

my.. Relationships

Presents

**The First IMPORTANT
Steps to
Get Your Ex Back *as Quickly
as Possible***

By Ashley Kay

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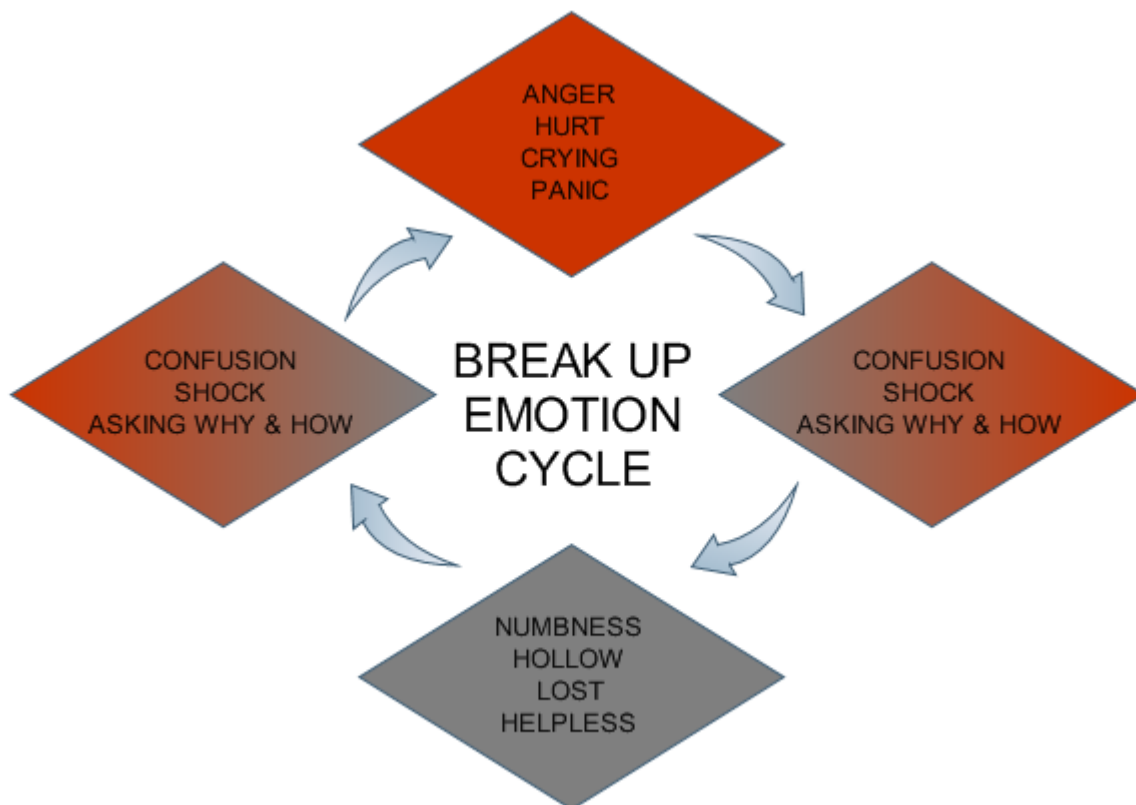
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Where to Start...

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.

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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 back? That's when you start making crucial errors like:

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

Now what do you think your ex is going to think when you start to freak out on them? The LAST thing they would want to do is come back to a needy, desperate and irrational lunatic 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 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!

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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 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's DESIRE for you, the easily 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 they'll think you care, love them and want them 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 to want you, you must make sure they **don'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 they run 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 them think you've lost all interest!

WARNING!

Being Friends With An Ex

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 them “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 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 getting your ex back HOWEVER, you MUST have an overall PLAN, so you know exactly what to do to 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!

The Ex Recovery System will reveal:

- When to initiate Contact – what to say, how to say it.
- How to get your emotions in order so you can AGREE with the break up.

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- Exactly what to say and do to get your ex back as quickly as possible.
- How to be the ultra magnetic babe so your Ex will instantly be attracted to you again!
- How to inject the fire and passion back into your relationship.
- Much more!

The [Ex Recovery System](#) was written for people *just like you*, going through a break up and wanting a solution QUICKLY to help you **get your relationship 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 or Woman you can be!

After reviewing dozens of competing products, **The Ex Recovery System** comes up MILES ahead of the rest because:

- It uses the **LATEST psychological tactics** that are subtle but extremely powerful. There are not ONE but **TWO primary methods** for getting an ex back – which is virtually UNHEARD-OF as you won't find this within any other product out there.
- It caters to average folks just like you, written in a simple to follow format, that isn't bogged down by fluff or filler content. Over 130 pages of PURE CONTENT.
- In-depth Examples on Letters, what to say, do or act when around your ex. I've been told this has been the most helpful as people learn best off examples.

Ex Recovery System

- Learn potent tactics that work extremely FAST in getting your ex to do a 180 degree in terms of your relationship... they'll be begging YOU back.
- How to quickly **ease your break up pains, mend your broken back and get your lover back** RIGHT NOW.
- Much much more!

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](#)

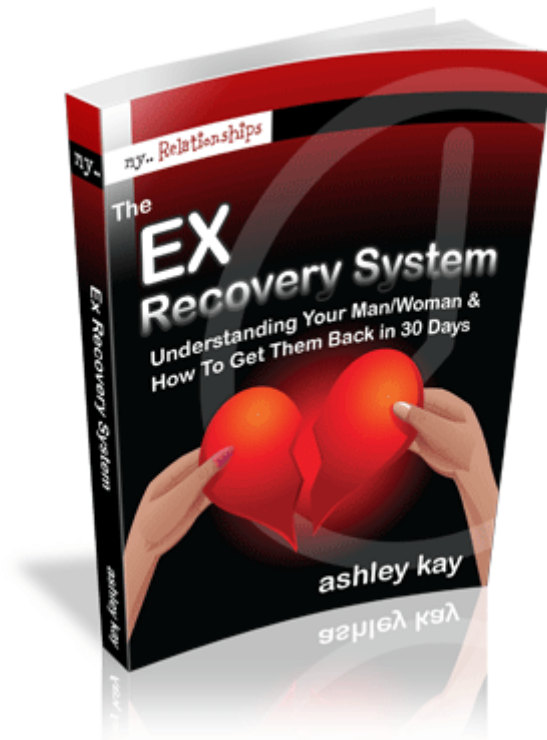
You can try it risk-free for 60 days as it's backed with 100% money back guarantee. If for any reason you are not happy.. any reason at all with the Ex Recovery System.. you can get a prompt and immediate refund... best of all you can keep the entire system as well!

I hope to talk to you soon,

Your Pal, Ashley

[Download The Ex Recovery System](#)

[Try Now Risk Free 60 Days](#)



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