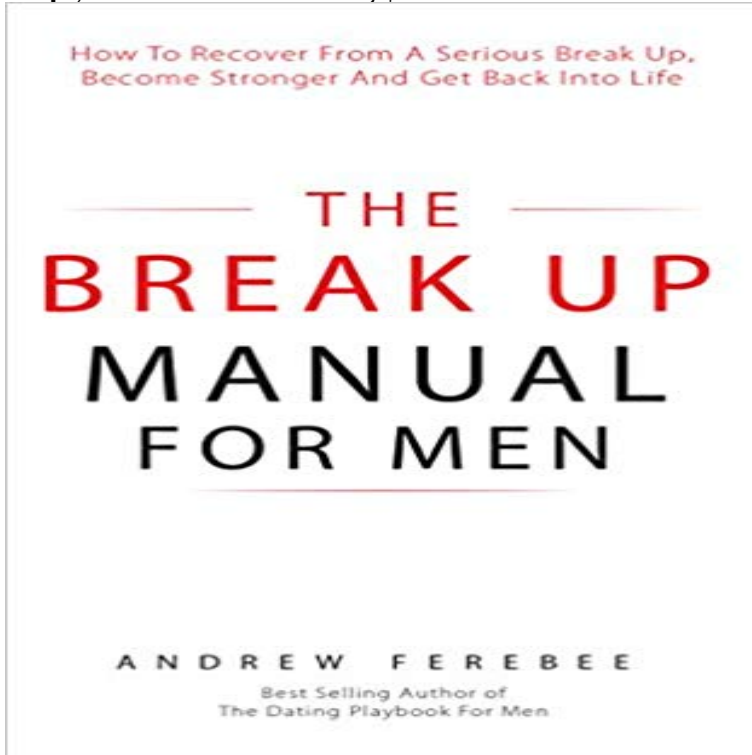


# The Break Up Manual For Men: How To Recover From A Serious Break Up, Become Stronger and Get Back Into Life



READ THIS IF YOU'RE TRULY SERIOUS ABOUT GETTING OVER HER. Kiss Goodbye to Agonizing Pain, Say Hello to a Deep Herculean Strength and Self-Empowered Confidence That Attracts New Women, and Discover the Real Secrets to Overcoming a Breakup and using it as a Launchpad to Reinvent Your Life and Pursue Your Dreams. Guys, let's face it: a serious breakup can suck! There is no one that is IMMUNE to experiencing a broken relationship. It literally feels as though your heart has been torn out of your chest. You can't stop thinking about her, what you could, should or would do if you had another chance—even if the breakup occurred last week, or ten years ago. But the truth is it's OVER and she's moved on! So what can YOU do about it? The Breakup Manual For Men was born out of real heartbreak, and an urgent necessity to get over the loss and pain of a serious breakup. In this powerful book, relationship coach for men, Andrew Ferebee has distilled the essentials of his own success and life-changing work with men who have been blindsided by breakups into an easy-to-follow strategy that you can devour in as little as a day. This is no ordinary relationship advice book. You will leave behind all confusion, pain and heartbreak as he leads you through how to truly Overcome and Recover so you can become stronger, attract new women and have the confidence to start living again in the shortest time possible. Andrew leaves no stone unturned. Everything has been tested and proven to work! The result: one easy-to-read book for men that reveals what you absolutely need to know. \* Keys to experiencing acceptance of the breakup in a matter of weeks instead of months \* Proven method to avoid the pain of seeing her move on and speed up the recovery process \* How to trick your mind into ending the fantasy of you getting back together with her \* 3 simple steps to regain

your power so you no longer feel empty inside \* The surprising truth behind why you would have lost her either way \* Detailed strategies to handle social media after a breakup \* Exactly how and what to do to accept the loss and release the pain \* How the 5 stages of grief can help you cope with your emotions and accept where you are \* The hard-science behind breakups and why you are going to thrive after the breakup \* The real reason why you should wait before jumping back into another relationship \* Demystifying the truth about why your ex has moved on and appears happy \* Unique and overlooked ways to control your anger over your ex moving on \* Life-changing secrets of getting clear about your breakup \* The facts on how long it takes to get over a breakup and when to start dating again \* Breakthrough solutions for suicidal thoughts and why you matter even without her \* Andrews 5 cant miss non-negotiable rules to avoid slipping back into old self-destructive thoughts and behaviours \* A powerful 10 step weekly plan you can follow to see incredible things happen in your life again \* Little known techniques for channelling your anger so you no longer feel like a victim \* 6 ways to rebuild your life and improve it far beyond what it is now \* Clear and straight-forward advice that will instantly help you re-discover your purpose \* Fastest known way to recovery and how you know you are ready for a new relationship Ask yourself: Where will you be a week, a month or a year from now? Think about it. If all it took was \$5 to no longer feel the pain of losing her, would it be worth it to you? If it helped you regain your confidence, and finally gave you the boost and strategy you needed to take hold of the life you deserve, would that be worth it to you? Unless you take action, you wont know. Add The Breakup Manual For Men to your cart now!

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