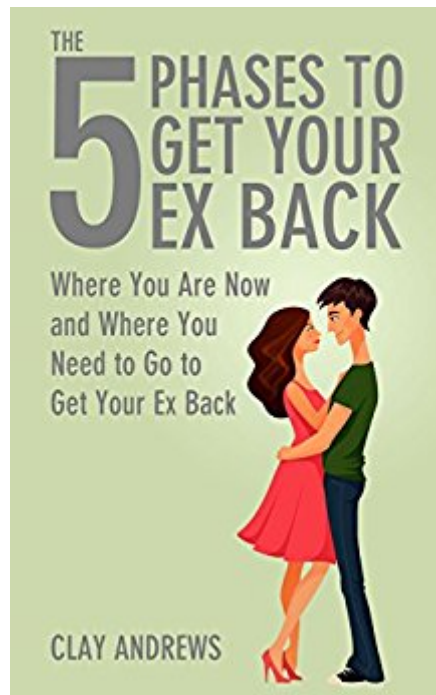


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The 5 Phases To Get Your Ex Back: Where You Are Now And Where You Need To Go To Get Your Ex Back



Synopsis

The 5 Phases to Get Your Ex Back Where You Are Now and Where You Need to Go to Get Your Ex Back When it comes to getting your ex boyfriend or ex girlfriend back and saving your relationship, there is actually a fairly common and predictable path toward reconciliation. By understanding human psychology and emotions, you can navigate your way through the seemingly unpredictable and confusing emotions of your ex. In this book you'll discover: The hidden reason why your ex refuses to talk to you and what you can do to finally break through their walls and finally save your relationship and get your ex back. Why your ex may be acting cold or only gives you simple one-word answers when you write or message them. Have you ever experience hot and cold behavior from your ex? How about mixed messages? All of that will be crystal clear when you understand their psychology and what's really going on in their mind. Plus, you'll learn how you need to respond to such behavior in order to get past this bump in the process of getting your ex boyfriend or ex girlfriend back. Even when everything seems ready to go... you like your ex and your ex likes you... there still may be something keeping the two of you from having a great relationship. How do you handle situations like this? What do you do when it's finally time to get your ex back? How do you have that conversation where the two of you can feel seen and understood? Inside, you'll learn how to make sure you and your ex both know that you're not walking right back into the same relationship you left in the first place. How to start a fresh new relationship together from a completely blank slate, burying all the pain and hurt from the past so you can both move forward without the baggage. The bottom line: If you're interested in learning how to get your ex back, this book will open your eyes to the hidden interpersonal dynamics that are at play so that you can be better equipped to handle your ex's unpredictable behavior, objections, and moodiness.

Book Information

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Customer Reviews

I also don't know where I got this from. This is the second guide I've found in my purchases asking me to review it, however I don't know where it came from or why I have it. So, that's why 3 stars. I haven't read it and am only reviewing so it stops asking me.

If you are hoping to get back together, I strongly recommend familiarizing yourself with Clay Andrews' views about how to understand what is going on during the break up phase of a relationship. The emotional turmoil during the break up phase is confusing. It may be too late in my case - but I can say without reservation that I wish I had this knowledge 11 months ago - things would have been so different. I spent a lot of time searching for understanding - online and elsewhere. Of all the information I read or heard, Clay Andrews information is the best. He gets it. In retrospect, it's all pretty simple stuff, but taking confusing and conflicting information down to the root cause is not an easy task. This is Clay Andrews' gift - getting past the symptoms, to allow you to understand the cause. If it is possible to get your ex back, that understanding gives you the knowledge you need to make it happen. This book is part of the information you need - the rest is elsewhere in Mr. Andrews' publications.

This is my first review of anything on . But I feel so strongly about this book. If you really love your ex or soon to be ex. This book may very well save your relationship. My lady had not left yet. But she was going to. I read this book cover to cover 5 times. I had to modify his technique at first because we were still living in the same house. But I gave her space and followed everything to a tee. It really did save us and I am sure it can save yours. It's not easy and can be frustrating at times but stick with the book. Don't be afraid to pick it up and reread it through the difficult times and throw out the process. It really does work.

I loved this book. It's realistic and it makes sense. Instead of games and tricks, it really does help your decision making. Made me feel better almost instantly. It talks about your own personal emotions, and the emotions of your ex. It allows you to understand their point of view in regards to why the relationship failed. I really recommend this book!!!

This was really helpful in understanding where the other person is with their feelings. It's nearly impossible to know if your ex ignores you, so I think that if you want to at least be friends the right way (maybe more) then understanding the psychology is the most important part.

Me and my Ex broke just broke up. I didn't want it to end but it did. The first thing I did was look for ways to get her back even though things were looking bad and she had pretty much ended it because it didn't feel right though it was because there is someone else. I read this book from start to finish in a day, before work, whilst at work and when i got home from work. All i can say is Wow. Its so nice to have good information and the stages really open your eyes. It not only gave me hope for the future but really helped me feel so much better about it and understand what i can do to get her back. Its helped me realise the situation with what happened in our relationship with her messaging someone else basically her not saying its not feeling right which is relatable to the crisis point. Its going to take a lot of work but this book i definitely feel will give me the best chance possible in getting her back even tho its still early days. Im already starting to read the other books by Clay. I really suggest you do to, if you really want them back.

Saw this book and thought I'd give it a go. My ex and I are very friendly and had an easy breakup. Def explained our 'phases' and interactions thus far. This was perfect and gave light to my situation.

Its definitely worth the read if your going through a tough break up that you would like to try and reverse. I really appreciate the examples of advanced relational skills instead of just holding them hostage to sell another book.

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