

LESLIE BRASWELL

# IGNORE THE GUY

*The Art of No Contact*

# GET THE GUY

A WOMAN'S SURVIVAL GUIDE TO:  
MASTERING A BREAK-UP AND TAKING BACK HER POWER

# Ignore The Guy Get The Guy The Art Of No Contact A Womans Survival To Mastering A Breakup And Taking Back Her Power

**Luca Alberti**



## **Ignore The Guy Get The Guy The Art Of No Contact A Womans Survival To Mastering A Breakup And Taking Back Her Power:**

*Ignore the Guy, Get the Guy: The Art of No Contact* Leslie Braswell, 2023-11-10 Leslie Braswell delivers straightforward advice for women overwhelmed by a breakup divorce separation or stuck in relationship limbo A woman s survival guide breakup bible and how to guide that will navigate you through the following weeks or months after a breakup Read this book before you make irreversible mistakes Learn how women can reverse a breakup and shift the power back to their favor after a breakup Should you try to get your ex back It doesn t matter what the circumstances are if you play your cards right from the beginning Women can learn how to obtain the relationships they want by earning love and respect from any man they choose all while having the time of their lives In this book you will learn How to use silence to pull a man back to you What a man secretly expects after a breakup Why a strong woman steals the show How to prevent a man from losing interest Why women lose the battle of the breakup How to make him miss you How to handle your emotions How he broke up and what it says about him How to handle a breakup through social media How to SKYROCKET your self confidence Attraction killers How to be on Mr Ex s Mind What you should do to get him back and Fatal mistakes you might be making without knowing it Ignore the Guy Get the Guy a must read for every woman will teach you how to use the art of no contact to your advantage If you have ever let yourself fall to pieces cried begged pleaded or sought closure you have never learned the art or the power of no contact Learn how to keep your pride and dignity intact to get your love life where it needs to be Read or listen to *Ignore the Guy Get the Guy A Woman s Survival Guide to Mastering a Breakup and Taking Back her Power* now **Make**

**Your Move** Jon Birger, 2021-02-02 Modern romance is broken It s time to flip the script Apps have transformed dating from a mysterious adventure into a daily chore Young single college educated women are sick and tired of competing for a shrinking supply of guys And marriage material men long expected to take the lead when it comes to asking women out are suddenly balking at making the first move fearing they ll come across as creepy or inappropriate Society is changing which means it s time for dating to evolve Millennial and Gen Z women are more than capable of seeking out what and who they want They re standouts in the classroom and champions on the playing fields They re leaders in the workplace and trailblazers in city halls state houses and Congress So why would we tell a generation of badass women that they re not allowed to be bold when it comes to finding love Why should they have to sit back and wait and wait and wait for men to find them In *Make Your Move The New Science of Dating and Why Women Are in Charge* Jon Birger author of *Date onomics* offers women bold new strategies for finding the one Backed by research showing that women can win at romance by making the first move with the men of their choice Birger explains why It s better to choose than to be chosen The play hard to get method is not only outdated but grounded in bad science The first move does not have to be a big move It s time to log off of dating apps and date men you actually know The workplace can be a terrific place to meet a long term romantic partner and more *Make Your*

Move is an honest solution based guide to finding love that lasts If you re tired of playing by old rules look no further Make your move and win *Kezdeményezz* Jon Birger,2022-05-19 Jobb ha te v lasztasz mint ha t ged v lasztanak ezzel biztatja n i olvas it az amerikai randiguru Birger szerint ideje tudom sul venni hogy a romantika hagyom nyos mint i az ut bbi vekben elt ntek s a n kre v r az j szok sok kialak t sa Az int Best Life ,2006-06 Best Life magazine empowers men to continually improve their physical emotional and financial well being to better enjoy the most rewarding years of their life *Working Mother* ,2001-10 The magazine that helps career moms balance their personal and professional lives **Bitch Up! Expect More, Get More** Leslie Braswell,2018-01-27 Simple advice for perpetual man pleasers who want to stop repeating the same mistakes but don t know how Have you ever cried begged and bargained for a man to take you back Have you been called the crazy ex Have you ever had a breakdown after a breakup Refused to let go If so Bitch Up Expect More Get More is a must read to help you through a breakup and get you ready for a future relationship better than you could ever imagine You will learn Why no contact is crucial How to Recover if you have broken the no contact rule What to do if you work with Mr Ex How to handle the no contact rule when you have children together What to do when you re stuck in a relationship going nowhere When to walk away And so much more You get straightforward advice on how to get your ex back without pursuing or begging What to do when you re stuck in a relationship going nowhere How to move on after a breakup with your dignity intact Why No Contact is Important And how to adopt a new mindset that will lead you to bigger better love **Bulletin of the Atomic Scientists** ,1966-06 The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security Founded by Manhattan Project Scientists the Bulletin s iconic Doomsday Clock stimulates solutions for a safer world *Bulletin of the Atomic Scientists* ,1970-06 The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security Founded by Manhattan Project Scientists the Bulletin s iconic Doomsday Clock stimulates solutions for a safer world

**Bulletin of the Atomic Scientists** ,1993-06 The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security Founded by Manhattan Project Scientists the Bulletin s iconic Doomsday Clock stimulates solutions for a safer world *How to Be the Girl Who Gets the Guy* Leslie Braswell,2017-02-12 In Leslie Braswell s book How to Be The Girl That Gets the Guy you will learn how confident self made no BS kind of women handle the dating game and have the time of their life in the process In this book you ll learn How to stay ready for love Ways in which you can reprogram your brain over time to retrain the way you think about yourself Why revealing too much too soon takes away from a woman s mystery What to do after dates one two and three How to use your femininity to your advantage What to do when a man tells you he s not looking for a serious relationship What to do if you ve slept with a man too soon How to stay date night ready How to be a little mysterious What dating multiple men will do for you How to charm your way into a man s heart Why he may not be calling Why Financial Independence is key to your

happiness How to earn a man's respect How to charm your way into a man's heart How to handle being stuck in relationship limbo What to do when a man stops calling Why independence is the key to happiness How to handle relationships on social media Why you should be dating multiple men and so much more Whether just diving back into the dating pool stuck in relationship limbo or recovering from a breakup you'll learn how the most irresistible confident self-assured women handle dating with class and sass

LESLIE BRASWELL is a best-selling author who loves to empower women with knowledge confidence and power when it comes to matters of the heart She does so through popular books like *Ignore the Guy Get the Guy* *The Art of No Contact* and *How to Be the Girl That Gets the Guy* She lives in Texas with her family

*No Contact Rule* Nora Adams, 2015-06-16 From the Best Selling Relationship Author Nora Adams comes *No Contact Rule* 19 Tips To End Contact So That They Come Running Back With Love Affection This book will help you get your ex back with implementing this no contact rule Do you want your ex back but don't want to seem desperate Do you miss your ex and can't seem to stop messaging them Or if the idea of getting dating advice to help get your ex back sound appealing to you THEN THIS BOOK IS FOR YOU This book provides you with a step by step guide to ending contact with your ex that will bring them crawling back to you Are you ready to experience dating on a whole new level Then check out this book NOW If You Successfully Implement The No Contact Rule You Will End contact with your ex Learn how the no contact rule will help you get your ex back Learn how to refrain from text messaging and calling your ex Create a deeper and more meaningful bond with your partner once you have them back Never breakup again Tags no contact rule ignore the guy get the guy make him beg to be your boyfriend dating for women dating troubles dating relationship help

*No Contact Rule* Genevieve Orchid, 2015-10-29 Take Back The Power In just 30 days you can go from ex to extraordinary We've all struggled with that moment where we've had a glass or three of wine and we've broken down and sent THAT ex a message The problem is that this gives him all the power and he's never going to realise what he has lost You deserve more which is why you should try the No Contact phenomenon that women all over the world are swearing by In this book we will outline the what how why and when in a step by step guide We will provide you with the following key resources MUST KNOW tips on implementing the No Contact Rule How to deal with those awkward situations like when he wants his junk back How to avoid weakness and keep yourself on track Our exclusive cheat sheets on how to make the 30 days fly by Checklist on what to avoid and how and much much more Why are you still reading Let's get him back the RIGHT way right now SPECIAL OFFER LIMITED TIME OFFER 40% OFF Regular Price 14.99 This 1 Best Selling Critically Acclaimed Book is now available Globally on Amazon Download it Now

*Remain Composed and Interrupt Him* William M Davis, 2024-01-12 Discover Why Going Silent is Absolutely Essential After a Breakup or Rejection A guy who rejects or breaks up with you should no longer exist in your life Contacting him or allowing him to stay in touch with you will make you work harder and harder to convince him that you're worth his love and attention and it will compel you to play that ugly and unwinnable game called Chase A Man The best way to avoid this ugly game and break his

spell over you is to cut the guy off cease all communications and interactions for a set period of time or in some cases keep him cut off and out of your life indefinitely How to Bounce Back with Dignity and Quickly Reclaim Your Power If a guy consistently fails to prioritize you or if he simply cannot reciprocate the love and respect you have for him you need to cease contact with him and move on either temporarily or for good Regardless of what the situation is and what kind of action it demands on your part you must resist the temptation to keep in touch or be friends with men who have already made it clear that they re just not that into you anymore Learn the 7 Sanity Saving Ideas for Mastering No Contact and Getting Over Any Guy If you ve already been hurt rejected or perpetually neglected and you want to make it clear to a guy that you no longer want to stay in touch or be friends with him you need to cease all contact and interactions with him by going silent on him In these situations going silent on a guy will help you to rebuild your self confidence reclaim your power and peace of mind and in some cases make him realize just how much he misses being with you and having you in his life But going silent is just the first step The biggest challenge for most women is not in going silent but in staying silent for as long as necessary In this insightful little survival guide for women you re going to learn the importance of silence after a breakup or rejection how it benefits you and the powerful influence it has on the man who rejects you If you want to bounce back from a bad breakup or even just improve your relationships with men in the future this book will help you rediscover your true self worth and will be a gentle reminder of why you may need to cut a guy off either for a certain period of time or perhaps even completely Here s what else you can learn The biggest threat to your future romantic happiness and how it hurts your chances of finding a good quality man The truth about what really turns a man into a woman and why her words and tears aren t enough A dangerous thought process that traps many women in an addictive cycle of unfulfilling sex disappointment and low self esteem Why you should never ease the guilt a man feels for treating you badly And why is making him feel guilty actually good for both of you If you immediately dismiss someone without thinking this is exactly how men will think and feel Why is it important to make a man accept his decision to break up with you in order to get his spirits up and get him back in the future About the dangers of staying in touch with an ex and how it can tempt you to settle for a false dead end relationship By finally standing up for yourself you re confronting the bad boy in your head the inner voice that says You re not very good you re not smart that s not you How to have better control And Want to know more Start now and discover how silence can help you take back your power after a breakup or quickly recover from a man s rejection Scroll to the top of the page and select the Purchase button

*No Contact Myth* Andreas Galster,2024-08-31 Are you desperately searching for ways to win back your ex girlfriend I know you miss her but you have to move on I ve seen this many times Obsessing over your ex girlfriend never ends well Breakup coaches are overpromising what s possible after a breakup If you want to be happy again then you have to move on from your ex girlfriend Walk away and handle your breakup like a man I ll help you to do it without feeling overwhelmed The no contact rule to re attract an ex girlfriend is a myth It often doesn t work even when you become attractive again and

improve your lifestyle Yes she ll notice it But the moment that you re doing it for your ex it s already backfiring without you even realizing it How do I know I am a breakup coach and I ve worked with men who wanted their ex girlfriend back Yes sometimes this works but often it causes more problems than creating solutions There are many problems trying to get back together with your ex girlfriend The sadness the loneliness the feeling of directionlessness and not having a place to call your home all of this only goes away if you do no contact for yourself instead of for your ex girlfriend There s a better way to deal with a breakup as a man No contact is for moving on Chasing your Ex Girlfriend is Killing your Chances at Becoming an Attractive Man and Starting a New and Improved Love Life I m Andreas Galster a breakup and relationship expert In No Contact Myth I ll explain why no man should ever chase his ex girlfriend This book is filled with real world experience real stories and real science that explains why the no contact rule is more myth than fact You ll learn what breakup no contact experts don t want you to know In this breakup book you ll discover The science behind why breakups hit men harder why it s not as bad as most men think and how to use this knowledge to your advantage The real psychological reasons you re clinging to your ex girlfriend and how it explains why no contact works for very few men How to overcome breakup anxiety and stop comparing yourself to her new boyfriend or the happy life that she s living Practical steps to massive personal growth that don t revolve around winning her back but make you attractive to other women Techniques to rewire your brain and stop obsessing over your ex girlfriend so you don t have to think week after week about all the things that went wrong How to stop feeling lost so you can enjoy your life again and begin to create a new strong masculine identity after your breakup How to get comfortable to date again and how to make it easier for you to start from scratch even if you miss your ex girlfriend Ready to finally break free from all the overthinking the anxiety the sleepless nights the what if s and wondering how you can get her back There s a much better no contact approach for men than trying to convince her to get back with you Learn how to deal with a breakup the right way Get your copy now to learn the secret to turning your breakup into a massive growth opportunity This is the breakup help that s made for you Healing from a breakup as a man is possible Read No Contact Myth to regain your happiness and confidence after your breakup **No Contact Rule** Audrey L. Stevens, 2015-10-11 Put down the tissues baby girl you are a beautiful ball of energy that has life to experience If you implement all of the strategies and gifts that I give you in this book he will come crawling back so fast you won t even know what to make of it all What have I done will be a question he will be repeating quite often and it will be music to your ears Have you recently been dumped or have mutually ended your relationship only to want your ex back Do you feel like you are willing to do whatever it takes to get your ex to want you back Do you miss your ex and just can t stop thinking about them Do you wish they wanted you just like they did when you first met or earlier on in the relationship What if I told you that you could get your ex back in a heartbeat What if I told you that it s possible to easily get your ex on their knees begging for YOU to accept them back into your life IF that sounds just about right THEN THIS BOOK IS FOR YOU This book will provide you

with great knowledge and a step by step guide to a technique that has worked for ages called The No Contact Rule Are you ready for an experience that will change your love life forever Are you ready to have your ex beg you for forgiveness or beg for a second chance at being your lover By implementing the no contact rule successfully you have the potential to Make your ex miss you like never before Make them fall in love with you all over again Learn to say just the right thing for them to desperately want you back Get stronger and learn to value yourself and your time before someone else s Learn how to keep your lover interested and never break up again Your ex could easily come crawling back to you just by properly implementing the no contact rule *Keep Your Cool And Reject Him.* Dorothy D Stewart,2023-09-04 Any male who rejects you or breaks up with you should be shut out of your life You will be forced to play the uncomfortable and pointless game of Chase A Man which will make you work harder and harder to convince him that you are worthy of his love and attention if you contact him or allow him to stay in touch with you To stop this unpleasant game and break his control over you cut the person off stop all contacts and interactions for a certain period of time or in some cases keep him cut off and out of your life permanently How to Take Back Control and Reclaim Your Dignity Quickly If a person consistently ignores you or if he simply cannot reciprocate the love and respect you have for him you need to break off contact with him and move on either temporarily or permanently You must resist the impulse to stay in touch or keep friendships with males who have already made it clear that they are simply no longer interested in you regardless of the situation or the course of action it calls for on your part Learn the Mind Saving Techniques for Getting the No Contact Message Right and Moving On from Any Guy After being hurt rejected or repeatedly neglected by a guy you must go silent on him and cease all contact and engagement with him in order to make it clear to him that you no longer want to stay in touch or be friends with him In these situations keeping your mouth shut could help you restore your stamina self assurance and mental clarity In other cases it might also help the guy come to terms with how much he misses having you in his life Nevertheless being silent is just the first step and the hardest part for most women rather than halting all contact is keeping silent for the requisite period of time This helpful little survival guide for ladies will teach you the importance of keeping quiet after a breakup or rejection how it benefits you and the profound effect it has on the person who rejected you If you want to move on after a difficult breakup or even just improve your future relationships with men this book will help you rediscover your true self worth and function as a gentle reminder of why you may need to cut a guy off either temporarily or permanently What else you ll find within includes the following The largest threat to your potential romantic future and how it may significantly impede your capacity to meet good attractive guys What drives a male to change for her as well as the actual reasons why a woman s words and tears may not be sufficient Many women are caught in a cycle of unsatisfying sex low self esteem and disappointment because of their risky attitude Why you shouldn t ever erase a guy s regret for treating you badly And why making him feel bad will be advantageous for the two of you What men think and feel when you abruptly and without hesitation cut them off Why is it necessary to force a man to live with his



decision in order to restore your power and maybe win him back in the future The dangers of staying in touch with an ex and how doing so could make you choose a made up dead end relationship How you may more effectively control the mean girl in your head the internal voice that constantly tells you you re not smart bright or beautiful enough by finally standing up for yourself And a whole lot lot more Do you wish to discover more Learn how silence may help you quickly heal from male rejection or restore your power after a breakup by starting right now      **Ignore Him and Get Him to Chase You** Lucina Graham,2015-03-15 This book contains proven steps and strategies on how to manipulate the physic of a man to the extent that he feels incomplete without you Breaking up and making up are both parts of a relationship that you should be able to deal with in case you plan on getting yourself in one When you break up with your partner it is wise to acknowledge what has happened Give the person doing the breaking up some time to cool off this can also be called the no contact rule The No Contact Rule is used by partners who hope to get their loved ones back by making them miss them and hoping that the silence will create some sense of urge for the ex to reach out It is a big gamble especially for a lover whom you really care about since they might mistake the silence for acceptance of the breakup and decided to move on with their lives As a victim of a breakup the book contains solutions such as the things that you are supposed to do and those that you are supposed to avoid these are there to steer you in the right direction when you apply the No Contact Rule Download this book now to find out how to apply the No Contact Rule and make him beg for your attention      *How to Get a Guy Back* Alexa Heartwell,2020-11-29 You re Only One Minute Away from Getting Your Ex Back with This Simple Secret about Male Psychology You want another chance Period No isn t an answer and you can t imagine your life without him The problem is you don t know if he wants you back as well It s time to set the record straight 90% of relationship advice doesn t work There are dozens of formulas about winning him back seducing him making him run after you Love however isn t a game or a chase Playing games will only get you hurt again in the future Alternatively relationship tips from the magazines will turn you into a doormat and get him walking all over you You want him back in a deep meaningful way There s only one way to accomplish that goal Did you know that 50% of the couples that break up will eventually get back together Yep that s probably the messy way of finding love that lasts but a renewed relationship comes with its advantages You know each other well and you know what made you fail the first time around Armed with this knowledge you can get your happily ever after You will simply have to overcome his resistance Using male psychology will help you accomplish the goal and get your ex to open the lines of communication Once this happens everything else will depend on your willingness to make things right the second time around So what exactly is the secret of getting back with your ex In *How to Get a Guy Back* you will discover The ONLY thing you need to do in order to win your second chance The power of the no contact rule the one rule you have to follow immediately after the breakup Why building yourself up is more important than making yourself instantly available Powerful strategies to keep yourself from drunk texting your ex in the middle of the night How to know that the time is right to re

establish contact One stupid mistake women make that gets men completely unwilling to communicate once again Why a new relationship with your ex will not be the same as the old one and that s a great thing 6 powerful reasons to get back together and 5 reasons to run away and never look back Male psychology secrets you can use to your advantage Reasons why playing games is never going to work Tips for handling rejection if he has moved on Little pointers on the main things you need to do once you get back together And a lot more The book is jam packed with practical suggestions that will help you overcome every possible hindrance and roadblock on the way to relationship happiness You will begin a powerful journey of self discovery and empowerment that will lead to winning his heart again and enjoying the relationship bliss you deserve It s time to take back what s yours Scroll up and click the Add to Cart button to learn why your ex ended things and how you can get through to him the second time around

**Dating Secrets To Catch Your Love** Luca Alberti,2020-12-11 Did he quit you and do you want to win him back Do you want more power in your relationship Do you want to be the prey and not the predator If you find yourself living in a relationship of mistreatment verbal and psychological abuse you need to know that these people rarely really change Harmful behaviors take various forms such as Humiliate embarrass To reduce and devalue continuously Criticize heavily even with the use of sarcasm Use a paradoxical communication Ignore and exclude To betray Infuse guilt No Contact No contact in any respect The truth is that the best strategy in order not to succumb in these cases is No Contact That is to say to move away definitively from this type of harmful relationships Even a little contact can compromise our serenity again Applying the No Contact is not simple But it is the winning weapon the most powerful to cancel the effects of the destructive relationship with a narcissist Here s what you ll find out about No Contact by reading this book How to perform in No Contact so that it is effective and functional What should you wait before contacting your ex or your ex Regulations for women some simple rules to contact your ex Tips for managing emotional aspects in women and in men How to get your ex or ex back to talking to you And if there is another middle person Your worst enemies after you have practiced No Contact and so much more I will explain step by step my bombproof methods to become a winner in romantic relationships with any partner by mastering the No Contact technique If you are wondering if this is a book that can be right for you know that the answer is yes The text aims to explain these topics to anyone who has zero knowledge of how couple relationships work or to anyone who has read something about it and wants to learn more Change your life now Scroll up this page and click on Buy Now

**How to Win Your Man Back** Tatiana Busan,2024-10-31 The man you love left you without explanation Is it possible to get a man back It is not easy to get back together with your ex when he tells you that he no longer has feelings for you Despite your past together the good times you spent together he no longer loves you If you are afraid of trying to win a man back it is normal that you do not see a possibility but that does not mean that there is no possibility He left you don t worry there are many ways to win a man back and make him fall in love with you it could be very challenging but not impossible Many women think that to win a man back it is necessary to show him your love as soon as

possible It is necessary to move towards a method that is much less sentimental Winning a man back requires a good strategy If you wait for him to look for you if you suffocate him with too much attention and messages it is clear that you will have difficulty winning him back To win a man back you need powerful techniques and in this guide you will find many strategies and techniques to win back a man who has distanced himself Every situation is different but through my experience as a coach I have understood that there are often common points for all couples I am here to tell you that winning a man back is possible even if everyone tells you otherwise In this ebook you will discover how to win back a man who has lost interest in you Here s what you ll discover What to do when he suddenly breaks up with you What to do when he says he has no feelings Steps to take immediately after a breakup How to act around your ex What to do when you miss your ex What to do when your ex doesn t want to talk to you and ignores you What to do if your ex doesn t respond to your text What to do when your ex refuses to go on dates What to do when your ex plays with your feelings How to understand your ex s behavior What to do when your ex wants you as a friend How to get your ex back using the no contact rule How do you resist the urge to contact your ex Will ignoring an ex make them come back How to make your ex miss you badly after a breakup How to start a conversation with an ex after no contact How to get over the anxiety of seeing an ex after a period of no contact How to contact your ex after no contact Why does he never text me first but always replies How long should you wait to contact your ex How to behave when you meet your ex What to do when your ex is too proud What to do when ex breaks no contact and reaches out How to make a man think of you and look for you again Becoming the best version of yourself is a technique to win back an ex How to show your ex you ve changed How to stop thinking about your ex obsessively How to convince an ex to get back together How to cope when your ex is dating someone new Is it possible to win back an ex even if he has another woman You broke up with your ex but you still have feelings How to make your ex attracted to you again How to overcome doubts when you want to win back an ex How long does it take to win back the man you love What to do when a man leaves you because he feels suffocated in the relationship Why you shouldn t be clingy with your ex What to do when your ex needs space What to do so your ex misses you Telltale signs your ex will come back to you Signs your ex still has feelings for you or still loves you How to get a long distance relationship ex boyfriend back How to communicate effectively with your ex How to get your ex to fall for you again How to stop suffering because of your ex

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# **Ignore The Guy Get The Guy The Art Of No Contact A Womans Survival To Mastering A Breakup And Taking Back Her Power**

## **~~Ignore The Guy Get The Guy The Art Of No Contact A Womans Survival To Mastering A Breakup And Taking Back Her Power~~ Introduction**

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