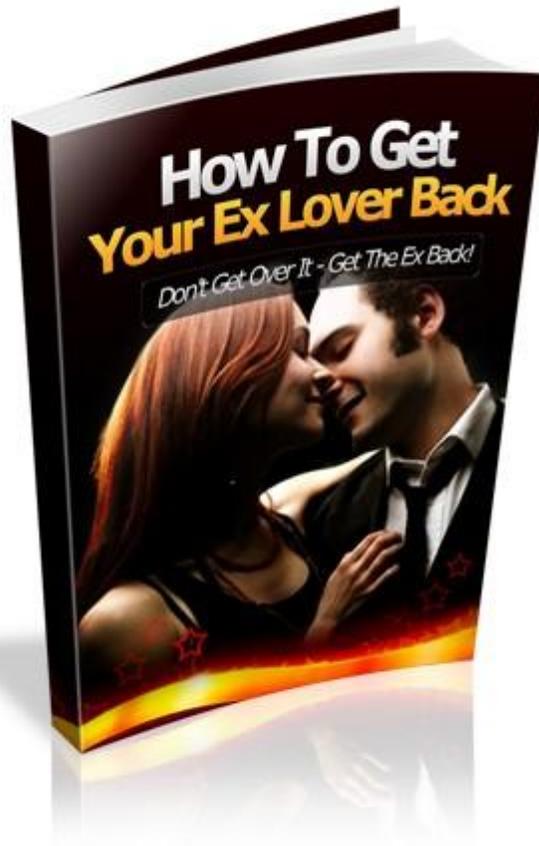


How To Get Your Ex Lover Back!

<http://mybreakuptomakeup.com>



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Introduction

The worst pain imaginable is having someone that you love tell you that they don't want to see you anymore. I, personally, would rather have my legs amputated without anesthesia than go through this type of pain. It's happened to me, it's happened to you and just about anyone else who has ever been fortunate enough to fall in love.

As you are sitting around with your heart feeling like it's been ripped out of your chest and fried up with liver and bacon, like something Hannibal Lector would eat, people will be telling you the following:

You will get over it

He/She was no good for you

Time heals all wounds

Move on (my personal favorite)

It is his loss - you were way too good for him (or her, however the case may be).

These are all tried and true things that people say to try to make you feel better. Some people will be bold enough to start trash talking your ex lover and telling you how they never liked his ears, how he was always burping in front of people and how he made a play for them when he was drunk at last year's Christmas party. This does not make you feel better. As a matter of fact, nothing that anyone says can make you feel better.

Let's face it - your heart has been ripped out and trampled on. And no one can say anything to change that except me. I can tell you something that can make you feel better because I can tell you how to get your ex lover back.

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The first time I tried this, I was 19 years old. I had a boyfriend who I liked but I could tell that his interest in me was waning. I immediately felt that this was because of the fact that I wouldn't put out. But the truth of the matter was that I was too clingy. I began by liking him a little, started to like him a lot and started to show my feelings.

The more he pulled away, the clingier I became. It really didn't help matters that he lived across the street. It also didn't help matters that his mother seemed to want us to get married and would often tell him what a great cook I was and how I helped my mother around the house. This was especially shocking because I was neither a great cook and never lifted a finger to help my mother. His mom liked me, though and I guess wanted to get her 20 year old son out of the house.

Anyway, I could feel him pulling away but seemed powerless to do anything about my clinginess, although I was smart enough to know, even at that young age, that it was driving him away. The night finally came where he said the fatal words - "We have to talk."

I knew what was coming and, at that moment, decided to enact a plan to get him back. Even as he was giving me the axe, so to speak, I was thinking of a way to get my ex lover back. Technically, he was not my lover, I was good girl, but you get the point.

When he told me that he wanted to stop going out, I shrugged it off

and said "okay, no biggie." Inside, I felt like a he put a knife right through me, but I managed to keep my cool.

He was shocked. He had been so sure of the fact that I was clingy and needy (and I was, so he wasn't wrong) that he was really taken back. He then told me how he didn't want to get married. I told him that that was not my intention; I was only 19 and had a lot of living to do. I then proceeded to get out of the car and walk to my door.

Before I could get to the door, he grabbed me and kissed me. This was odd, but I continued with my plan. I wasn't sure how this was going to work, but I knew that whatever else happened, I still had my pride.

The next morning, I stayed home from work and spent the day throwing up and alternately looking out the window for his car. I was determined to get him back, but didn't know how.

I made a few mistakes. I made myself too available at the house because I was friendly with his sister. He saw me there and I acted nervous when I saw him. I also visited with his mother. She was on my side. He seemed aloof.

Something interceded that helped me, although I didn't know it at the time. I met another boyfriend. I started to go out with the other boyfriend and took my mind off of my ex lover across the street. One day, I was outside washing my car and he came over to chat. And low and behold, he asked me out on a date!

I wasn't even trying to get back with him at that point. I told him I was busy on the night he asked me out but could make it another time. Again, I acted unimpressed, but inside my heart was leaping. He asked me out for another night and I said "sure, I don't care."

We got back together. This time, I vowed not to act clingy or needy. The relationship did not last, but when we parted ways a year or so later, we did so as friends and it was a mutual decision.

When someone breaks up with you, they often break your heart. The last thing you want to hear is how you will mend. Yes, you will mend eventually, but this is not the time for anyone to say things like "time heals all wounds" because it really doesn't help at all. You are better off dissing the ex.

The funny thing is that people break up and get back together all of the time. This is no big deal. My son just got back with his ex girlfriend who he dated for over a year and with whom he had broken up with for nearly a year. He was devastated at the breakup, but used the advice in this book and won her back.

Think about it - if someone liked you enough to go out with you for a while and continue a relationship for more than a few dates, there was something there. There can be a variety of different reasons why he or she broke the relationship. In most cases, one person is moving along too quickly for the other person. In other words, you are not both on the same track. The person who is moving too quickly has to slow down and get on track with the other party and get them to move along a little in order for the reunion to work. This is not difficult and

happens all the time.

This book will take you step by step and teach you how to get your ex lover back. This is not "stalking." This is not obsession. This is not even unhealthy. This is simply about getting giving yourself another chance at something that you want.

The mindset to "give up" is not a good one to have. You need to be a little persistent if you want to get things done in life. You also have to know where to draw the line at persistence. You certainly do not want to give your attention to someone who is telling you to get lost. Follow the examples of this book and you will understand exactly how you can go about getting back your ex lover and keeping him or her for good.

Chapter One – The Break Up

How you handle the break up is an important aspect as to the strategy that you will have to take when getting back your ex lover. If you cried, threatened suicide, got violent or pretty much caused a scene, you did some damage to your chances at a reunion. Although you did not make it impossible to get your ex lover back, nothing is impossible if you set your mind to it.

The break up should not blindside you. If you are in tune with the relationship, you will see it coming a mile away. He or she will suddenly be “busy” a lot of the time. They will not call you as often or return your calls. They will seem emotionally distant.

Naturally, the more they behave this way, the more you want to be assured that they are still in love with you. You will start pushing them and they will continue to back away. This is the dance of death in a relationship.

If you can manage to stop this dance of death and back off, you may have a chance of avoiding the break up. Your lover will be perplexed at your sudden change of heart and may start to actually pursue you. However, if you are like 99 percent of people, you will find it very difficult to control your emotions in such a case. You know you shouldn’t call, but you can’t stop your fingers from dialing.

So the fateful day comes and he or she tells you that they need to “talk.” This is if you are lucky. Some people today are breaking up by e-mail and by text message as a cowardly way to avoid confrontation.

If the person is truly worth getting back and you have been dating them for a significant amount of time, they will have the decency to tell you to your face.

Whenever you hear "we need to talk," it is usually not good news. It usually means that your lover wants to end the relationship. This is a big cue on which you have to pick up. It also means that you put phase I of your plan on how to get your ex lover back into action. You have to think quick in order to do this.

Act like the breakup doesn't concern you. Do not cry. Do not plead. Do not do anything that resembles begging. You are not a dog and he or she should be lucky to have you. Think like that and act as if it is no big deal. It will have an impact.

If you are afraid to do this because that you think if you plead and beg they will see how much they mean to you and change their feelings, they won't. There is only one way to get them to change their mind and that is to throw a wrench into the works. They think they have you all figured out. You throw them for a loop with your nonchalant attitude towards the entire thing and they are totally taken off guard. This takes some acting, but you can pull it off. Just think of your goal, which is how you are going to get them back.

You can add the "I hope we can still be friends" bit in there. This is always good for good measure. And it helps if you are not threatening them with curses and physical abuse when you say this. The "we can be friends" is a nice, adult way to end a romantic relationship. It also keeps the door open.

Most men will say this automatically, unless you have behaved like Glenn Close's character in "Fatal Attraction." Men rarely like to toss anything out, especially women. This is why they have little black books. Women, on the other hand, are less apt to want to "stay friends" with a guy with whom they've broken up. They may say this, however, but not mean it.

If you can manage to get away from them without shedding a tear and looking back, you have passed the first step in "getting back your ex lover" with flying colors. You can then move on to step two.

If you have already had a breakup by the time that you have read this book, do not worry. Your step two might be a bit more difficult and you may have a tougher time, depending on your reactions at the breakup, but you can still get back your ex lover. Unless, of course, you committed some sort of crime against him. Although that's not totally true, either. There are plenty of people who have taken back someone who has done something drastic at the breakup. Take the example of Bob and Elaine.

Bob and Elaine - A Typical Case

Bob and Elaine were dating for a few years. Elaine wanted to get married and Bob wanted to stay single. Finally, Elaine decided to give Bob an ultimatum - either they get married or break up. Bob chose the latter. Elaine was devastated.

After three years of being together and believing that their future was

destined together, Elaine was more than a little angry at Bob. She tossed a rock through his window and wrote nasty words on his windshield with lipstick.

Bob knew that Elaine was behind the vandalism. However, he did not call the police. Some of his friends advised him to get a restraining order against Elaine and called her a psycho. Bob never talks to those friends anymore. The reason is because he and Elaine are now married and have two kids.

How did Elaine and Bob get back together after she damaged his home and car? Very simple. Elaine used the tried and true tips in this book.

After she had her little rabbit boiling session (this is a metaphor from "Fatal Attraction," Elaine did not really kill a rabbit) she cried and got depressed like most women do. But something odd happened that might have been fate interceding on her behalf. Her phone went dead.

Elaine probably would have called Bob and continued to call him because she just couldn't get over the fact that he could callously dump her. She didn't call him because she didn't. The phone company had trouble on her line and her phone was out for nearly a week. This was before the days of cell phones so Elaine had no choice. She would frequently drive past Bob's house but that was as far as it got. She never rang the bell.

When the phone was repaired, Elaine found that it was better not to call Bob. That she wanted to prove to him that she could get along without him. She really convinced herself of this and, because they

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