



The 1st Step To Get Your Ex Back

The First Chapter of
The Ex Back Goddess System



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Introduction

*If you want to succeed you should strike out on new paths,
rather than travel the worn paths of accepted success.*

J.D. Rockefeller



1.1 What this guide is

If you just bought this system, you already have a rough idea of what its purpose might be - getting your old boyfriend back, of course.

But that's just scratching the surface. While the Ex Back Goddess does offer a step-by-step plan on how to win a man's heart and make him really, really mad about you, it aims to do more than just that. I'll get to it in a second.

Imagine you would very much enjoy driving a Ferrari. Owning a Ferrari. Let's just say someone gives you the means to get one. You do wind up with a Ferrari that you own and can drive - but if a part breaks down, you can't fix it. You don't afford fixing a Ferrari. So you don't afford owning one.

What does that have to do with relationships?

Look at it this way - the Ferrari is your relationship with your ex. You want it, you liked it, but unless you can "afford" it - that is, being able to fix it when it has problems, care for it and make it run on the long-term, you shouldn't have it.

This is where the Ex Back Goddess system comes in. In a broader sense, the program is split in two, just like the name: one part deals with your becoming a Goddess, the other with a clear plan on getting your ex back.



Important

The main purpose of this course is for you to become a **Goddess**.

Before I tell you what exactly this Goddess is, and why it is important you become one, let me tell you for whom this guide was created.



1.2 Whom it's for

WOMEN.

Not all women, though, but ambitious women who want to become **REAL women**. The type of powerful females that get what they want no matter what it takes. This guide is made for those that want to be better today than they were yesterday.

Those that keep on fighting for what they want, regardless of what others say.

For the gentle, the strong, the feminine.

It's more about the mindset than anything else. If you're really determined, if you WANT to achieve your goals and you know you deserve to, if you don't quit easily, this guide is for you.



Goddess' Takeaway

*The Ex Back Goddess system will take you through all the steps required to go from Woman to **Wonder Woman**.*

You already have what it takes. The fact that you've bought this course and dedicated yourself to the program says it all.

Think of this guide like your very own magic wand. You have the magic inside yourself, but to use it, you need the proper way to channel your energy.

1.3 What you'll learn

Everything your mother never told you about being a woman.

The information in this book is usually acquired in a lifetime's worth of... well... living. Take the "Becoming a Goddess" chapter, for example - that alone would take years to know how to do on your own. What the section does is take the guesswork out of experience.



In the chapter about Cultivating Your Mind there are a lot of tips and tricks on how to convince anyone of pretty much anything you want. It's based on scientific data, backed up by a lot of testing - everything you see in this guide, I've tested. So you can just pick it up and use it.

You will learn how to control your emotions. How people think and how you can... **influence** them. How to be more likeable and how to make men want you for who you are, not just your body. And once that's over with and you ascend to Goddess status, you'll be given all the tools you need to make your ex welcome you back.

The plan can help you get him back even if he hates you or just doesn't love you anymore - but it will be a lot harder and I can't guarantee your success. It all depends on how well you apply the techniques described in this book.



A FAIR WARNING

Do **NOT** jump on the first man that tells you you're pretty, fun or smart. Not if you're ok with the break-up, not if you still want your ex back. You'll most likely be in a rebound relationship, and those generally end up miserably, leaving you with a world of pain in your hands. Not something to look forward to... So do yourself a favor and avoid the walk of shame.

1.4 What is an Ex Back Goddess?

An **irresistible** woman, simply put.

A woman that knows how to get what she likes and wants. A confident woman. A woman emotionally strong and highly empathetic. The woman that can reverse a break-up on her own terms.

I can't really tell you more without spilling the beans, so you'll just have to read the whole guide to figure out what a Goddess is. Try to write down all her qualities - they're usually marked with "A Goddess is" or "A Goddess does".



1.5 The “Limited Contact Rule”

I bet you’ve already heard of this “Limited Contact” or even “No Contact” rule - it simply says you should interact less with your ex, for at least 30 days.

But do you know why?

It’s about **3** things:

1. It helps you clear your mind, find out if he’s worth it AND work on yourself (so that you can easily get him back)
2. It reverses the roles between chaser and chased

See, right now, especially if you’ve been texting/calling him a lot (it’s ok, we all do it), HE feels chased. So the spotlight’s on him. HE is the important one. By ignoring him, that feeling will begin to fade.

And, suddenly, he’s thinking about you more than you seem (to him) to be thinking of him. That alone is enough to get him calling. Because attention is addictive - the more you have, the more you want. Once you’re cut off and don’t get it anymore, you try to come up with ways to get that back.

Answer me this - aren’t you wondering, now, what the third thing is and why I didn’t write it down next to the other two?

That’s exactly what not talking to him does. As you’re reading this, you’re probably thinking “Ok, got it, now just tell me what the third thing is, already!”.

It shows him you can move on. And, if he doesn’t do something about it, he could lose you. So, one extra reason for him to want you back.

By the end of this course (it is a course, after all), he’ll want you because:

- 1) *You’re strong, confident and independent*
- 2) *You can offer him the kind of attention he wants (more on that in the Understanding Men chapter)*
- 3) *You know exactly what hot buttons to push (that he likes being pushed)*
- 4) *He’s afraid to lose you*
- 5) *You seem to know exactly what to say, when he wants it the most (and you will, trust me)*



Important

Starting today, for the next 30 days you must **NOT** contact your ex.

The countdown starts today and it doesn't matter if you two haven't spoken since yesterday or the last contact was 2 months ago.

In other words, it's 30 days from when you got the program and started working it, not from when you last talked to your ex. If you contact your ex during these 30 days - you **MUST** start again from the beginning (another 30 days) - so be careful. You'd only be fooling yourself.

Now, most women I've talked to ask me "But what if he asks me out all of a sudden?" – that's tricky. Normally, you should tell him you need some time to think about what happened between the two of you and that you don't want to make things even worse. However, you know your guy better than anyone else – if he's really nice and apologizes from the bottom of his heart, you should accept his invitation.

But you should never say "YES" from the get-go. Instead, postpone it for a week. Tell him you're really busy for a couple of days and that maybe you could get together in a week or so. Ask him to give you a buzz if he doesn't hear from you until (7th day from the time of his call/text).

If he calls you again, agree to go out with him, but keep it really short – 30 minutes tops (have a friend call you, so that you can excuse yourself). Refer to "The First Date" chapter in this book for a quick fix. And, at all costs, keep your cool.

Another thing I get asked a lot about is "What should I do if we live together?". Isolate yourself in your room. If you can, go home only when you need to sleep or take a shower. Go to museums, a library, go to a café and have a cup of tea, you pick. Leave and experience interesting stuff. It will help you later on. If you have kids and you have to interact, only do it when the kids are around. Avoid one-on-one moments with him.

Starting today you apply the "Limited Contact" Rule. The next 30 days are dedicated to you and only you. Afterwards, you'll know what to do.

On the next page you have a list of guidelines you have to respect in order to maintain the effectiveness of the Limited Contact Rule.

Limited Contact Guidelines

- *You can't contact him*
- *If he contacts you keep it short, distant and try to finish the conversation fast*
- *Don't stalk him (seriously, you're only hurting yourself and making it hard for the system to do its magic)*
- *Don't dig into his life. Let him have some privacy and space (no Google, Facebook or other social networks stalking allowed)*
- *Distract yourself by working hard on becoming a Goddess*
- *Don't take this rule to an extreme. If you have kids, interact but keep it a minimum as possible. You are the one that should end the conversation at all times*
- *If you still have to live together - act like a respectful roommate while establishing a separate life from him. Treat him more like an acquaintance, not an ex*

So there you have it. Onto the first step of your journey - understanding what types of love are out there...



The Ex Back Goddess System

If you've read down to here, you probably already feel how efficient the system can be.

What you read is only a taste of what you get when you invest in the whole Ex Back Goddess System.

Just to see how it's written and understand that it really is a high quality program.

The **“real deal”** comes within the next chapters...

Understanding men...

Becoming a Goddess...

The Master Plan...

I'm positive that you'll find the whole guide amazing.

More than that, you really don't risk anything as you're protected by my *“60 Days Love It or Leave It” 100% Money Back Guarantee.*

If you've decided you want in on the next chapters, just go to www.exbackgoddess.com and get the program now!



Important

Just remember, Ex Back Goddess is the **only** system that's based on scientific & psychological research and offers you step-by-step guidance to get you from heart-broken to *“happily ever after”*.

As I'm really transparent with the information in the system, I've also added below the **“Sources & References”** section from the guide.

Of course, I hope you invest in Ex Back Goddess, as all the information is laid out simple and condensed so you get the “crème du la crème”. If you don't, though, I recommend that you at least go to your nearest library and read some of the books below.



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