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# How To Get Your Ex Back Fast: Toy With The Male Psyche And Get Him Back With Skills Only A Dating Coach Knows



## Synopsis

You're having trouble breathing. You spent months or years together, and this was the guy. You feel helpless. You were so close. And now it's over. Bullshit! You want him back fast? Then trigger the male mind by stirring his most powerful emotion: losing you to another man! This is the key to getting your ex-boyfriend back. When he realizes he might lose you, your little pink smartphone is going to text off the hook. But you know what? You still are not going to take him back. Nope, not until you do three more steps (this is his surprise). I'm Gregg, and I know the male mind. I give you the best chance of getting your ex back. Forget the psychologists and Dr. Jerk Off with a plaque on the wall, and listen to a top dating coach who knows the male psyche. Men have brains the size of squirrels'. We are going to communicate by way of what they understand - nuts. Not only will we stir emotions in your ex like a frappe in a blender, but we have a surprise for him. He is going to return to find you holding some different cards, and they ain't sixes. They're aces. This newfound confidence will lure him like a cat to tuna and keep him. Why the added step? Because what good is it to get your ex-boyfriend back just to be tortured by another breakup?

## Book Information

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## Customer Reviews

I did everything he said and I haven't spoken to my ex in about 7 weeks and haven't seen him in 4 months and he just started calling/texting and when I finally answered he asked if he could take me on a date! I told him I wasn't available the 2 days he requested and he's moving HIS schedule to take me out. Long story short.. Gregg is right. When I told him to stop calling me (basically stringing

me along) I knew I had to stick to that and not compromise, I deserve more than some consolation friendship after he broke up with me. I worked on my self esteem (daily affirmations), registered for swim lessons, lost 15 pounds and now I feel better about myself. I'm the prize, not him. I couldn't see it through the baggage. I'm determined to never be at anyone else's mercy so I worked on myself before even considering another "real" relationship. Forget your instincts and take it from a mans (Gregg) perspective. :-)

I enjoyed the author's down-to-earth writing style and humor. It was great to get the male perspective on how men deal with break ups. The author gives methods on how to get your ex back WITHOUT losing your dignity and self-respect. I've noticed how some books on the subject recommend accidentally showing up where your guy works, lives or hangs out etc. so that he can see how great you look. I never liked that advice because doing that seemed so transparent. I think the authors methods are very good and it was funny to read how the men really feel while you're following the steps. I believe this method can be very effective for resolving many standard break ups. I hope the author will write a part 2 to this book that might include information on how to handle other situations (such as if you live together or it's a long distance relationship). Those specifics would be wonderful.

I confess. I want my ex back. Bad. Like crazy bad. Like I can't eat, sleep, crying all the time, lighting candles in front of our photos, reading old texts, obsessing, making a complete fool of myself bad. Sound familiar? The pain runs so deep and feels so individual, yet many of us are united by it. And Gregg has some sound advice. He tells it like it is. None of us want to hear that we shouldn't contact our ex, even though we know it's true. But he doesn't just advocate no contact. He also recommends a precursor to that dreaded step -- "The Letter." Admittedly, I just wrote mine and have yet to send it. When I finished it, I got a unique sense of calm and closure that eluded me prior. Then, maybe an hour later, I started sobbing again -- but, hey, I love hard. Anyway, I can't confirm that this works. Yet. I will update when I have results. In the interim, if you're in pain, I suggest you read this book. It's inexpensive and, as Gregg points out, you already lost him, so what do you have to lose? P.S. Gregg invites all readers to e-mail him if needed. I needed -- and he personally responded. Much appreciated. Good luck to all of you. May we all get the love we deserve.

I like how the overall premise of this book is actually hidden within the concept of getting your ex back. It's more about building up your self-confidence and creating a better foundation for your own

life than actively trying to get him back. It empowers you, teaches you self-control and also gives you an end-point. Sometimes, the fear of letting go stems from the fear of losing something forever and this book gives you enough hope to get you going through the motions of finally moving on and if at the end when he DOES come back, you still want your ex, well then that's just an added bonus. His points are valid and sensible and he delivers them in a very fun and relate-able way. It's definitely worth the read and it'll provide you with at least some sense of knowledge gained.

I started reading this book out of desperation, I wanted to know what to do to get an ex relationship back. It's a very good read with a lot of good advice! In the beginning it talks about writing a "goodbye" letter which I planned on doing for my own closure but didn't think it was the right thing to do. I was surprised when it was mentioned. So I was even more encouraged to write it. I mailed it a week ago and today the guy I wanted back contacted me. This book, along with all Gregg's books are loaded with great advice and I highly recommend them all.

Decided to check this book out after feeling the heart break of a recent breakup. True to his word, Gregg replied to an email I sent him and he sent me a free copy of "Who Holds the Cards Now". After reading both books through (I loved that they were an easy read), I sent the letter, I started dabbling in new hobbies, and I've keeping myself busy. I fluctuate between good days and bad days - it's a process - but I feel stronger than I did initially. I've tried dating, but I've found my heart isn't quite up for that yet, but just getting back out there and meeting new guys/flirting definitely helps. ;) I've cut communication with my ex for about two weeks now, and out of no where he texted me last night. I had to laugh to myself because Gregg mentions that 90% of the time, the guy will come back. I found myself doubting that while I was still feeling the heartbreak, but he was right in this case. Not sure where this will go, as I don't immediately want my ex back, but thought I'd add a review sharing my experience so far.

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