

The 6 Shocking Truths About Getting A Girl Back That Every Guy Must Know...



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GetYourExGirlfriendBack.com

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Why This Report Is Your *Best Shot* At Saving Your Relationship...

What if I told you that if you learn (*and apply*) a few simple concepts - that from that day forward your girlfriend would instantly stop resisting your attempts to save the relationship and it wouldn't be long before she was running back into your arms?

Naturally, you'd want to know what they are and how fast you can start applying them. Well that's why I wrote this report: to make sure you get your girlfriend back *no matter how hopeless you feel your situation to be*.

You see, going through a breakup is tough... but saving a relationship isn't. It can be surprisingly simple if you follow a sound approach. How do I know? Because I've done it (on more than one occasion) and have helped many others do the same.

And before we dive into the meat of the matter, please allow me to introduce myself. My name is Dr. George Karanastasis. I am a physician but today I'm writing to you as a friend. And I'm writing to you with the hope of passing on what I've learned about relationships through personal experiences as well as the collective experiences of over 1,200 men I've consulted with regarding this matter.

Now, what I'm about to share with you may cause you a bit of discomfort. These key pieces of advice will challenge everything you've come to know about breakups. Knowing this, I'm asking you to ***read every word of this report*** and do so with an open mind. By the time you've finished you'll have a solid foundation of knowledge to start getting your girlfriend (*the right way*).

So without further delay... let's start turning the tables on your breakup so you can get your girl back to where she belongs... in your arms...

Shocking Truth #1: How Many Days Does It Take To Get A Girl Back? Finally A Straight Answer You Can Live With...

If you've done any research on this topic (*especially on the internet*) I'm sure you've come across quite a few claims that promise you the world as far as getting a girl back is concerned (e.g. get her back in 30 days, 7 days, *even 2 days!*)

How do I know this? Because I've been helping guys like you for some time now. And throughout this time I've heard and seen it all (or better put: read it all).

Obviously, you're too smart to believe such "hype" but in case you're tempted to try the "magic pill" that will bring her back in "X" number of days, let me explain exactly why putting a specific time-line on getting a girl back is not only impossible... *but downright dangerous as well.*

You see, every relationship is *unique*. Mine is different than yours, and yours is different from everyone else's, wouldn't you agree? So how can you apply the *same time-line (or strategy)* to every relationship that's *different*? It doesn't make sense, does it?

Now with that being said, here's how long it takes to get a girl back based on the collective experiences of over 1,200 men I've consulted with:

- A small number of guys got their girlfriends back within 2 weeks or less (yes, it *is* possible to get her back this fast if you truly understand how women think during a breakup and **follow the sound advice that's suitable to your particular situation**)
- The majority of guys who saved their relationships did so in the 2nd month
- For the rest it took 3 months or more

The bottom line is this: **it doesn't matter how long it takes you to get your girlfriend back as long as you do**. If it takes you 2 weeks... great. If it takes you 2 months... so be it. Just keep in mind that as long as you're making progress towards your goal you'll ultimately get what you want. So with this in mind, don't risk permanently losing this girl by attempting to *force* her back within a specific period of time.

Shocking Truth #2: Why The Pain You're Feeling Right Now Is Killing Your Chances Of Getting Her Back (And How To Turn It Off Like A Light Switch)

Did you know that the pain you're feeling right now is more than just a "thorn in your side"... and that if it's left "unchecked" it could cause you to lose this girl altogether? And do you know why?

The answer: it causes you to glorify the relationship you had with her. This is a **logical reaction to rejection**. You, me, and everyone else *always* wants what they can't have. When something important is taken away from us we're willing to do anything to get it back.

Not only that, but we concentrate almost *exclusively* on its positive aspects in the process. In the case of ex-girlfriends we think about all the good times we had and how great it was to be with them (i.e. *we glorify the relationship that previously existed*).

Now, just like everyone else there's no doubt in my mind that the pain you're feeling is causing you to make this mistake. But do you know what the problem is with this line of thinking... especially when it comes to a breakup?

It causes you to operate out of need instead of desire. It leads you to acts of desperation that not only fail to get her back... but push her further away (e.g. begging for second chances, promising you'll change, excessive gift giving to make up for previous mistakes... even hard-core persuasion tactics).

What's even worse is that the more she rejects you the harder you'll push to be with her (if you haven't gone down this path already). It's a vicious circle that rapidly chips away at your chances of getting back together. And I'm sure you already know that eventually *she's going to get tired of this and move on to somebody else*.

So what then is the solution to this problem? Obviously... it's to learn how to control this pain so you can stop glorifying the relationship. That is the *only way* you'll be able to suppress the impulses that lead you to act in a desperate fashion.

Now why is this so important? Because the moment you wipe away those feelings of despair your ex-girlfriend will instantly realize that *you don't need her* – you simply *want her*. There's a HUGE difference between the two and one that she'll immediately sense... and you won't understand the power of this until you witness it first-hand.

But when you are able to control your impulses, from that moment forward she'll stop resisting you. Not only that, but she'll start opening up to the idea of getting into a new relationship with you that's even stronger than the one you had.

But how can you go about this? After all, it's not as if you're choosing to feel this way, right? And it's true... it's not your choice... but did you know that there's a simple exercise (that takes no more than 5 minutes to complete) that turns off the impulse to act in a desperate fashion like a light switch?

I written all about it in my book, *"How To Get Her Back For Good"* which you can [**get instant access to here**](#).

Onward...

Shocking Truth #3: The Slight Change In Your Approach That Leaves Her Begging To Be With You (This Is So Simple Yet *All* Guys Overlook It)

Alright... so we've established that needy, desperate behavior *will not* get you what you want and what you should do to control it. Now let's talk about what *will* get you what you want.

Brace yourself because this goes against everything you've heard of...

Be OK with her decision to break up *and let her know about it...*

Now, the keyword here is "be" – not act. If you try to pretend that everything's OK she'll see right through it and it will most likely backfire. Furthermore, you can't just walk up to her and tell her this (and we'll get to this in a minute).

Counter-intuitive, isn't it? Logic tells you that this is the last thing you want your girlfriend to know if you want her back. But before you discount it, here's something to chew on...

What do you think is going to happen when you stop doing the things that push her further away (e.g. begging and pleading for second chances) and you start giving her exactly what she asked for?

The answer? She'll take notice to the fact that you're not going to chase her anymore. Because even though she's resisted all of your attempts to get back together she still likes (*even craves*) the attention you're giving her.

And when you stop giving it to her from one day to the next it will deal a serious blow to her ego... especially if you've been together with her for a long period of time. I know this sounds crazy but you won't understand how powerful this concept is until you put it into play.

However, before you run off and start acting distant with you're her to show her that you're doing fine I have to warn you about something... there's a right way and a wrong way to go about this, and if you happen to take the latter route this can seriously backfire.

But if you take the right approach you'll literally start to see this breakup reverse itself before your very eyes. From that point it won't be long before she's back in your arms. And you'll understand why by the time you've finished reading this report...

Shocking Truth #4: The 1 Thing You Must Never Tell A Girl After A Breakup

Now this will most likely come as a surprise but it's not something you blurt out during a fight and it's not a four-letter word. In fact, it's actually a nice statement and that's why it's so common for guys to say it after a breakup.

But be that as it may, it doesn't change the fact that it's extremely damaging as far as getting back together is concerned. This statement is none other than, ***"I love you and I'll always be there for you"***.

Now why is it so bad to say this to your ex? The answer: Because this gives her the green light to go out and do whatever she wants (hint: date someone else) all the while knowing that she can come back to you whenever she feels like it.

Give her the option to explore and she'll take it.... you can be sure of that. Why? Because if she knows that she doesn't stand to lose you (no matter what she does) why in the world would she be in a rush to come back to you?

And if she's already dating someone else this statement is even worse. She'll take the time to get to know the other guy, *fully compare him to you*, and only then decide who to stay with. After all... you're letting her have her cake and eat it too.

This goes hand in hand with the next Shocking Truth...

Shocking Truth #5: Are You Still Friends With Your Ex? Discover Exactly What You Stand To Gain (*And Lose*) With This Arrangement...

This is a HUGE blunder that most guys make. They somehow (falsely) believe that if they remain friends with their ex that they'll keep other guys away and they'll eventually get back together. However, nothing could be further from the truth and if you're making this mistake then *please stop now!*

Here's why...

If you remain friends with your ex, what message are you really sending her? That the current state you're in is perfectly acceptable and you're OK with it. And I'm not talking about being OK with the breakup... I'm talking about being OK to be friends during the breakup... there's a HUGE difference between the two. Is that what you really want? I don't believe it is. What you truly want is to be together as a couple... not friends - that is unless you've given up on the relationship and are willing to let her go altogether.

Pardon my forwardness with this statement but it needs to be said - I want you to know the truth... **In 95% of cases remaining friends with a girl after she breaks up with you is like digging your own grave.** What will ultimately

end up happening is that she'll move on to somebody else and leave you hanging every step of the way.

And do you know why? Because you'll be helping her heal the entire time, and in the process, you'll be getting worse. You'll constantly be making attempts to get back together with her – and she'll continue to resist you. You'll be stroking her ego while crushing your own in the process. Again, it will lead you into that vicious circle we spoke about earlier (and everything bad that accompanies it).

Now with that being said, **did you know that there are *only two specific circumstances* where it's OK to remain friends with an ex?** And that out of the 1,200+ guys I've consulted with, these make up only about 5% of all breakup situations?

And now for the final truth...

Shocking Truth #6: The 2 “Tricks” You Must Never Try With Your Ex (These Will Push Her Away To The Point Of No Return)...

Do you know what's worse than NOT getting your ex-girlfriend back? It's getting her back only to lose her soon thereafter (i.e. within a few days or a few weeks). Not only that – but to have her hating you on top of it. Well that's exactly what tricks, ploys, and manipulating mind-games accomplish and it's unfortunate that many guys choose to go down this route.

They've been wrongfully led to believe that if you 1) **blatantly ignore your ex** and/or 2) **try to make her jealous** by dating a string of other women that she'll magically come running back. It's reverse-psychology at its *worst*.

And while the latter plays a HUGE role in winning your ex-girlfriend back (in fact, all 5 of the successful relationship repair approaches I've developed are based on this) – misusing it or abusing it can seriously damage your chances of reuniting with your girl.

Make no mistake about it – your ex is smarter than that. She'll see through any game or trick you try on her. Trust me when I tell you that you're in no shape to be playing games... your emotional state can't handle the consequences of losing.

And even if you do succeed in getting her back with tricks – your happiness won't last long. Like I wrote above, you'll lose her again in a very short time-span. Why? Because the problems that caused the breakup to begin with will still be there. Tricks won't get to the root of these problems. Only a well-crafted, properly calculated strategy can accomplish this. Everything else is but a mere “band-aid” in the face of a “wound” that's in need of serious care.

If I can leave you with one more piece of advice, it is this: **don't risk something as important as the future of your relationship with the girl you love by attempting to demean and disrespect her.** Furthermore, don't buy into the hype that this type of behavior will work in getting her back.

Advice of this sort is typically passed around by pick-up artists who view women as nothing more than another "notch" on their belts (and a set of digits in their black books). Their techniques and "tricks" might work well for getting women into bed – but they're highly ineffective for maintaining a loving, lasting relationship.

For instance...

DID YOU KNOW... that there is one criterion (*above anything else*) that a woman bases her final decision to stay in a long-term relationship that has *nothing* to do with what initially attracted her? And that the reason you're going through this breakup is because you failed to satisfy this exact criterion?

DID YOU KNOW... that in order to *re-attract* a girl after a breakup your approach must include 2 specific things in addition to what attracted her in the first place?

Why do some guys get their girls back so *easily (and keep them)* while others try everything possible and **never** get a second chance to revive their relationships?

The startling answers to these and other mysteries of successful relationship repair are revealed in my article, **["How To Effortlessly Make Your Ex-Girlfriend Want To Come Back To You"](#)**.

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About the Author: Dr. Karanastasis is recognized as the leading expert on men's relationship repair and creator of the first-of-its-kind course, *"How To Get Her Back For Good – A Shortcut Strategy For Getting Your Girlfriend Back Without Using Tricks, Tactics, or Manipulating Mind-Games"* based on personal experience plus the successful consultations with over 1,200 men in a wide variety of breakup situations. Click here for more details:

<http://www.getyourexgirlfriendback.com>

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