

The Single Greatest Secret For Getting Your Ex Back Easily Asap!

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The Ex Back System - Your Journey Starts Here

Your journey starts immediately after your breakup. This is when the greatest guidance and support is absolutely critical due to the increased emotions that you're feeling.

The emotional stages that occur after a breakup can vary but include:

anger
resentment
vindictiveness
vengefulness
non acceptance
depression
loss
numbness

just to name a few.

The cycle can last for days, weeks, months or even in extreme circumstances years.

The quicker that you can get over this stage the quicker that you can move on with your life - either with or without your ex.

Your mind is constantly being overwhelmed with negative thoughts that help you spiral out of control on a regular basis.

It is extremely difficult without a lot of effort and help to get out of this spiral of loss of control and depression.

The problem is that this feeling is not only alive and well when you're alone at night (though that is often the worse time).

It permeates virtually every facet of your life - from the moment you wake up, to your job, your studies, your meals....every single second of every day.

This is often made worse by one thing --

Your non acceptance of the breakup.

You see, if you don't learn to ACCEPT the breakup your ex is not going to even think about getting back together with you.

In fact, this inability to accept the breakup will actually DRIVE YOUR EX FURTHER AWAY FROM YOU.

Not only that, but it will reinforce to them that they made the right decision to not be with you....and will help them move on EVEN QUICKER from their

breakup with you.

This is also the time when the most critical mistakes are made in your effort to try and win them back.

Most Common Mistakes

- bombarding them with text messages
- asking them constantly for a second chance
- ringing them around the clock because you're desperate to know where they are and who they're with
- turning up wherever your ex hangs out (causing your ex to start to have real stalker fears about you)
- putting on pity parties in an effort to win them back

I could go on and on.

Now all this is going to do is make you extremely unstable in the eyes of your ex and someone they'd NEVER want to get back together with because of how you HANDLE the breakup.

Now it's important to understand it's not your fault if you've acted this way.

The truth is that no-one is ever taught how to handle a breakup.

We're not taught it in school. it's something forced upon us usually at a time when we're not ready to deal with it and we just run with it - usually driving ourselves totally nuts as we go through it.

So Your Starting Point Is.....

You've got to get your emotions in order and sort out your mindset.

Your emotions can take over every facet of your life as I've already discussed.

So what is the best way of getting control of them?

Well, first off it's by understanding that you ARE going to be emotionally for a period -- but that this feeling is only temporary....it will end at some point.

The trick here is to make this emotional period as short as possible!

How Will You Shorten Your Emotional Out Of Control Period?

When you start using The Ex Back System which I especially created for people in your present mindset you'll get instant access to a TRANSFORMATION JOURNAL.

That journal is 123 pages in length and this is where you will keep a daily diary for the next 60 DAYS as you go through your transformation.

This will help you keep your emotions on track.

You will also learn instant mood busters and pick me ups that you can use when you recognize that you are going into a sad mood.

These tips and techniques will help you recognize the feeling to help you avoid it altogether.

Once you download The Ex Back System you'll be able to implement these tips and techniques immediately as they are available via digital download (you won't have to wait to receive it in the mail in hard copy).

Now It's Time To Turn The Focus On YOU!

Since you've broken up with your ex your focus has been pretty much just on them.

Now for one that's not healthy and two that's the best way to ensure that you WON'T get back together.

So here's the deal....While you're getting control over your emotions you're then going to turn the tables and start focusing on YOU!

You've heard of reverse psychology - where you say one thing but mean another entirely.

Well the same principles work here.

By turning your focus completely on you your ex is going to start MISSING YOU!

See, even though you may have been pretty annoying in recent times hounding your ex for a second chance somewhere deep down your ex is enjoying the attention - although they may not necessarily be wanting it.

And When You Actually Take That Attention Away Your Ex Is Going To Really Notice!

But as with all things you can try and pull this off on your own OR you can "legally steal" proven techniques that have worked for people all over the world that have attracted their exes to them like bees to honey :O)

In this special phase of The Ex Back System you will learn exactly what you need to do to really give off the Attractor Ex Factor to start to make your ex actually obsess around you rather than be repelled by your ongoing interest.

It's Absolutely Critical That You Follow My Advice When Your Ex Shows Interest In You.

Your natural first reaction may be to act as their best buddy and let them know immediately that you want to get back together.

WRONG!

Your timing is absolutely critical. In all honest you get **JUST ONE SHOT** at getting back together with your ex. Get the timing wrong and your opportunity will be lost -- even though if you had waited a tad longer and said one more sentence your ex may have reconciled with you without a second thought.

So where to from here??

Let's start to put the ex back puzzle together.

Step 1: You need to get complete control over your emotions and your negative thoughts (your 60 day Ex Back System transformation journal will help you do that)

Step 2: You need to emotionally move on from your breakup with your ex by "letting go" of your ex (the first phase of The Ex Back System will help you achieve that as quickly as possible).

Step 3: Then you need to completely remove your focus from your ex back onto yourself (the reconstruction phase of The Ex Back System will help you do that in the shortest time possible).

Now these are just three parts of a comprehensive system to get your ex back. You'll be provided with everything you need to get your ex back as soon as you download the product.

When You Download The Ex Back System To Your PC Right Now You'll Get These Benefits Almost Straight Away:



It is universal and works for men and women/husbands and wives, **regardless of who broke it off and why**




















How to increase your chances of getting back together from the moment you break up - Page 8



How to ensure that your ex will never get back together with you (this is what everyone does when they broke up and these strategies are what you need to avoid or **stop doing right now**) - Page 10

- Why the staying friends approach never works - Page 14
- How to **stop driving your ex into the arms of other people** (not to mention destroying any respect they have left for you) - Page 15
- What to say and do with a simple old fashioned letter that can *fix every mistake you've made to date* - Page 17
- The one thing you need to do today to lay the foundation for future reconciliation - Page 19
- Simple strategies to make yourself infinitely more attractive to your ex (you'll catch their eye every single time with this method and *they won't be able to stop thinking about you*) - Page 20
- Reverse psychology secrets to **make your ex obsess about YOU** instead of the other way round (this takes little effort on your part but gives maximum results) - Page 20
- What you can do today to stop being an emotional train wreck and emotionally healing as quickly as possible so that you're ready to be reconciled as soon as possible) - Page 22
- How to demonstrate to your ex that you're ready for a second chance (**you can do this within 24 hours from now**) - Page 24
- How to capture their attention and keep it (making them beg YOU for a second chance) - Page 24
- How your ex will be able to keep tabs on everything you do (*they'll become fixated on what you're doing in your life even if you have no contact with them*) - Page 28
- The most powerful way to not only recover from your break up but also **heal after a bad breakup** - Page 32

-  *How to become the sexiest person on the planet in the eyes of your ex (even if you're carrying an extra 20 pounds and have really let yourself go) - Page 33*
-  Knowing the one time slot you have of trying to reconnect with your ex (winning your ex back after a failed reconnect attempt is virtually impossible) - Page 40
-  How to avoid the Unreturned Communication Trap and **have your ex looking forward to regularly catching up with you** - Page 41
-  The best way to instigate your first contact with your ex - how to let "fate" lend a hand and help you reconnect with your ex (this one will have your ex thinking about you on a constant basis) - Page 49
-  The topics to avoid when talking with your ex to *avoid driving them away for good* (most people get this wrong and totally mess up their chance of getting back together) - Page 52
-  You've set the stage for your first contact...you need to understand **the best time and place to meet your ex** (plus the kind of places to avoid) - Page 53
-  A sneaky technique to ensure your ex contacts YOU to set up dates - Page 54
-  How to get your ex *eagerly awaiting your next meeting* (without you doing a thing) - Page 56
-  How to *gently nudge* your ex from being just friends **to wanting to date you again** - Page 57
-  The best second date location and the places to avoid (by now *your ex will be thinking about the prospect of reconciliation without you saying a word*) - Page 60

-  The BIG date (**you're only three dates away from being reconciled with your ex**) - Page 62
-  The *most important factor* of your BIG date (if you get this wrong you'll ruin the date and destroy your chances of getting back together) - Page 62
-  The Straight In The Eye Technique that convinces them to want to get back together with you for good - Page 63
-  The Push The Envelope technique that works when you need to be more pushy than usual - Page 65
-  **How to make sure your relationship stands the test of time AFTER you get back together** (you don't want to ruin your second chance to only bust up over something stupid in the near future) - Page 67
-  One of you cheated? How to **wipe the slate clean** and *increase your chances of staying together regardless of who wronged who* - Page 69
-  **Is your ex dating someone else?** How to *sweep in and reverse the break up* (in fact, it's actually to YOUR advantage if they're already in another relationship) - Page 73

And a hell of a lot more.



[Click Here To Claim Your Copy of The Ex Back System By Clicking Here](#)

The Ex Back System IS A System

First, **what the Ex Back System is NOT** -- it is NOT a flimsy, thin e-book, filled with platitudes. It is not just an e-book that you download, read once if you are lucky, and forget about. It's also not a system where you're left to your own devices from the moment you download it (remember the 60 day messages of guidance and support that you'll get as a bonus?)

Rather, the Ex Back System is a complete, action-based system, providing you with everything you need for you to get

your Ex Back As Soon As Possible, supporting you in every way possible. You don't just buy the system and then are left high and dry...**you will keep hearing from me, to to encourage you, to strengthen you, and be with you** -- every step of the way.

This Amazing System Consists Of The Following Parts:

Your Ex Back System "READ ME FIRST" Guide

Format: PDF Guide

This tells you what the different pieces are, how to use them and how they fit together and should be the first thing you read after you download The Ex Back System.

[\\$17.00 Value](#)

Your Ex Back System PDF Guide

Format: PDF Guide

This is the "meat" of the System containing 83 pages of easy-to-understand and easy-to-follow information. This not only introduces you to the 5 phases, it tells you what you will be doing in each phase, and why.

[\\$97.00 Value](#)

Your Ex Back System Mini-workbooks

Format: PDF Guide

These mini workbooks or "cheatsheets", if you like -- one for each of the 5 phases -- use them in combination with the mindmaps -- these keep you in touch with the main points for each phase, and complete it with a checklist for that phase.

[\\$47.00 Value](#)

Your Ex Back System Colorful MindMaps

Format: PDF Guide

These mindmaps have been specifically created so you can see exactly where you are and what the next step is (You may want to print each one out and post it in your house when going thru that phase -- or, if you are clever enough, even use it as the background on your computer.)

[\\$27.00 Value](#)

Your 60-Day Transformation Journal.

Format: PDF Guide

Your 123 page Transformation Journal is there to help you

every step of your journey....Questions relevant to where you are in the system, to help you think about what you are doing and encourage you in your efforts. If you've never kept a journal before, you'll find this one a particular treat, as there are questions to guide you, and help you keep your thinking positive and daily motivational messages to help you stay on track with one focus every step of the way.

[\\$97.00 Value](#)

Your 60 Days of e-mail messages from me, Brian.

Format: Email Correspondence

You can look forward to hearing from me every day for the next 60 days (after you sign up to the list...). In fact, you'll be hearing from me so often that you'll probably get sick of me LOL

[\\$97.00 Value](#)

Your Ex Back System Letter Templates

Format: Pdf Guide

Wondering exactly what to say to your ex? Don't worry about it a moment longer with my templates containing the kind of things to write to your ex, depending upon the situation.

[\\$47.00 Value](#)

With The Ex Back System Audio Course you'll be able to listen to The Ex Back System on your way to work, in the car, at the gym, wherever you listen to music on your mp3 player....

Your Ex Back System Video Series

Format: Avi & MP4

The Ex Back System Video course **features almost two hours of professional voiceovers and video guides**, making the process of winning your ex back not only effective, but also FUN! The video package also comes with a charmingly-illustrated 20,000-words long e-book that you can print out and follow put to use anytime - even if you don't have a computer at hand!

[\\$297.00 Value](#)

Your Ex Back System Audio Series

Format: MP3

With The Ex Back System Audio Course you'll be able to listen to The Ex Back System on your way to work, in the car, at the gym, wherever you listen to music on your mp3 player....

[\\$97.00 Value](#)

Total Value \$823.00 but yours today at more than 90% off...

**Get INSTANT ACCESS To
The Ex Back System
Real World Value \$823.00
Sale Price \$47**

YES Brian, I want in! Please let me have one of the 500 available copies of your "The Ex Back System" for just ~~\$823~~ \$47.

I want to use your Ex Back System to increase my chance of getting my ex back ASAP. Not only that but I will use the Ex Back System to help me restore my feelings of self-worth and self-esteem that have significantly dropped since the relationship with the person I loved ended.

Just click the happy orange "Add To Cart" button below to access "The Ex Back System" right now...



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Instant Access - 24 Hours A Day - 7 Days A Week - 365 Days A Year!



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Internet Security Note: The Secure Order Form On The Next Page Will Look Like This:



"Thanks For Helping Me Cope"

"Brian, I would like to thank you for your help. Thank you so much for the information and techniques you have taught me. It has taught me a lot....It is working and has helped me cope."
Chris (email on file).

7 Good Reasons To Buy The Ex Back System:

- 1. You'll Get Instant Access** - forget snail mail, you get it instantly, day or night, even if it's 3 in the morning.
- 2. You'll Learn Techniques to Instantly Make You Feel Better & More Positive** - it's hard to think positive thoughts after a break up but believe me I'll find 'em and I'll help you find 'em too :O)
- 3. You'll Have Ongoing Support Over The Next 60 Days** - you won't be alone....you'll have your own 123 page daily Transformation Journal plus every day for 60 days you'll receive daily email messages from me to keep you focused, inspired and positive
- 4. You'll Learn How To Heal Quickly From Your Breakup** - the sooner you can heal the sooner you'll be able to use the "system" to a second chance romance with your ex....

5. You'll Learn How To Build Your Self-Esteem & Self Worth - Your breakup has totally destroyed the way you feel about yourself and your self-worth. In order to be of value to others (especially your ex) you have to act in a dignified manner with self-respect (The Ex Back System will help you achieve that).

6. You'll Restore The Control Of Your Life Back Into Your Hands Where It Should Be....your ex is currently controlling every facet of your life right now and that's why you're feeling so out of control (*because you are)....I'm going to give YOU back that control so that you can control your own destiny from this moment forward and control whether you actually want your ex back or even deserve someone a lot better :O)

7. You Get To Use The System RISK FREE For 60 Days - Don't Like It? No Sweat....I'll Pay YOU \$47!

I wish you your personal success and happiness...

Brian

PS: I'm looking forward to becoming your relationship mentor to help you reverse your break up and move forward happily into the future.

"Your Dvd Is Awesome"

"Brian, I just want to let you know that I have just seen your DVD. It is awesome! I have basically followed your steps from the book and also the video (I really liked the video you gave cause it was very interactive)"
Derek (email on file)



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PPS: You have nothing to lose. **The Ex Back System** is 100 percent guaranteed to totally transform your life from where you are now and help you get your ex back **or I will buy it back from you!** Stop delaying your ex back journey. While you pro

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PPPS: The Ex Back System is the real deal and so am I.... If you want proof of that or have a question about The Ex Back System send me an email to brianexbacksystemATgmail.com



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