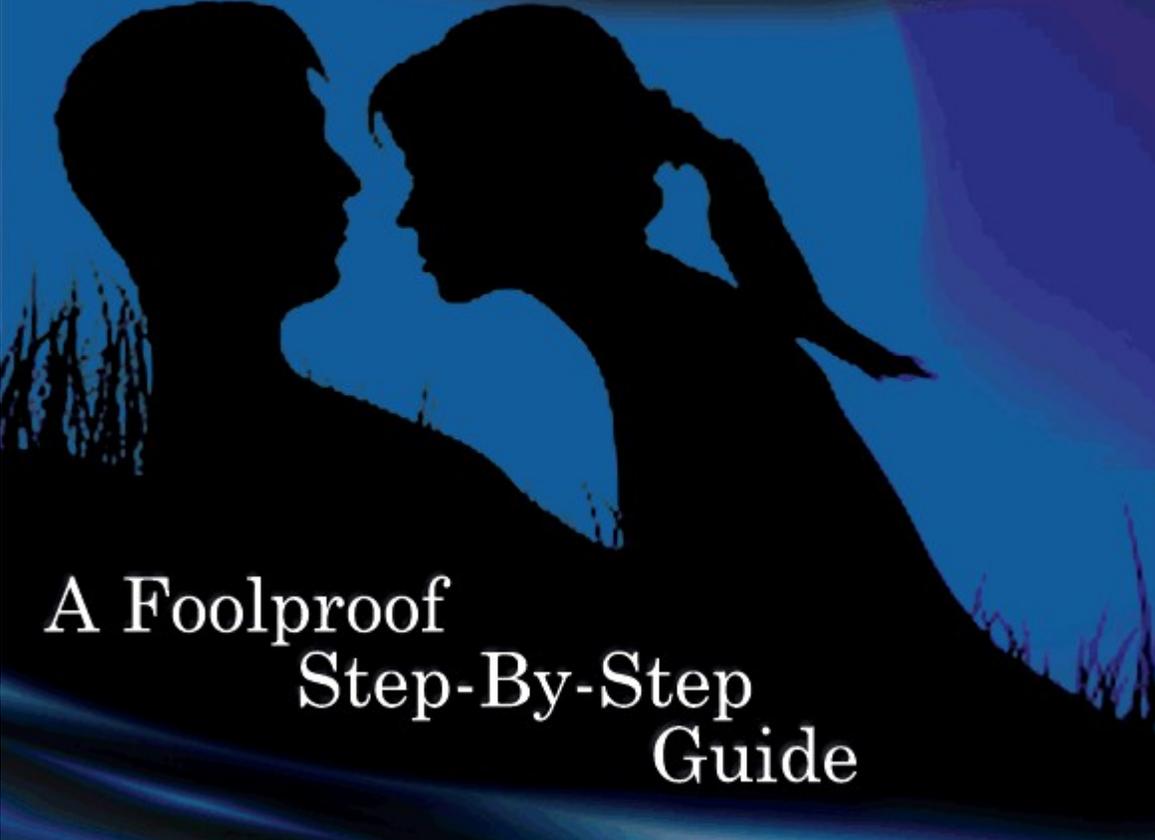


HOW TO **GET YOUR  
GUY BACK**  
*In As Little As* **7 DAYS**



A Foolproof  
Step-By-Step  
Guide

By John Alexander

**This course is divided into 4 parts:**

**Part 1 – Introduction to the System and the First Step**

How I can help you. Your first order of business.

**Part 2 – Relationship and Break-Up Myths, Mistakes and Successes**

The Post-Mortem: Diagnosing what went wrong. Common mistakes women make after a break-up. What keeps a man interested in a relationship.

**Part 3 – The “New You Keys”**

Becoming the best person you can be. Reclaiming happiness. Becoming attractive to men (including your ex).

**Part 4 – The Re-Connection Process**

Putting everything into motion. Drawing your ex irresistibly back to you like a magnet. Keeping him once he's back.

## **Part 1: Introduction to the System and the First Step to Getting Your Guy Back**

Congratulations on getting this guide. Now take a deep breath. If you shed another tear, make it a tear of happiness, because you **will** get through this, and it will take only a few weeks. (Maybe much less than that.)

All I ask from you is that you:

1. Follow this manual step by step, without straying from or second guessing the blueprint I set out for you.
2. Give it your full effort.

Is that a deal? Okay, great.

### ***How I Can Help You***

I believe I have unique insight into male psychology when it comes to relationships because of the position I am in – I am a dating and seduction coach for men and wrote a bestselling "underground" book called ***How to Become an Alpha Male***.

As part of my job, I offer the men who buy my programs the chance to consult with me about the issues they're having trying to attract women. After many thousands of consultations I've done with men over the past six years, I've gotten some very keen insights as to how the male mind works.

I believe this puts me in a much better position than most male authors of advice books for women. I am not going to give you my ***personal*** beliefs (which is what most male authors are really doing). Instead, I'm going to give you the very core of the male mind, as I've seen it in action in thousands of men.

## Part 1: Introduction to the System and the First Step to Getting Your Guy Back

I'm going to give you the tactics, techniques, and strategies that will give you the maximum odds of getting your man back.

A few years ago, I wrote a guide called ***How to Get a Girl Back in 30 Days or Less***, and I was shocked at the flood of emails from women asking how to get their **men** back. I had never considered giving advice to women, but with such demand for me to write that book, how could I not get to work on it?

Since then I've worked closely with dozens of women to devise this system. That means the tactics, techniques and strategies you're about to discover have been thoroughly "field-tested," to verify how well the system works in the real world. Results have been nothing short of spectacular.

So I can promise you this course will work for you. It's based on innate and uncontrollable instincts in your ex-boyfriend (or ex-husband, depending on your situation), which is why it is the closest thing to foolproof you'll ever find in this world.

By the way, you may notice this guide is different from other books on this subject that you may find in the bookstores. All the others I have seen seem to be focused on "getting revenge on that bastard," and things of that sort. That is not our goal here.

I also want you to watch out for generic "How to Get Your Ex Back" ebooks, supposedly applicable to either sex, pitched by Internet marketers. They will not work.

While there are a lot of similarities between what works to get your woman back and what works to get your man back, there are significant differences. Almost from birth, men and women are socialized differently and raised differently, and they have different styles of communication and social interaction.<sup>1</sup>

So, rest assured, what you're getting from me is not a bunch of plagiarized crap thrown together by an Internet marketer out to make a fast buck.

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<sup>1</sup> If you're interested in reading more about the research that's been done on this subject, I recommend ***You Just Don't Understand - Women and Men in Conversation*** by Dr. Deborah Tannen.

## Part 1: Introduction to the System and the First Step to Getting Your Guy Back

Instead you're going to learn exactly what works from someone who's spent many years studying dating and relationships full time.

This is a practical, get-to-the-point kind of guide. Most importantly, I'm going to be focused on **results**. You bought this guide because you want your boy back, so that's exactly what's going to happen.

You'll discover what makes a successful relationship and how to keep your guy attracted to you. That way, you'll make sure that once he does come back, he'll stay with you forever.

By the way, this may sound weird right now, but at the end of the next few weeks you might decide you don't want your ex back, even though you're at the point where you could easily get him back. Maybe because you've met someone better, or because you've just got too much going on in your life to worry about him any more. Whatever the reason, this of course would be another type of success for you!

And now, without further ado, let's get started....

### ***Your First Order of Business***

Cut off all communication with your guy **right now**. You'll send him a note -- which I'll describe in a moment -- and that will be your only direct communication with him for seven days.

Here's why: First, cutting him off turns the tables on your interactions with him. Right now you're the one pursuing him. He is the prize, not you. By cutting him off using the method you're about to discover, you turn him into the pursuer and yourself into the prize.

Second, if you communicate with your ex too soon -- before you know what you're doing, before you've put your life back together, before you've learned the secrets of how to attract him -- odds are you're going to screw it up.

Anything you did now would be out of desperation, and as a result you

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would not keep him attracted over the long run. (Remember, your goal is not just to get him back, but to keep him back.)

You see, even if your ex did give in and took you back in response to your desperate begging, it would be under **his** terms, which means there would be no guarantee he wouldn't dump you again later when some other woman came into his life. So break off all contact, and get up to speed using this manual to become a woman with power.

Only then should you allow him to talk with you again.

Cutting off contact accomplishes three things:

1. It demonstrates that right now you're unfazed by the break-up. This will arouse your ex's curiosity about how you could change your mind so drastically. As you'll soon find out, this emotion of curiosity will be a powerful tool for you.
2. It gives you time to put your life back together, learn from your mistakes, and work on what I call the "New You Keys." (You'll learn how to do all of this in a little while.)
3. It makes him receptive to re-opening communication with you – but this time on your terms, not his.

Again, you're going to cut him off from direct communication with you for an entire seven days. It will be complete radio silence. He won't hear a peep from you for a full week.

Right now it's Day 1 of your self-improvement journey. Three weeks from now, you'll be able to look in the mirror and see a completely different person.

For the next week, your ex will not have the privilege of being able to speak with you. This will drive him absolutely crazy. As time goes on, he's going to become more and more obsessed with you. And it all starts with the note you're about to send him.

## ***The Cut-Off Note***

Mail him a handwritten note. No matter how bitter your break-up was, there's virtually a 100% chance a guy will read a note that's handwritten. He won't be able to resist the curiosity.

(If, for some reason, you can't get him a handwritten note, then send an email or whatever. But again, the impact of a handwritten message is **huge**, as you'll see.)

Here are the exact don't-make-me-think guidelines for a successful note:

1. Your overall goal for your note is to display calmness. When your ex-ude finds out how calm you've suddenly become about the break-up, it will throw him off psychologically.
2. Don't write anything clingy, whiny or nasty. You want to make it sound like you're cool with the situation as it is now, and make it clear he has no effect on you any more. (You're no longer head-over-heels for him, he'll think.)
3. Make sure the note is not argumentative, and doesn't blame him for what happened. Remember: you want him to think you're fine with the break-up. You want him to wonder what's changed and what's going on with you. Arouse his curiosity.
4. Write the note fast and keep it brief -- definitely no more than two brief paragraphs. The less said, the better. Although you want the note to be legible, make it appear you scribbled it in a hurry without putting a lot of effort into it.
5. Tell him you agree with his decision to break up with you.
6. Tell him that something big and exciting has just happened, and you'll need to tell him about it sometime.
7. Tell him that, for now, you need some time apart from him, because you've all of a sudden become really happy in your new life.

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8. Close the note by saying, "Maybe we can at least be friends again at some point."
9. Leave the door open for friendship and don't say anything permanent like, "We're finished." Don't allow your ex to let go of you completely.
10. Simply sign your name. Do not write a closing such as "love" or "sincerely" or anything like that. You do not want him to know what your feelings for him are. You want him to wonder

By the time your guy finishes reading the note, he will wonder what's going on. He'll ask himself, "How is she moving on so fast?"

Trust me, men don't deal well with ambiguity. They hate it when there's something they can't figure out.

"Did she meet some new guy?" he thinks. "What the heck is going on here?"

This one simple note will all of a sudden make you unavailable to your ex. You've now become a challenge for him. He has gone from being a special man on a pedestal pursued by a woman, to being just a plain old, regular guy who must now be the one in pursuit.

He is now cut off from the awesomeness that is you. Soon you'll give him the gift of being able to talk with you again, but not right now.

### ***Why the Cut-Off Note Is So Effective***

Surprisingly, experts on human emotion will tell you that curiosity may be the strongest emotion there is. Your ex is going to be dying to know what the "big and exciting" new thing in your life is.

(By the way, this will not be a lie you're telling him. After you dive into the New You Keys, which you'll discover later in this course, you **will** have big and exciting things going on in your life by the time you meet with him

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again.)

The next reason the Cut-Off Note is so effective is that men hate being cut off from someone. Loneliness is definitely a vulnerability in the male psychology.

Let me explain. I want you to imagine what happens when you adopt a dog from the local animal shelter. At the shelter, the dog had a roommate who was his best buddy. He was also friends with many of the other dogs there.

Then, when you took the dog home with you, he became separated from his old pals. Now your new dog is dependent on you for friendship. The new friends he makes are usually through you.

Well, it's the same way for a lot of men. The vast majority of the time, their social network is intertwined with yours. After the break-up, a large percentage of men find themselves without an adequate social network.

You've probably found that your man still wants to be "friends" with you. Now you know why. It comes from the weakness of his loneliness.

Cutting him off from you takes advantage of this vulnerability.

Finally, the Cut-Off will make your ex receptive to meeting with you again when the time comes. At this point he believes that you've all of a sudden become okay with the break-up, and you just want to be "friends." This will make it extremely easy to set up a meeting with him again after the period of silence. (At the meeting, of course, you astound him with an attractive New You, making him irresistibly attracted.)

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Thank you for reading this free preview edition of ***How to Get Your Guy Back in as Few as 7 Days***.

If it's been helpful and you'd like to check out the complete version, please...

[Click here!](#)

Thank you, and good luck!

To your success,



John Alexander