



# **BREAK UPS ARE OPTIONAL**

**Getting Your  
Ex-boyfriend Back**

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## INTRODUCTION

Break ups **are** optional.

How's that for a doozy of a statement?

It may seem almost outlandish to say that you don't have to break up with a guy if you don't want to do so, but it is often the truth.

Break ups **are** optional.

If you want your man back in your life, you can make that happen. That's what this book is all about. It's going to explain the nuts and bolts of getting your ex-boyfriend back at your side. It's going to explain both why it's possible and how you can get the job done.

### **Proof that break ups aren't inevitable**

Things might seem a little bleak right now. It might be hard to believe that you can get your guy back in your life again, considering your current circumstances. That's understandable.

But if we're going to get you on the road to getting him back in your arms, that mindset isn't going to help. So, let's take an objective look at some readily available evidence that break ups are optional, not inevitable.

I want you to think of a handful of strong relationships that you know of personally. Consider them in some detail. Ask yourself if any of those couples went through tough times while they were dating or married.

I'm willing to bet dollars to donuts that almost all of them went through something approximating a break up at one time or another. I know that's true in my experience and it's been true of most everyone else I've asked to perform that same experiment.

In fact, almost every relationship goes through a few rocky patches at some point. Even the strongest, most loving and stable relationships have had their ugly and tough moments.

My parents have been married for almost forty years. They broke up twice while they were dating!

Think about that for a second. What if they didn't believe that break ups were optional? What might have happened if one of them didn't take action in the face of a break up to re-start the relationship? Well, one thing is for sure-I wouldn't be here to write this book!

I'm not just talking about my parents, though. I'm probably talking about yours, too. I'm probably talking about countless amazing model relationships and romances that went through at least one break up.

All of those strong, stable and meaningful relationships have something in common- someone decided that breaking up was optional.

That's the decision you need to make. You can make it right now. If you do, you'll be well on your way to getting your ex-boyfriend back!

I have been using a few examples of married couples and long-term relationships here. If you're younger and aren't ready to settle down with someone, don't let that scare you off. The point is simply that many long-term relationships serve as proof positive that break ups really are optional.

Do you want him back? If you do, you're in the right place.

**Warning: The contents of this book are powerful**

We're going to march through a lot of information and perspective about rebuilding relationships here. Specifically, we're going to create a blueprint for getting your ex-boyfriend back in your life. The advice and insight you'll get will position you to bring your man back into your life.

That's powerful stuff. We're not talking about how to bake a great cake or how to successfully power wash your deck here. This material is about dealing with other human beings and, more specifically, with their hearts and minds.

That should do two things to you. First, it should get you at least a little excited. You'll be able to get him back and to take a second stab at building an awesome relationship. That's great news.

Second, it should imbue you with some sense of responsibility. You're going to be the recipient of some very powerful information and you're going to gain knowledge of some very strong techniques. As with any power, you'll need to make a decision-are you going to use it wisely?

I certainly hope so. I wrote this book because I want everyone to have the very best shot at fulfillment possible. I know that countless relationships that could have developed into something absolutely beautiful have been short-circuited simply due to a lack of information and understanding. That's a sad thing, when you think about it and it's why I feel so strongly about explaining how and why break ups are optional.

That information, though, has a potentially dark side. You can use it in order to make something special or you can use it to play unethical mind games with the men in your life. You can use it to develop a meaningful and happy romance or you can use it to toy with another human being.

Choose wisely and choose ethically, please. I don't want to turn this guide into a lecture on your responsibilities, but we will occasionally return to that theme. I want you to find love and happiness; I'm hoping you won't use these tools to torture another human heart!

### **What you can expect**

Before we start digging into the details of how you can get your ex-boyfriend back, let me give you a little overview of what we'll be covering.



**We're going to start with a very important question: "Do you really want him back?"**

That might seem obvious, but there are a few sneaky factors that can enter the equation before you decide to take action to rebuild a relationship.

After that, we're going to cover a basic, yet very important premise. We'll discuss how men perceive relationships and romance. This information is absolutely critical to taking the right steps to get your ex back. Too often, women approach this based on misconceptions and oversimplifications about what men want. It isn't all about sports, beer, and scantily-clad girls-despite what the media and others might be telling you!

Finally, we're going to get into the nuts and bolts of getting him back at your side. That's where we'll discuss some of the strategies and techniques you can use to jump-start your relationship. Resist the urge to skip ahead to the "tactics" portion of the book, though. These strategies work only when you know you really want that guy back in your life and their success is premised on an understanding of the "male relationship psyche".



## **No dwelling on the past**

We're not going to go into massive detail about the reasons behind break ups. There are a few reasons why I've decided it doesn't make a great deal of sense to focus on what led you to your current predicament.

First, there are as many reasons for breaking up as there are relationships. If you think that your relationship is sputtering because of one specific thing, you're probably not really correct. Things happen for a multiplicity of reasons and trying to isolate every specific cause is a doomed proposition.

Second (and this is good news), it doesn't really matter. In the end, it's all about getting back together and staying together. Dwelling on what happened last year, last week, last month or even this morning isn't really all that much help. Now is the time to move forward, not to dissect the past.

Third, looking at causes for break ups and trying to diagnose discrete solutions for those causes isn't the right way to rebuild a relationship.

People often try to apply a problem/solution perspective to relationships. You know how it goes. You've probably done some of it yourself. "We broke up because of X; if we don't do X, we can stay together." That kind of thinking is really prevalent, but it doesn't really work.

Remember, there are always multiple causes of changes in relationships and trying to isolate and remove individual problems won't necessarily solve the large issue. Plus, when you start listing out every little thing that wasn't perfect and then try to find a solution for it, you'll get stuck in a never-ending hunt for perfection that just doesn't pay off.

In most cases, taking that approach leads to a lot of complicated scheming and a set of "rules" that probably run contrary to the personalities involved. It simply doesn't work.

The best way to get back together involves looking at things from a larger perspective and dealing with them on that “meta” level. That's the trick to getting your ex back and the strategies we'll discuss fall into that “loftier” category. Guess what? It works.

We will occasionally discuss some of the things that gum up relationships. That's unavoidable as we cover all of this territory. It won't be our focus, though, and it won't serve as the basis for how to get back together with your boyfriend.

So, it's time to stop dwelling on the past. It's time to move forward!

### **What not to expect**

If you were expecting advice on how to trick a guy into liking you again, you're going to be disappointed. If you wanted fashion advice designed to interest an ex (lower cut blouses and higher hemlines), you'll be frustrated.

If you want dirty tricks and sneaky schemes designed to fool a guy into wanting to be with you, you're in the wrong place. Finally, if you were expecting someone to tell you to sell out your own personality and to adopt a phony persona to fool a man into being interested, you won't like this ebook.

There are a ton of dirty tricks a woman can use to interest a guy. Some of them actually work. I have no doubt that you could use an assortment of unethical and sleazy techniques to convince your ex to come running back to you. However, those tricks and schemes wouldn't be honest. And, in the end, they wouldn't really work.

If anything, they'd get a guy back for a brief period (or a one-night stand), but would probably lead to a repeat of the break up. This time, however, it would be even harder to recover the relationship.

We're going into this process honestly and ethically. In an era where so many people are pushing dirty tricks and mind games as a way of making up, that might seem a little different. Maybe it is. But it works and it works well. ***You Only have the right to***

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