

my.. Relationships

Presents

The First IMPORTANT
Steps to
Get Your Ex Girlfriend Back
Lightning Fast

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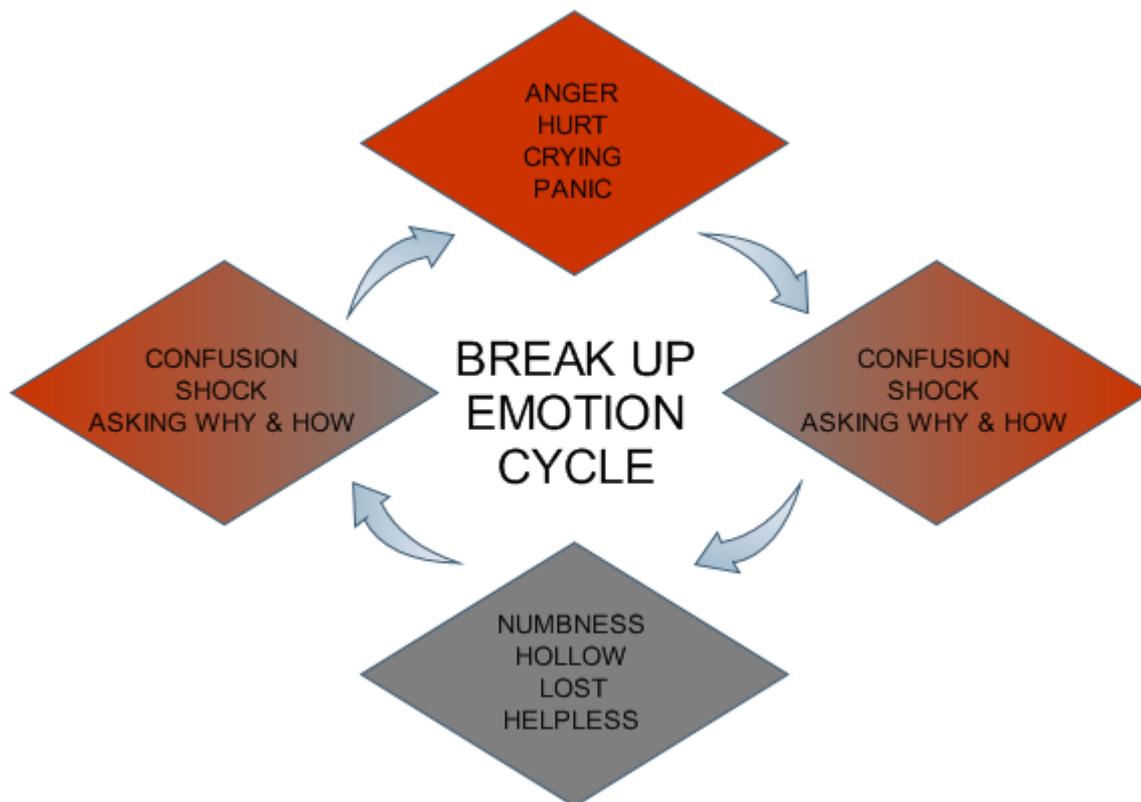
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Where to Start...

Most people freak out in the initial stages of a break up. Emotions run high and you feel like a complete mess. Here's a look at a typical Break Up Cycle:

The Break Up Emotion Cycle



This cycle can last for weeks or even months. When you're in this state of Emotional Cycle, it's very hard to know what to do or what to think. And the worst part is it's extremely difficult to pull yourself out of this emotional cycle.

Your mind is virtually like a mini cyclone of NEGATIVE thoughts and feelings.

The thing is we can become ADDICTED to these feelings. The more you feel bad, the more you want to **FOCUS** on feeling BAD. Makes no sense, but a part of our human nature is that we NEED to feel emotions, whether good or bad. It's what separates us from machines and other animals.

Ex Recovery System

The problem is you can't FUNCTION when you're in this state. When you can't think rationally, or feel NORMAL, how can you possibly attract your ex girlfriend back? That's when you start making crucial errors like:

- Calling her over and over.
- Professing your love.
- Crying and begging for forgiveness.
- Using guilt trips or anger to try to change her mind.
- Getting frustrated and doing all sorts of illogical and inappropriate things to get her attention.

Now what do you think your ex girlfriend is going to think when you start to freak out on her? The LAST thing she would want to do is come back to a needy, desperate and irrational guy who probably doesn't even know what went wrong in the relationship.

Don't feel bad if you have made these mistakes, it's quite common.

Getting Your Emotions In Order

If you're certain you're still going through these emotions on a regular basis (eg. Daily) I want you to first:

- Recognise they're there.
- Understand they won't completely go away unless you're over the break up.
- Understand that in order to get your ex girlfriend back *as quickly as possible*, you must CONTROL your emotions first.

Emotions can be controlled by DIVERTING your focus. When you FOCUS on these emotions, that's when you start to lose yourself in it. All you need to do is alter your focus, DO something else. Go somewhere. THINK about something else. Don't allow yourself to be locked into tunnel vision once you start to run one of the emotional patterns.

Recognise when it happens and then INTERPRET the pattern by doing something else!

Ex Recovery System

In The [Ex Recovery System](#) I let you in on 2 Powerful Tactics for coping and keeping down those *Emotional Feelings of Panic*: The **Complete Control Technique** and the **Instant Emotion Buster**. I use both myself and they're true lifesavers for times when you feel you can't "handle your heart break anymore".

But MOST importantly they're TOOLS you can use to **instantly feel good**.

The faster you do this the **faster you can get your ex girlfriend back!**

Once you download the [Ex Recovery System](#), you'll see how simple these actually are!

Turn Up Your Attraction Meter

The next step is to increase your ATTRACTION/HOT/Babe Meter... whatever you want to call it. You know, the chemistry between you that were present in the beginning of a relationship but have since died.

You want to increase your ex girlfriend's DESIRE for you, the easiest and quickest way to do this is to:

Turn your focus away from your ex and onto YOURSELF.

This concept goes along the same lines of "reverse psychology". Since the break up, you've likely made yourself extremely available to your ex, in the hopes that she'll think you care, love her and want her back.

Unfortunately that's not how attraction works.

You must agree with the break up & remove availability to inject DESIRE.

The only time you want something is when you don't have it right? Therefore if you want your ex girlfriend to want you, you must make sure she **doesn't have you**.

BUT, remember there is a RIGHT way to do this, and a WRONG way too. I mean, you certainly wouldn't want to be SO removed from your Ex, that she runs away thinking that you're not interested anymore, do you?

In [The Ex Recovery System](#), I reveal EXACTLY what you need to do to inject the RIGHT kind of desire into your Ex, without making her think you've lost all interest!

WARNING!

Being Friends With An Ex Girlfriend

One area people make a mistake of is by “agreeing to be friends” with an ex. Please let me stress, you do NOT want to be labelled as FRIENDS.

This means even IF you have agreed to be friends, instead of telling her “you've changed your mind” – which is inconsistent with your earlier action – you're just **not** going to put any label on your relationship.

Don't confirm or deny being friends.

But what if you are already friends with your ex? That's ok, just keep doing what you're doing, except with a few **secret attraction boosters**... these I reveal within [The Ex Recovery System](#), and they work whether or not you see or talk to your ex every day.

The Key to Putting It All Together

Remember, the First IMPORTANT steps to get your ex girlfriend back as quickly as possible are to...

1. Regain CONTROL of your emotions.
2. Turn focus AWAY from your ex and onto YOURSELF.
3. AGREE with the break up and put some distance between you and your ex (removing availability).

This is only the first steps to win your ex girlfriend back HOWEVER, you MUST have an overall PLAN, so you know exactly what to do NEXT.

Like I said, once you're onto the stage of removing availability and putting focus on yourself, you might still SCREW THINGS up if you don't know what to do next!

Ex Recovery System

The Ex Recovery System will reveal:

- The [\\$500 letter template](#) that has the potential to get your ex girlfriend calling you and chasing after you.
- How to **remove the pain** from the break up so you focus on re-attraction tactics to win her back quickly.
- The secret to [female psychology](#) that most men will never know about – this will give you the edge to get her back and make her think it was all HER idea.
- **TWO potent strategies for re-attraction** – [Direct and Indirect method](#). One focuses on in-person (direct) strategies while the other focuses on long-distance and non-direct strategies. This gives you the most versatile way to get her back if your situation is less than “ideal”.
- Different types of [No Contact](#) you should be aware of and when to use which!
- How to use **Facebook** to [lure your ex girlfriend](#) into missing you and making contact.
- How to make sure you NEVER fall into the **friend zone** and get her wanting you as a lover again.
- Much more!

The [Ex Recovery System](#) was written for men *just like you*, going through a break up and wanting a solution QUICKLY to help you **get your ex girlfriend back**.

I understand how frustrating it is to read a book and then realize the information is TOO VAGUE to actually take action upon. And the problem is many Ex Back products still do this... offering vague or general advice that doesn't REALLY produce results.

The **Ex Recovery System** is a **step-by-step solution** that hand holds you through every step of your break up. You won't ever be left guessing what to do next.

[Download The Ex Recovery System](#)

Not only does it detail all the steps on doing the RIGHT things, it helps you eliminate inner conflict and gives you the MENTAL strengths to carry through to be the Best Man you can be!

Ex Recovery System

You can obtain a copy of the COMPLETE Ex Recovery System within as little as 5 minutes. Due to the internet, it is available in digital format which you can download right away. No more waiting for books to be delivered and wasting precious time getting started.

[Download The Ex Recovery System Now](#)

You can try it risk-free for 60 days as it's backed with 100% money back guarantee. If for any reason you are not happy.. any reason at all with the Ex Recovery System.. you can get a prompt and immediate refund... best of all you can keep the entire system as well!

I hope to talk to you soon,

Your Pal, Ashley

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[The Ex Recovery System: Get Her Back Edition](#)