



By

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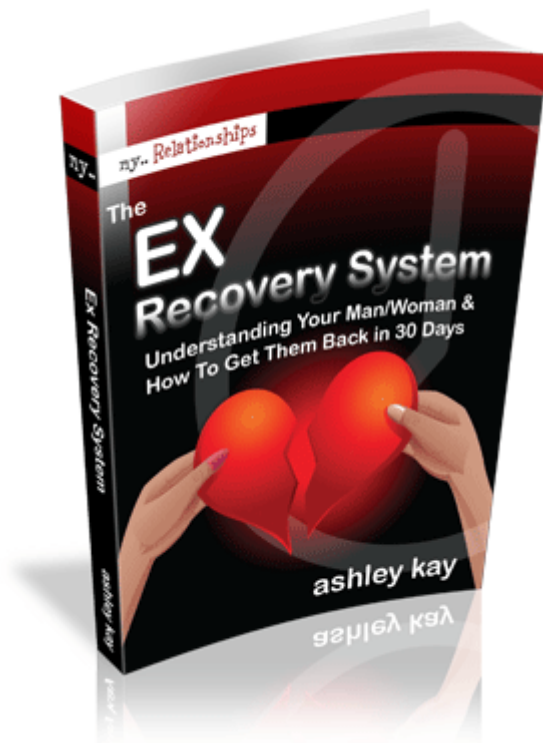
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Introduction

Your heart is broken and you can't stop thinking of your ex. You miss your ex so desperately, and you'll do just about anything to win your partner back.

You believe the two of you are soul mates, destined to be together and for whatever reason you broke apart, you genuinely believe that you really can repair what's broken and strengthen the love you once shared.

Despite the reasons why you split up, whether it involved infidelity, lies, mistrust or you simply grew apart, there are ways of reuniting with your ex, and not only moving forward but reversing the damage that's been caused so that you are able to fall in love with each other all over again.

Time changes all of us, and for many couples who have been together for a long time, they fail to recognize just how important their partner is to them until it's too late. We take people for granted, assuming they'll always be there for us and when they up and leave, we panic, scramble and realize exactly what we lost, and how important they really were to us.

Just know that there is still hope, and if you're dedicated to repairing your relationship, you CAN make it happen.

Let's take a closer look at the 7 simple ways of getting back with your ex.

Get Your Ex Back Strategy #1: Improve Yourself

One of the most powerful things you can do to recapture your ex's attention is to go through a complete self-improvement overhaul that starts from the inside – out.

Do you know what this will do for your chances at reuniting with your ex?

It will remind your ex of why they fell in love with you in the first place, and it will take them back to a time when you were happy and excited about exploring one another as you grew closer every day.

You also want your ex to see you and think “*Wow, she or he looks great. I wonder what he/she is up to*”.

If you do this right, your ex won't think you are doing it for them, but for yourself and again, this confidence is a powerful magnet that will draw your ex in, and get more attention than you ever could any other way!

Here are a few ways that you can begin improving your self image:

Join A Gym!

There is no better way to begin the self-improvement process than to join a local gym. Not only will you make new friends, but you will be able to get some of that stress out through a powerful work out!

Become Social

The last thing you want is for your ex to see you as someone with no social life, who is sitting at home pining away the hours until they return. If there is no

threat of you moving on, your ex has no reason in the world not to just do their own thing until your ex feels like coming back.

Take Up A Sport

Odds are that you enjoyed something that you may have pushed aside to focus on your relationship. Perhaps you used to play hockey, pool or baseball. You may have gathered the guys up for a game of poker once a week, or you went golfing. Now is the time to renew those relationships with your friends. Invite the guys out for a day on the town, or onto a field for your favorite sport.

Take Up A Hobby

This is time for you so spend it focused on things that you enjoy. Perhaps you enjoy camping, hiking, model cars, or playing an instrument. Whatever you enjoy, now is the time to dive right into it.

Take Up A New Skill

Are you into computers? Spend some time learning a new skill such as programming or designing. Perhaps you have always wanted to learn photography, or you wanted to finish that book that's been sitting at your desk.

Get Your Ex Back Strategy #2: Take Your Time

If it's full speed ahead for you and your ex, both parties need to check themselves. There are things that should have been resolved prior to you guys getting back together.

Here are some things that you need to do before you rebuild that commitment again:

- If your relationship was wavering, you and your ex need to make sure that this time around the outcome will be different. Both of you have to make changes in order for the relationship to work and grow.
- You and your ex have learned what to do and what not to do from your previous relationship. The mistakes that were made back then are history. You have realized that you can't do the same things again.
- Any problems that both of you had with each other have been resolved. Those issues will not or should not come up again. It's important to hash out the past before moving on to the future.
- Both parties must be willing to give and take. It can't be one person always giving and the other one always taking. There has to be a balance. Also, there will be times when you have to compromise, even though you may not want to.
- Both parties will need to agree to disagree. It's obvious that you're not going to agree on everything, but you can agree to disagree. Doing that will give both of you a peace of mind.
- You and your ex both know what you want out of the relationship. You have sat and talked with each other extensively. You know each other's habits, what makes you alike as well as what makes you different and you're willing to accept that.

- You don't have to be around each other all of the time. Even in a relationship, you still need space. If you don't one of you may start feeling needy. Or one of you may start feeling cramped.
- Move on from past mistakes. Both of you are looking for a fresh start, so what better way to do it than to move forward? Looking back in the past just keeps you behind. You can't move forward if you're always dwelling on what happened before, especially if it was negative.
- You have confidence that the relationship will work. You and your ex can work together to iron out any differences that you may have.
- You have genuine respect for each other. Neither of you is about disrespecting the other in any way.
- Be able to be affectionate toward your ex again. This is one of the main parts of getting back together. There has to be genuine love and care for each other. Don't just get back together because of the intimacy and the lovemaking that you miss so much.
- Remove any jealousy or envy from your relationship. You nor your ex can have a satisfying and productive relationship if one or both parties are insecure and can't trust each other.

Get Your Ex Back Strategy #3: Evaluate Your Relationship

When you are working on getting back together with your ex, both of you have to keep in mind that it takes TWO people to repair a relationship. Both of you must agree to do what it takes to make it happen. If only one of you wants to make progress, the relationship will be doomed from the start.

After both of you have decided to move forward with getting back together, you will have to take renewed steps to get it right this time. Maybe one of you has a habit of a bad temper.

Renew your mind so that you don't flare up every time something does not go your way or there's something you're not happy about. Making that step to change bad habits is required if you truly want to make your relationship work.

Basically, you are starting all over again with your ex. Make it a fresh start. Think about the first time the two of you met and made it work. Get reacquainted with each other. You will have to get to know each other again from the beginning. Think about some of the special times that you had with your ex. See if you can rekindle some of those times again.

Seek and ask for forgiveness for the mistakes you made in the previous relationship. Also, forgive yourself for what happened. That is the only way that you can move forward without carrying a burden of guilt.

You and your ex need to be willing to change your thinking about certain things. You can't take some of the same attitudes that you had before and use them. They may be detrimental to your relationship.

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