

# Secrets to Winning Your Ex Back

A Guide to Get Ex Back for Long Distance Lovers



By

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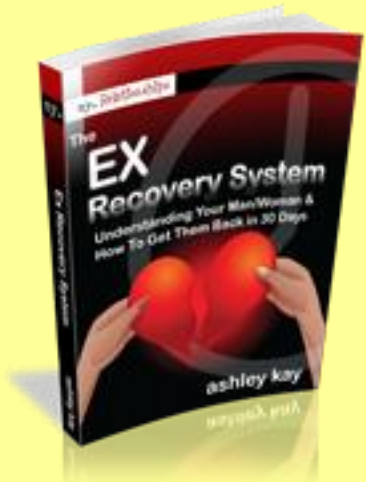
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## Discover The Secret to Getting Your Ex Lover Back Even If Your Situation Seems Hopeless.

Step by step proven system that reveals:

- 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.
- 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.
- 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!

[Download The Ex Recovery System – Understanding Your Man & Woman And How to Get Them Back in 30 Days or Less](#)

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!

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## Chapter 1

# How to Keep Long Distance Relationships Strong

Are you a Doubting Thomas that believes long distance relationships never last? It is easy to be skeptical when we're talking about distance between lovers. But a long distance relationship is not a hopeless case.

### Secrets of a Successful Long Distance Relationship

- Don't just sit around and wait for the time when you'll get together. Have a plan; focus on your career and think of a future with the two of you together.
- Keeping the faith, meaning since the two of you are strong enough to be long distance lovers, then your bond and relationship must be strong. With miles separating you two, you must truly believe in your relationship in order for it to survive.
- Trust is admittedly a major issue when it comes to long distance relationships. It's difficult but important to trust each other, don't spend your time worrying and accusing the other of infidelity.
- Communicate with each other whenever possible. In the age of technology, you have no excuse not to be able to keep in touch. Let the other person know what's been going on with you.
- Although it sounds expensive, making plans to see each other is important. It may not be as often as you liked, but at least you'll get the chance to meet every once in a while.
- A simple gesture like sending flowers goes a long way. Your partner will feel appreciated and loved, especially if you remembered her favorite.



Desperate to win your partner back but they just don't want to listen? I'm about to reveal a solution that is revolutionary and groundbreaking. If you're still in love with your ex, it's time to stop wallowing in your misery and actually DO something about it. Especially if your partner is seeing someone else or completely ignoring you! There is a way to [fix the relationship](#).

## Chapter 2

# Bring Back the Love—Your Guide to Getting Over the Heartbreak

Every lover's dilemma: how to get your ex back. It's even worse for people in long-distance relationships. How do you cope with waking up one day and realizing you're alone again? Here are a few helpful hints:

### Allow yourself to wallowing in pain

First of all, stop feeling sorry for yourself. Self pity won't get you anywhere. Wallow, cry, eat like there's no tomorrow, whatever you want to do to help you deal with this. Once that's done, you'll feel better and you'll start to think more clearly.



### Time and Space

Stay away from phones, computers, or anything that will give you access to communication with your ex. Calling them every waking minute won't help get your ex back. You need time to heal; otherwise all those excess emotional baggage would be too much to bear and you'll end up saying something you'd rather not. Give your ex some space and time to cool off.

### Friends Forever

Who better to help you through the break up phase than your friends? Hang out with them; go shopping, the gym, or dine out. Let them comfort you and cheer you up. Don't forget, these people love and accept you for who you are. Spending time with them will help you in your distress. After spending time with them, you will realize that there is life after the break up. This should help prepare you before you work on [getting your ex back](#).

### Fabulous You

Just because you feel down in the dumps doesn't mean you have to look like one. Get a new haircut, a pedicure, new shoes, anything to make you feel better. While you're at it, get rid of those insecurities and build up your confidence. To get your ex back, you need to look as hot as you can. You must be so attractive your ex won't be able to help themselves but run after you.

## Chapter 3

# Get Ex Back Tips for the Broken-Hearted Long Distance Couples

Losing the one most special to you is heartbreaking. And we all know that a broken heart is hard to mend. There is not an easy cure for this. For long distance couples, the challenge is even greater.

You're in so much pain and nothing seems to ease the pain of your broken heart. One thing's for sure, you want to get your ex back as soon as possible. And due to your desperation, you may resort to doing things that will not help you in your quest to get your ex back.

Here are tips in [getting your ex back](#) despite the distance:

### Control yourself and do not pick up the phone

Break ups can put you in an emotional rollercoaster. You can't be rational and think straight when your emotions are everywhere. Giving your ex a call would certainly not be the way out of your misery.

Because once on the phone with your ex, you are more likely to release all your emotions and come up with the wrong things to say. So give yourself time to recover by keeping yourself from dialing those digits.

### Give your ex space

For long distance lovers, physical separation is not the main concern but the emotional connection. When dealing with breakup, it's advisable to stay away emotionally. Give yourself and your ex the time and space that you both need to recover from the hurt and to think about where your relationship is going.



### **Be with friends**

It's such a relief to know that you have friends who are there to help you in your distress. Get closer to them and hang out more. Spend time with them and forget about all the pain. Have fun and be yourself. Free yourself from depressing thoughts about the breakup and your ex.



### **Strive to improve yourself**

Depression may take its toll on your physical health and makeup. Don't allow this to happen. Create a fresh start, remove all insecurities, and build up your self-confidence. Improve how you look: go to gym, eat healthier, and pamper yourself more.

It's time to mend your broken heart and follow these tips. If you do, chances are that your ex would want to fix things and be with you again.

## Chapter 4

# Effective Tips on How to Get Your Ex Back into Your Arms Again

Going through a bad breakup is one depressing thing and being a thousand miles away from your ex doesn't help. The feeling of ending a long distance relationship with someone special is greatly painful, but what hurts the most is not being there beside your ex to fix things up.

I'm guessing that now you are thinking about your ex too much, missing him/her a lot, and wishing to be back together again. Let me tell you that in love, long distances won't actually matter. We can provide you with tips on how to get your long distance ex back in no time. Just remember, it will take a lot of your effort, time, and commitment to be able to have your ex back in your arms again.



### Tip #1 Let them know how you feel

One possible effect of a bad breakup is knowing that your lover is now ignoring you. This is an impression you certainly would not want to make on your ex. Show him/her that you had not just forgotten about your relationship that fast. Tell him/her that you are still there and that you still care despite the vast and long distance that exists between the two of you. By doing this, you might get the chance of getting your long distance ex back.

### Tip #2 Don't overdo it!

In showing them your feelings, it is absolutely not good to go overboard to force your ex to come back to you. Avoid calling too much, or sending loads of texts and emails. Never be too desperate and expose your eagerness to be with them again. Even though you actually feel that way, it's best to keep it to yourself at first. When you overdo it, the likelihood of [getting your ex back](#) will go down.

### Tip #3 Learn to wait

Although waiting is very challenging and often times difficult thing to do, it will show your ex how truly sincere you are in getting back together. Learn to be patient while giving each other needed space and time to think about things and to grow more. By waiting, your character will be developed. This would certainly increase your chances of him/her wanting you and welcoming you back.

## Chapter 5

# Guide to Get Your Ex Back For Long Distance Relationships – 3 Concise Yet Universal Tips to Seduce Your Ex Back

Is it true that absence makes the heart grow fonder? Probably. But it can also make the relationship weaker.

Why did I say that? Without exerting efforts on keeping the relationship strong, you will soon find out that the longer you stay apart from each other, the more prone your relationship is to suffering. Unless you have some effective guide to get your ex back.

Fortunately for us, the Internet offers a vast resource of information on a lot of things. If there is anything you need to know, a few taps on the keyboard will give you the answers to your problems. The solutions offered by the Internet can range from a whole lot of things—how to repair a broken chair, slow-performing computer, and even a broken heart.

If you've just suffered from a bad breakup and feels like you still need to get your ex back, the first thing you are most likely to do is to search the Internet for some answers.

You need to know that although there are TONS of resources available on the Internet, not all of them will work for you. Why? It's because different people have different situations. And different situations will have different solutions. How-to-get-your-ex tips can be relative.

However, there are some—a few as a matter of fact—that can be considered as universal cures for the broken heart. And how do you find that? It can take time and a lot of effort. For those who've been through the motions, finding the right guide to get your ex back will come easy. Such is the case for me.

But I know for most of you, it will not be easy. This is why I want to share with you some sure-fire tips that will help you get back your ex even though there are oceans between the two of you.

1. **Practice “no contact rule.”** The no contact rule states that you should cease all contact with your ex. No texts, phone calls, or emails. This is effective in making your ex hell-bent on wanting to talk to you—and eventually be with you, forever.

2. **Don't beg for your ex to come back to you.** In any situation, whether it's the male or female, pleading for your ex to come back to you is a big NO-NO. You will only make yourself look stupid.
3. **Be more attractive.** Remember the no contact rule? Use the time you have for yourself to improve how you look. Learn new things that will help you become smarter, more articulate, and more confident. You'll need this if you want to seduce your ex back into your arms.

If you're still in love with your ex, it's not the end of the world and you certainly can [get your ex back](#), even if you're in a long distance circumstance. However, things could go wrong and mistakes may arise that only pushes your progress back further. If you want to fight for your relationship and salvage what is left, it's not too late.

## Chapter 6

# Effective Steps to Get An Ex Back – Rekindle the Romance for Long Distance Couples

How do you get an ex back? This is one simple yet complicated question that every man and woman would ask themselves after realizing that their relationship is worth another shot.

Planning a good strategy can be difficult. One of the reasons behind this is you are trying to prove to your ex that you are worthy to be their lover. But there is no need to worry because I will share with you simple yet effective steps to get ex back for long distance lovers.



### Step 1

The first step to get ex back is to give him/her space. After breaking up, both of you will surely need a breather. Give yourself at least 2-3 weeks to get over the break up. This will help minimize the pain and prevent you from getting into arguments on who's fault the breakup is.

### Step 2

There will come a time that you will have to face your ex, whether in person or through webcam. Bear in mind that you will come to terms with everything and the need to face your ex maybe required. Before you do that, you need to make sure you look good.

Try sporting a new hair-do; start becoming more stylish with your clothes. Work on your confidence and be positive. A positive outlook will help you exude a pleasant aura—something that can help make your ex want you back.

### Step 3

For you to get your ex back, you need to be subtle about it. Never push the idea right away or your whole plan will shatter to pieces. A casual hi or hello would do when you get a chance to bump into your ex. Don't engage in lengthy conversations with them and refuse to give too much details about what's going on in your life.

When chatting via Skype, MSN, or Yahoo!, you may be tempted to divulge every emotion due to your desire for your ex. This will not work to your advantage.

Keep your answers short and simple. Don't initiate topics. Let your ex do that. As much as possible, you should make them feel that you are not that interested in talking to them. This will make them anxious and want to talk to you more.

### Step 4

The last step to [get ex back](#) is to let them know that you still care. But there is a thin line you don't need to cross. Do not be friends with your ex because that will not help make your ex want you back.

Remember, subtlety is key. You don't want to give them the impression that you want them back SO bad you will jump when they tell you. But you don't want to kill their chances either. This is why you need to find not so obvious ways to let them know you want them back.

Play your cards right and you will surely have your ex back in your arms despite being so far from each other.

## Chapter 7

### Getting Over a Break-up When Miles Apart – 4 Useful Tips You Must Follow

Getting over a break-up is one of the toughest tasks anyone can face. The thought of losing someone you love is really very hard to accept, especially for long distance couples.

It will hurt. And it will hurt really bad. And believe me when I tell you the fact that oceans separate the two of you will only worsen the pain. Although the pain is tremendous, burying your face in the pillow or drowning yourself with alcohol won't help. You need to face reality. And reality will tell you to dust yourself off and get over the heartbreak.

#### Tip # 1 Accept and Let the Pain Out

Getting over a break-up means facing and accepting the sad fact that it is over. Cry for hours, days, even weeks if you have to because it will help you get rid of all the hurt in your heart.

Some people write letters that contains all their hurt or you can try getting rid of the things that will make you remember about your ex. Go write a journal. That could help.



#### Tip # 2 Love Yourself

Since you are single again, try to focus all the love you have to yourself. Make time for yourself and enjoy your own company. Use the free time to reinvent yourself; learn new skills, or try to get better at the things you already know.

#### Tip # 3 Enjoy the Company of Your Loved Ones

Think about the bright side of being single. Getting over a break-up also means more time with your friends. Go out with them and have fun. Make it all up to them for sticking with you even when you, maybe, spend most of the time with your ex when you were still together. Remember that boyfriends or girlfriends may come and go but true friends will always stick by you no matter what.

#### Tip # 4 Forgive

As the old saying goes, to forgive is to forget. Getting over a break-up also means forgiving your ex for hurting you. Tips 1-3 may work out but if you don't allow yourself to forgive your ex, you'll

just go back to hurting emotionally. Being able to forgive also means that you're now okay and you can look back to your past and still be happy. And eventually give you the chance to [get back with your ex](#).

## Chapter 8

# Does My Ex Boyfriend Want Me Back – Revealing Signs for Long Distance Lovers

You're lonely and alone. A thousand miles away from home and the people you love. Nothing you do seems to take your mind off your ex boyfriend. And even though you know you have to move on because that is what you need, all you can ask yourself is "does my ex boyfriend want me back?"

Let me tell you this: your success in trying to get your ex back depends greatly on your ability to identify signs your ex boyfriend wants you back.



It should be easy to spot the different signs. All you need to do is have an open mind. To better help you answer the question "does my ex boyfriend want me back?" here are some of the revealing signs:

- When talking on the phone, your ex seems to want the conversations linger even when there is nothing important to talk about. And you always have to be the one to end the call.
- He is constantly checking up on you, asking you how your day was, etc.
- The phone calls, text messages, and even emails become a lot more frequent.
- Your ex boyfriend wants you back if he, even without your encouragement, tells you of the different and exciting things going on in his life.
- He is too concerned with how much you are seeing specific people; always asks who's accompanied you to the mall, etc.
- He keeps on bringing up things that he knows will pique your interest. If you love shopping, he will inform you of a newly-opened store that you will definitely like.
- He consults you before he makes any decision, major or minor.
- You find out from your friends that your ex keeps on asking about you.
- He wants you back when he makes more effort to look good for you.
- Your ex wants you back when both in a bar, he doesn't look at anyone else because he's too busy catching glimpses of you.

It's a no brainer when he expresses how much he misses and wants you back in words. But if you feel he is not the type to say it out loud, then these [signs that your ex boyfriend wants you back](#) should be enough.

If you're still in love with your ex, it's not the end of the world and you certainly can get your ex back.

However, things could go wrong and mistakes may arise that only pushes your progress back further. If you want to fight for your relationship and salvage what is left, it's not too late. Get started now by finding out the number one biggest secret to getting your lover back today.

## Chapter 9

# 5 Easy Long Distance Relationship Tips: How to Get My Ex to Want Me Back

“Please help me how to get my ex to want me back!” You may have heard this line more than once. I have. You know who said it before? Me.

Breaking up with an ex is one of the most trying times in my life. There was absolutely nothing I wanted than to get back with my ex. Fortunately, there were several things that showed me the tips on what to do to get your ex back.



And because I know how painful and hard it is to be in a long distance relationship, here are some get your ex back tips in hopes of making things a lot easier for you.

### 1. Stop calling your ex

will not like their reaction to this type of behavior. So if you want to have a fair shot in getting your ex back, don't pick up the phone.

If there is one thing an ex doesn't like, it is getting tons of text messages and several missed calls or voice mails. You

### 2. Give your ex space

Don't linger. If you don't give your ex space, you will certainly push them away, killing all chances of getting them back. Let them be alone for a certain time. You will have your chance, don't worry. You need to be patient.

### 3. Concentrate on improving yourself

Use this time wisely. Concentrate on improving yourself. I am sure, regardless of who initiated the breakup, you have done some things that your ex didn't like. Try to change those bad habits. Why? Once your ex sees that you've made positive changes, you will make yourself more endearing to them.

### **4. Look hot!**

As much as inner beauty is important, you also need to make sure you are pleasing to the eyes. Get a makeover. Go to the salon and sport a new haircut. Hit the gym and strive for a toner, slimmer, and healthier body.

### **5. Never, ever beg**

This is one thing you should never do. Only losers beg for someone's love and affection. Don't give your ex a reason to look at you in a negative way. Do not be desperate.

These 5 tips should be enough to help you [make your ex want you back](#). You will not go wrong with these tips.

## Chapter 10

# 6 Killer Techniques that Will Help You Get Back With Your Ex Girlfriend In a Long Distance Situation

Just broke up with your girlfriend? If there is one thing you need to do, it's not drowning yourself in alcohol. If you want her back, getting drunk will not help. Get back with your ex girlfriend with the help of these 6 killer techniques.

### 1. Let it all out and start writing freely

When long distance lovers breakup, there will be a lot of negative emotions. And if you let them overwhelm you, it can be destructive. What you need to do is focus on positive emotions.

You can't help but feel pain and anger. So what you need to do is write them down. Take a piece of paper and write down everything you are feeling. You will be surprised at how better you'll feel after that.



### 2. “Clean your drawers”

What better way to get your ex back than to be someone she can't resist. List down the things you think you need to improve on as well as the things you need to take away from your system. Once you have identified what they are, start taking actions. Go to the gym, attend self-improvement workshops, etc.

### 3. Restrain yourself from chasing your ex

Trying to get an ex back by chasing them even when you're in a long distance relationship will not work. This is no way to get back with your ex girlfriend. You will look like a desperate loser trying to hold on to something he clearly doesn't deserve. Remember, girls won't want to be in a relationship with someone they don't respect (i.e. desperate losers)

### 4. Be accepting and thankful

A person who knows how to appreciate life is attractive to a lot of people. This is because they have a positive aura; there's nothing worrying them so they only have good things to think of. Even though a breakup is difficult, you need to accept it and be thankful that at least you have a chance to get her back.

Be grateful for things that will help you get your ex girlfriend back, like this post :)

### 5. Be sociable

Don't confine yourself in your room. Go out and be seen. You don't have to seek out new prospects; you just have to be in the company of people. Having fun will help you deal with the pain a lot better. In addition, you can always run into your ex and have the chance to let her see the whole new and improved you.

### 6. Remain hopeful

Lastly, you need to have hope if you want to get back with your ex girlfriend. Sometimes, you can't really be sure if she does want to get back with you, and the one thing that keeps you going is the hope that she will realize that she belongs with you.

Looking for a complete guide to [winning your ex lover back](#)? Discover the biggest secret to winning your lover back, how to get them to contact you, understand why the relationship failed and what men and women REALLY want.

## Chapter 11

# Dealing with Heartbreak Tips for Long Distance Lovers

Dealing with heartbreak is probably toughest for long distance couples. How would you feel if you suddenly get a phone call from your love and then hear the words “it’s over?”

Getting over a breakup should not be a problem even if you are far away. Yes you will start to feel tremendous pain; the desire to be with your ex can be so overwhelming you can be tempted to pick up the phone and give your ex a ring.

But it will not help you if you are dealing with heartbreak. You will only make things worse, and kill your chances of getting them back.

The steps to get ex back start with these tips:

### **Don’t pick up the phone**

You should resist all urges to call your ex. Even if you think that talking to him/her now would change his/her mind, it won’t. You’re still in deep pain. This means you can’t think straight. All you can think about is getting your ex back. And if you pick up the phone now, there is a big possibility that you get all emotional and say the wrong things.



### **Give them space**

Space after a breakup is very important. It’s not enough that you are away from each other physically. You also should be distant emotionally. Both of you need space to reassess yourselves and the relationship.

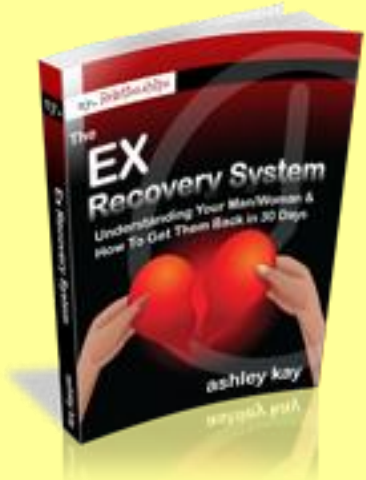
### **Seek the help of friends**

When you are hurting, all alone, and far away from the people you love, being in the company of your friends will help you deal with the pain. Go out and have fun. Watch the latest movie or hang out in bars. Do anything that will take your mind off the break up and your ex.

### **Be a new “you”**

To [get your ex back](#), you need to give them a reason to want you. What better way to do that than being a new and more improved you. Take advantage of the distance between the two of you. Get a makeover; go to the gym and work out. But don't forget to change any bad habit you feel has contributed to your relationship's demise.

With these tips, I am sure dealing with your heartbreak will become a lot easier. You'll see yourself back in the arms of your ex in no time.



## Discover The Secret to Getting Your Ex Lover Back Even If Your Situation Seems Hopeless.

Step by step proven system that reveals:

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- 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.
- 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!

[Download The Ex Recovery System – Understanding Your Man & Woman And How to Get Them Back in 30 Days or Less](#)

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!

## Here Are A Few More Extra Resources For You...

### More Free Advice on Break up and Relationships:

[Break Up Quiz](#)

### Break up Forums & Communities:

[Enotalone.com](#) – Excellent community full of quality and free advice

[LovingYou.com](#) – Great place to find a lot of highly-opinionated people that will tell you things others won't tell you

[LoveShack.org](#) – A place that is a lot similar to LovingYou but is more sympathetic to brokenhearted people

### Get Your Ex Back Ebooks:

[Ex Recovery System](#) – interactive, step-by-step system, and very in-depth and comprehensive guide to getting your ex lover back

[Magic of Making Up](#) – easy-to-follow guide in getting your girlfriend or boyfriend back

[How to Get Her Back For Good](#) – a great resource and community for men who wants to get his girlfriend back

[Win Back Love](#) – an in-depth guide for getting your love back for men and women

[Bring Back The Love Of Your Life](#) – a powerful and unique method to bringing back the love you've lost

### Save Your Marriage Ebooks:

[Save My Marriage Today](#) – the best Save Your Marriage package online

[Save The Marriage, Even If You Only Want To](#)

[Break Free From The Affair](#)

### Attracting Your Dream Guy or Girl:

[GuyGetsGirl](#) – a woman's point of view on how guys should approach women

[The Woman Men Adore...And Never Want To Leave](#)

## **Get Your Ex Back Websites/Blogs:**

[Get Your Ex Back – Break Up Tips & Advice](#)

[Get Your Ex Back After Break Up](#)

## **Health & Fitness:**

[The Truth About Six Pack Abs](#)

[Strip That Fat](#)

## **Making Money Online:**

[Money Beyond Belief – Home Tapping System](#)

[The Lazy Millionaire](#)

## **Dating Resources:**

[Matchmaker.com](#)

[Perfectmatch.com](#)

[eHarmony.com](#)

[Singlesnet.com](#)

[Lavalife.com](#)

## **Addiction, Depression & Anxieties:**

[Addiction Help](#)

[Quit Smoking Today](#)

[Conquering Stress: Get Your Life Back](#)

[Online Depression Resources for Suicidal Persons](#)

[Panic Away](#)

[Anxiety Busters](#)

## **Miscellaneous Links:**

[Message of a Master](#) – video inspiration

[Personal Development](#) – Steve Pavlina’s blog

[Meetup](#) – meet people in your area that share the same interests

[Rocket French](#) – fast and easy way to learn French

[Amazon](#) – discover best-selling books

