

Learn How to Win Back Your EX!



You Can Rekindle Love Even If It Seems Hopeless!

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➡ Now You Can Get Your Ex Back!

It's happened to everyone, you loved someone and then you lost them. We all go through break ups as we search for that perfect someone but sometimes we lose someone that we want back or didn't mean to lose in the first place. There are so many reasons behind breakups, cheating, incorrect timing, and misunderstandings.

Once you have time to reflect and ponder what you've done, you realize that you didn't want to break up, that in fact your life isn't complete without that person. What a terrible realization after you've lost them! Breaking up is hard enough without the unpleasant knowledge that it was the wrong decision.

Once the trust has been broken and you've hurt the person you are so desperately in love with it can be hard to get them back. They are justifiably hurt, angry, maybe even confused by your reactions and will look upon your efforts to regain their love with suspicion and the fear of being hurt again.

Sometimes groveling and pleading just won't do the trick. When you want to win back the love of your spouse, boyfriend or girlfriend there are other ways, if you are determined and committed to winning this person back.

Remember, nothing is ever hopeless, it might just seem that way. Your boyfriend may not be returning your calls, your girlfriend may already be seeing someone else or your spouse may already have filed for divorce.

Whatever the problem, there are ways that can bring your relationship back from the brink. You would be surprised at the types of problems that can be overcome. You may be so caught up in your despair that you can't see the possibility of ever reuniting.

Nothing is a guarantee but if you think about it and look around you, you will realize that you know a bunch of people who have overcome obstacles. You probably know a lot more couples that have gotten back together than you think.

There's probably someone who has overcome infidelity, you probably unfortunately even know someone who has taken an abusive boyfriend or spouse back. While this is definitely not a wise course, it just demonstrates that people can get back together, even after the most horrendous and horrible breaches of trust.

These men and women who regained the love and trust of someone they cared about probably didn't realize what they were doing but they were lucky enough to have said and done a lot of the right things. These guys weren't Casanovas and these girls weren't Aphrodite. However, they were able to win back the person they lost and fix the problems that were created. They probably did it by accident and probably don't appreciate the luck they had.

It would be nice to be a fly on a wall and learn the tricks these people used but unfortunately we don't have that kind of transformative power. However, there are some guidelines that should be followed when considering how to best attract an ex back into your life.

Being too desperate or needy is not attractive and definitely not a winning strategy. Being too apologetic also won't work because it will just remind them that you have a lot to be sorry for and they will become even more distant and angry.

A couple I know, Dan and Jamie suffered through a tremendously difficult period that tore apart their relationship. Shortly after 9/11, Dan lost his job. The financial strain this put on the family was overwhelming. Jamie had to work more and felt resentful of the time she was missing with her children and Dan's inability to pitch in. Dan was feeling worthless and miserable. He had difficulty finding another job and felt his role of primary provider and man of the house had been turned on its head.

He was depressed and rather than pitching in around the house to ease Jamie's workload, he sat on the couch and tried not to even look at Jamie because he hated how overworked and tired she looked and how miserable it made him feel. They grew apart and before too long had become roommates, not husband and wife. They stopped having sex, they stopped touching each other, and they even avoided eye contact as much as possible.

Their once loving relationship hit a rocky road and like many couples they didn't know how to handle it together and this led to the dissolution of their marriage. It wasn't an acrimonious divorce, it was just a sad one, both people wondering what had gone wrong and how this could happen to their family. Dan and Jamie's story is familiar to many people.

All couple's go through hard times, relationships are not always easy, they take work and determination. There are emotional and physical highs and lows and how you weather the tough times is just as important as how you relish the good times. The best way to get your ex back, is to communicate with them before you lose them. If you're like Dan and Jamie and the damage has already been done, you can still repair your relationship and get back with the one you love.

➡ Symptoms of the Lovelorn

Losing someone you care about, whether you are to blame, they are or you both are can produce quite a lot of heartache. The symptoms can be pervasive and intrusive to your daily life. You will suddenly become a sentimental fool and cry when you hear certain songs, watch certain movies and do certain things. Most people never imagined they could be turned into such an emotional wreck. Some of the symptoms your lovelorn heart might be experiencing include:

- ❁ Loss of appetite
- ❁ Crying when you hear songs that remind you of your relationship
- ❁ You've stopped listening to music
- ❁ Your overeating or starving yourself

- ✿ You email or text your ex constantly, even when they don't respond.
- ✿ You call your ex frequently
- ✿ You rush to check your messages, hoping for a call or a text
- ✿ You stay at home so you won't miss the call or message that you hope is coming
- ✿ Obsessing over the end of your relationship
- ✿ Spying or stalking your lost loved one
- ✿ Depression
- ✿ Thinking about what you said to each other and what you would say if you ran into him/her again.

Even when you do get a chance to talk to your ex, the conversations will usually go downhill quickly because we say and do all the wrong things. We are so eager to get them back but we just end up making them defensive and angry and we get panicky and anxious ourselves as their negative reactions make us even more fearful that we have lost them forever.

Here are some common mistakes that are made when trying to get someone back.

- ✚ We try to explain to them that we are the love of their life and that their life will be incomplete without us.
- ✚ We apologize for anything and everything.
- ✚ We promise to change (or promise to change for real this time, if you've promised before).
- ✚ Try to explain that it wasn't really our fault.
- ✚ Beg, plead and cry to get taken back.

The problem with these common approaches is that they are either too egotistical or too pathetic. If you try to emphasize how great you are and how incomplete their life is without you, then they will be turned off and angry. Likewise, if all you do is beg and plead, they will be reminded why you are pleading and crying and become even angrier that you are stooping to emotional blackmail after you have injured them.

There are countless men who have welcomed back women into their arms after they have been cheated on one, two, even three or more times. There are many women who have

waited years for men to come to their senses and return. Both women and men are capable of incredible acts of patience, forgiveness and love. All you have to do is tap into the pathway to forgiveness, acceptance and a reigniting of your loving relationship.

While this information is being decimated publicly, it is also meant to be used responsibly. This instructional information is not intended for dangerous or malicious people. This is not an instructional tool for psychos, stalkers, convicts, people with emotional disturbances, or people trying to attract a married person. Be respectful of other people and use this information responsibly, in a productive and non-disturbing manner.

➡ Cautionary Notes

While the techniques described in the book [THE MAGIC OF MAKING UP](#) do work, it is important to not bank on it. Each relationship situation is different, each ending is different and some of the techniques may be applicable and some won't and sometimes there simply is nothing to be done to retrieve a relationship. In that case, you know that you've given everything you've got to resuscitating it and you put your best foot forward. You will live through the heartache and the techniques you have learned will help you the next time you are having relationship troubles.

These methods stick with you throughout your life and will help you salvage many personal relationships and prevent countless others from deteriorating. There is no price tag that can be placed on that. Learning how to communicate with other people, especially loved ones effectively, is a lifelong tool and an important learned behavior.

There are some cautionary notes to consider before embarking on the strategies contained in [THE MAGIC OF MAKING UP](#).

Remember, there is a chance, albeit a small one. A lot depends on the reasons for the demise of your relationship.

- ♥ Your reasons for wanting him or her back should be genuine and real. It is not fair to play with another person's emotions and tease them with on and off again relationships.
- ♥ Analyze and understand the reason you broke up in the first place. Some relationships just should not be rekindled. Please think about this, particularly if you were in an abusive relationship.
- ♥ Don't let someone else take advantage of you. Relationships should not be based on what someone else can do for you financially and vice versa.
- ♥ If he or she broke up with you for someone else, think about whether you really want him or her back. They already had their chance with you and you deserve someone better. Use the techniques in this book to help you find and keep a better partner.
- ♥ If you are winning someone back by getting them to cheat on their current partner, you need to realize that this person is not right for you. They are a cheater and if a person cheats once, they will probably do it again and you don't want it to be on you. That being said, there are methods discussed in the book for overcoming infidelity. Mistakes do happen, but it is important that you commit to being true to your partner or spouse going forward.
- ♥ Don't pursue married people, even if you know he or she is the one of your dreams, your soul mate, and your true life partner. Have enough respect for yourself, your ex and their current spouse to respect the union of marriage. There are already too many broken homes in this world and you do not want to add to the pile up. It is bad karma.
- ♥ Listen to your friends and family. Sometimes they have a better perspective on your relationship than you do. Sometimes you are so blinded by your love that your ex's true nature remains concealed. Consider outside opinion about your ex before deciding to woe him or her back.

➡ Understand Why Your Relationship Ended!

The first place to start when trying to win your ex back is to think about how and why the relationship ended in the first place. Relationships end for so many reasons; sometimes there is an incredibly painful breach of trust, an affair, abuse or continuous betrayal that leads to a breakup.

- Sometimes relationships end because of long term separations. Your spouse or boyfriend may have been sent to jail, your spouse or girlfriend may be living and working in a different city, your spouse or partner may have had to move somewhere else to find work, take care of loved ones or advance their career.
- Sometimes relationships end because of lies. Lies have a way of undermining the fabric of a relationship and can cause people to commit egregious acts to cover up their web of deceit. Financial fraud, theft or hiding money all fall into this category.
- Sometimes relationships end for silly reasons. You fought over who would take out the garbage, why a bill wasn't paid, or whether to go to a friend's party. These stupid little arguments lead to bigger fights because there is underlying tension in the relationship. Often this tension is a result of feeling either undervalued or unappreciated.

These are powerful feelings that can color the whole way we view a relationship and make us more susceptible to uttering those little words "It's over!" when we get angry.

When relationships end for small reasons, it is especially important to analyze the underlying quality of your relationship to ensure that you fully understand the negative and positive aspects of your relationship.

Relationships that end for these smaller reasons often take a lot of work because you have to deal with undisclosed problems rather than the obvious red lights that may exist in other soured relationships that ended for more obvious reasons.

The end of a relationship, no matter how good or how bad is painful. We grow used to the company of others and the absence of that presence often leaves us with a profound ache. This ache will pass.

Everyone has been through a breakup and survived, you will survive again. Often, we need to move on from our partners, even our spouses as we grow and develop throughout life. This may be painful but it may not be entirely bad. Just because a relationship has ended, does not mean it has to be recaptured. However, sometimes we make mistakes and only realize too late, how important the person we betrayed or hurt was to us.

We realize only after the harm is done, that we really belong with that person and he or she makes our lives better, not worse. This is a truly painful realization because we also must recognize our own failure in contributing to the end of our relationship and the hurt we surely inflicted on our spouse or partner.

While the pain you feel is probably deep and penetrating, it probably doesn't compare to the pain your spouse, boyfriend or girlfriend feels, especially if you were the one to end your relationship.

If you were the one shocked and hurt by the end of your relationship, you need to recognize that they are probably hurting too because endings are painful but you also need to recognize that they may not view it as a mistake like you do. However, whether you were doing the breaking up or you were the one broken up with, there are ways you can win the man or woman of your dreams back.

Just look around you to see how possible it is. You probably know a bunch of people who have broken up and gotten together and if you don't just open up a gossip magazine and look at all the celebrity relationships being rekindled all of the time.

➡ Learn What Men and Women Value!

Men are from Mars and women are from Venus, so it isn't surprising that they are looking for different things from a relationship. While this certainly seems obvious, both men and women don't really take the time to think about what the other needs.

It's not just men that are selfish, women are also very focused on what they are getting out of a relationship and how much they are giving and how little they are receiving in return. This emphasis on me, me, me is human nature. While men and women both need validation from any relationship, they experience this validation in different ways.

Men value sex, we all know that. While sex is certainly an important part of any successful relationship, it is not the only part. Men also want to feel valued. This is why men so often complain about how their woman nags them. It's not the nagging so much as the way it undermines their self esteem in their abilities and confidence as a man.

Men want to be recognized and appreciated for who they are and what they do. This is why so many men get depressed when they lose their jobs; so much of their identity is wrapped up in how they provide for their family and the people in their lives.

A woman can certainly nag, that's what women do and men know this, but they also need to balance this with an appropriate recognition of the value that the man brings to their relationship.

Women value sex, this is something most men don't really recognize to its full extent. While sex may not be the all consuming drive it is for men, women value the release and adoration that comes with sex just like men do. Women enjoy sex not only for the pleasure but how it makes them feel desirable and attractive. This is just as important as the physical release which is why foreplay is so much more important to women than it is to men.

Women also value being appreciated. Women want to be recognized for every little thing they do for you. If they leave a little note for you in the bathroom or in your briefcase, or cooked you a special dinner, or wore a new piece of lingerie you better mention how it made your day or your woman will feel unappreciated.

Each little gesture should be recognized or resentment will build. She will start to question why you don't appreciate the things she does for you, why you don't value her. Pretty soon there is tension and you may not even realize what you've done.

Once you've figured out what your ex partner values, it will help you understand what went wrong in your relationship. Write down a list of five times when your spouse, boyfriend or girlfriend was happiest with you (it could be a surprise, a special occasion, an ordinary night where her smile lit up the room, or when he told you how much he loved you).

1. _____
2. _____
3. _____
4. _____
5. _____

Look over this list; you'll probably see some patterns and common reasons for your wife's happiness or your boyfriend's pleasure. It could be that you did something out of the blue that surprised and touched him or her. It could be that you put together a particularly sentimental gift. You could have gone out of your way to do them a favor. Once you think about these happy times, you'll probably realize that your significant other felt special and important and that's how we all want to feel, whether we admit or not.

Now write down five things that are important to your lost loved one. They could be family members, friends, hobbies, interests or anything else you can think of. Try to think about what they value most.

1. _____
2. _____
3. _____
4. _____
5. _____

Now think about how you recognized those interests!

Did you ever attend one of her charitable meetings? Did you ever watch a baseball game? Do you even know the names of the player's on his favorite sports team? Did you ever comment on her knitting, or the beautiful flowers that she somehow brought to life in your front yard? Were any of her hobbies important to you? Did you ever take an interest in anything he liked? The answer to all of these questions is probably no.

There's an old saying that opposites attract but that really isn't the case. When you have areas of compatibility with your spouse or partner that makes for a much better foundation to your relationship.

If you are able to talk the same language, understand what each other likes and dislikes, this creates more of a connection. If you are totally clueless about sports, this eliminates half or more of the topics your guy cares about. If you don't care about the industry he works in and don't care about his career, that takes away another portion. As your topics of conversation dwindle, he feels less valued and you grow distant, since there's really nothing else to do but go to bed.

The same goes for girls. Women value a multitude of things from their friends and family, to their hobbies and interests. If you aren't interested or at least pretend to be in the latest catastrophe that has befallen a friend of hers then you are of no use to her.

Without a passing interest in her likes and dislikes, you will have nothing to talk about as well. That doesn't mean you have to start knitting or go to yoga class with her. It just means you need to compliment her on how beautiful the 50th scarf she has knitted is or ask how class was today. These simple inquiries place a value on her and her interests.

Now think about the times when you fought or your spouse or girlfriend was really unhappy with you. Write down five examples.

1. _____
2. _____
3. _____
4. _____
5. _____

If you look over this list, the fights, arguments, or unhappiness probably revolve around your spouse or partner not feeling valued.

Women express this by telling their boyfriends or husbands that they are not listening to them. This statement often makes men crazy because they don't understand what she is talking about. Their ears are open and they heard, they just didn't have anything to say, no reason to empathize or worse thought whatever she said was just plain stupid or wrong.

Men, don't really know how to express their feelings as well, so rather than tell their partner they need more validation, they seek it elsewhere or withdraw from their partner completely, unwilling to deal with the problem. After all, men aren't supposed to be emotional or need support, it's not masculine. This notion is of course the farthest thing from the truth but its popular mythology and social conditioning nonetheless.

Once you've figured out or thought about the reasons your relationship ended, you are ready to try to win them back. It's important that you've taken the time to reflect on whether this person is really right for you or whether you just want to win them back so you don't feel alone, like a loser, or you want to be the one to end the relationship.

There are so many reasons not to get back together and only one reason why you should. Your life and his or her life will be better. It is important that you consider the other person in your relationship and whether it is really right for them to get back together with you. Some people are better off without the other and you need to make sure that doesn't pertain to you and your spouse or partner.

➡ **Desperation is Not Attractive**

If you really want them back, desperation, begging, pleading, crying are usually the worst way and are guaranteed to make him or her defensive, wary, and uninterested. Pleading the next day or the next week isn't the way either.

Give your ex some time to reflect on the relationship; maybe they'll come to the same conclusion you did, that their life is better with you in it. If not, then give them some time to cool down, let the anger or hurt fade and experience a little of life on their own.

Crying, especially repeated crying often comes across as manipulative. Your husband or spouse will feel like they are being emotionally blackmailed to get back together with you. While it may even work in the short term or for a one night stand, it is not the basis on which a new and lasting relationship should be formed.

If a relationship is rekindled this way, you will always be the helpless one who couldn't survive without him and he is the one who graciously took you back. Respect is an important part of any relationship, and it will not be there if you get him back this way.

While men don't normally resort to crying to woe their lost loved one, many men do resort to aggressive behavior. Repeated phone calls, minor league stalking, confrontations where he lays out how great he is and how much you need him and even verbal and physical aggressiveness.

Some of this behavior is criminal while some is just plain scary or weird. It goes without saying, that intimidating your wife or girlfriend to get back together with you is the wrong way to proceed. Relationships based on intimidation or fear are not good ones and you are not the right person for her if you resort to these tactics.

➡ **Maintain a Friendly Relationship!**

This is an important part of the strategy in laying a ground work to win them back. Keeping open the lines of communication is key to finding a way back into your ex boyfriend or girlfriend's life. This isn't as hard as you think. Your ex is used to talking to you and will probably not hesitate to talk with you occasionally.

Make sure you don't constantly call, that you don't plot ways to "accidentally" run into him all the time and so forth. This is thinly veiled desperation and easily transparent.

For guys, this is especially effective because women like to talk. Be a sympathetic ear to listen to her problems as a friend. Don't try to push it, don't bad mouth other people that she may be dating or seeing. Be sympathetic and be an attentive listener. She will appreciate the opportunity to unburden her problems and she might begin to see you in a different light.

In fact, for both men and women, it is a good idea to try to steer clear of talking about any significant others in your ex's life. Talking about people they are currently dating creates too much of an opportunity to bad mouth them, beg to be taken back or some other pathetic action.

Finding a place in your ex girlfriend's life may be really simple for you. You may work together, take a class together or have some or all of the same friends. In this case, there are plenty of opportunities to talk to her and interact with her.

Same goes for you girls out there. Don't avoid him or her, just because you're in pain. It's a valuable opportunity wasted and will only build awkwardness and resentment between you two. Even if you're not sure you want to get back with him, don't close any door, options are always preferable to climbing up a steep mountain.

➡ Don't be Pushy!

This is key! Not being pushy goes right along with not expecting too much too soon.

You shouldn't expect that your girlfriend will want to get back together with you after you had one civilized conversation on the phone or that your boyfriend is dying to be with you after meeting once for coffee. Rome was not built in a day and your relationship cannot be repaired that quickly either.

The key is to find a pathway into your ex's life that is comfortable for both of you, puts you in occasional contact and doesn't seem pathetic, over interested or scary. You might have to endure your ex girlfriend seeing someone else, you might have to watch your husband hang around with another woman. Don't let this upend all your plans. Patience is key.

By making yourself a part of your ex's life, you are subtly reminding them of what it was like with you and they will inevitably compare their current situation to their past situation. If there was a real chemistry or real love there, they will remember and want to experience that again, especially if their current situation pales in comparison.

Even if this is not the case, even if the current situation seems markedly better, there are ways to still get him or her back. While the unknown has a certain excitement that can be stimulating, the familiar also has a pull of its own. There are ways that you can make yourself even more attractive and appealing to your mate than you ever were before.

Remember, Dan and Jaime from the beginning of this piece. Dan and Jaime remained in contact after the divorce because of their children and similar social circles. Since their divorce was not terribly contentious and they both still liked each other, it wasn't too hard to develop a nice friendship. After all, that's what they'd been before they were married, friends.

Dan eventually got back on his feet and realized how his actions had hurt his wife and children. He realized that he withdrew from his family because of his own depression and shame. Both Jaime and Dan discovered that their communication had died somewhere along the way and that neither of them took the effort to appreciate or understand what the other was going through.

They had lost sight of what their partner valued and how to express their appreciation for each other. Dan was successfully able to woo Jaime and his children back to their family. Their relationship is solid again and Dan has regained the love and trust of his wife and children. Dan followed the techniques outline in this book and he was successfully and you can be too!

If you want to learn more about how to win back your lost love, then read [THE MAGIC OF MAKING UP](#) . This informative book will take you through the steps of analyzing what went wrong in your relationship, how you can overcome it and more importantly how to win back your lost loved one.

It doesn't matter how great your problems are or what you need to overcome, these techniques have the potential to work for everyone. Men and women who have cheated

have been able to win their spouse or girlfriend or boyfriend back and go on to have fulfilling relationships. Men and women who have been divided by distance, fights and misunderstanding have been able to reunite with these techniques.

There are techniques that make us better at relationships. So many of us have never been taught how to properly share our lives with someone else. We know how to add and subtract, we know about the Periodic Table and Shakespeare but we don't know how to be in a supportive, caring relationship.

These are skills that are often not taught to us and as a result relationships end for many reasons, big and small. Some relationships should end, they are unhealthy, destructive or simply not the right pairing. But so many more can be repaired by better communication, better understanding and a greater insight into ourselves and our mate.

This book does not seek to change you, for that is the wrong way to win anyone back. It is important that we be proud of who we are and that we are loved for who we are, not who we can morph into. However, this book does help you understand what you and your ex value and how to bridge the gap between you.

Once you understand this, it will allow you to keep him or her once you've won them back. Winning your ex back is the focus of the book. Specific strategies and techniques for making you the most appealing person in the world for your ex are laid out in a step by step approach.

You will learn how to act confident and assured around him, even if your heart is beating wildly. You will also learn how to make her heart flutter, just by looking at her. You will learn how to work your way back into his or her life and how to stay there. Finally, you will learn how to take them back, even if they are seeing someone else.



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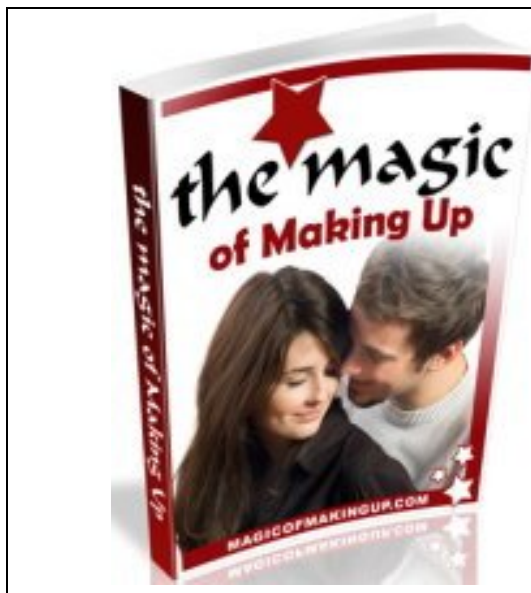
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