on with confidence because you've acquired the skills necessary to be on your own!

Remember relationships require work but it doesn't need to be hard work. A healthy, loving and balanced relationship is one of the most rewarding things you can experience in life and yes you need to work at it every day but every day you'll have someone to truly love and who truly loves you.

Love doesn't come without a lot of pain but pain isn't pain without love, it's two-side of the same coin - you just need to embrace it for what it is and nurture it with all you have.

## **Conclusion: Where to from here?**

One last tip about getting your love back and that is to take action. If after reading all this you don't do anything then nothing will happen. One of the biggest reasons I see people fail is that they are just too scattered.

You know, you go on the internet, read a bunch of information here and there, some of it is good, and some is just crap and a lot of it you need to filter through to get to anything decent. Then you go away and come back, what do you have at the end of the day?

Bits and pieces of information scattered all over the place in your head that has no way of being organized. So because it's not organized, you don't take action, your brain says "oh it's too hard to sort this out, I can't be bothered..." so you don't do anything and a week later you're back where you started.

I know because this happens to everyone when they're seeking information on the internet. There is just too much stuff out there - you get swamped with information overload.

The difference between having a plan to follow and not having a plan is tenfold. The thing with relationships is that often times you need to step back and see your progress from miles above you. Since you can't be outside of yourself to see, you need some guidance right?

I hope this e-book has helped to be the guidance you need. The tips in here will help you when you feel most lost and uncertain. Hopefully you'll now have a plan you can follow and tackle through till the end.

Best wishes,  
Katie

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