

Why you're here

Right. Before we begin going through this book in earnest, I would just like to say: I know what you're going through, I have been down that road before.

The reason you're here is quite simple, you've broken up with your ex, and now you want to get him/ her back, and you will do anything to do this. Before you even go down that road though, you should be absolutely certain that's exactly what you want.



If revenge is your game, I would suggest you look elsewhere, because I do not advocate revenge in any way – no matter what the provocation (refer to the section: Revenge isn't all it's cracked up to be”).

If, however, you really do want your ex back, you will be happy to know that this book is completely dedicated to that goal.

Just about everything in this book comes from my own personal experience of breaking up and getting back together again, along with some valuable insights from my friends who have also been down the same road themselves.

So, the first thing that you need to know is that you are not alone. This happens to just about everyone at least once in their relationship, and it is nothing to shy away from.

Accept the fact that the unthinkable happened and that you are now *not* in a steady, stable and happy relationship. Once you do this you can move on to the more important aspects of trying to get back together with your ex.

Be warned before you begin that this is not going to be a simple task.

The thrill of first getting to know each other has long gone and you will now be privy to some of each other's best and worst aspects.

This can be a two-edged sword as you will find out, because now you will have to work doubly hard to win your ex back.

Now, to get back to the reason why you're here reading this book: to get your ex back of course, I can hear you say.

Well, in order to accomplish this there are a few things that you need to do, most of which I have either outlined or gone into detail, within the pages of this book.

And the very first thing that you need to do in order to accomplish this very admirable goal is to decide exactly why you want him/ her back.

Is it because you still love your ex? Or is it because you simply cannot do without that person and your life won't be the same without them? Or maybe it's because you finally found a soul mate and you're not willing to lose that special bond you know that you have forged.

It can be any one of these reasons or it can be all of these and more. There are many, many reasons why people get together and stick together and it would be truly impossible to cover all of these adequately in one book.

The main thing that you need to do as I said, is decide for yourself why you want your ex back, and *whether* you want your ex back. These are two very important questions and I have covered them in the section entitled, "It's crunch time".

Without this self knowledge, you will mostly be fighting a losing battle from both fronts, that of yourself and your ex.

It is to avoid this pitfall that I have posed these questions to you, questions that you might not have necessarily posed for yourself without some prompting. So think of this is book as the prompting from a good friend.

You – and your Ex

Are you ready for the moment when you need to first look upon the face of your ex, the first time you will do so after your breakup? Are you ready to see him/ her every time you go out with your friends, or go out to the theater or practically anywhere else for that matter?

And what happens if you both have the same circle of friends and family, what then? Are you prepared to deal with all of this, not to mention the possibility that your ex might find a new love to take your place, or the fact that you will most likely have to fend off questions from well meaning people?

Are you ready for all of this?

This is what you have to ask yourself when you finally emerge from the self imposed cocoon of despair/ destruction/ introspection that you have put yourself through soon after your breakup.

So alright, I'm the first person who would advise you against wrapping yourself up in a cloak of misery and wallowing for weeks on end about your unhappy life. I'm more likely to advocate introspection or maybe even a complete cleansing of your mind of such negative thoughts.

But the problem is that most of us are drawn to misery and despair like moths to a flame and we not only wallow in it, we tend to wrap it around us like a well loved cloak and refuse to let go of it.

Putting aside the fact that you want your ex back together with you, and putting aside your doubts, insecurities and despair, there is something that you can do to make your life at least marginally easier. Unfortunately, for some people this might be the hardest task of all.

If your relationship ended not on a sour note exactly, (or in other words, if you broke up for the normal reasons of falling out of love, being incompatible, or one of you not willing to commit), then you will have a midway chance of having had a amicable breakup.

And this is a good thing. This means that even though you broke up, there aren't exactly hard feelings between you.