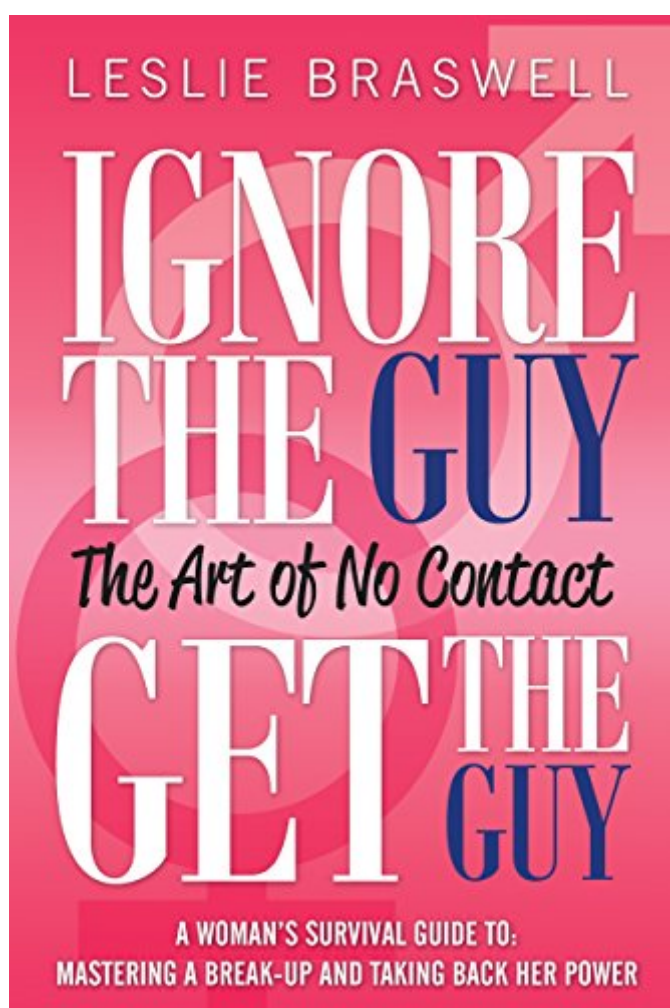


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# Ignore The Guy, Get The Guy: The Art Of No Contact: A Woman's Survival Guide To Mastering A Breakup And Taking Back Her Power



## Synopsis

Being single isn't what it used to be... Now it means you are smart, sexy and selective. It means you have options and do not have to settle when it comes to matters of the heart. You can be a strong woman who knows and appreciates what a man brings to a relationship, but will not settle for anything less than the very best. Leslie Braswell's book "Ignore the Guy, Get the Guy: The Art of No Contact" is a Woman's survival guide to mastering a breakup and taking back her power. Women can learn how to obtain the relationships they want by earning the love and respect from any man they choose and have the time of their lives in the process. In this book you'll learn...-Why silence is golden... -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 Facebook and Twitter...-How to SKY ROCKET your self confidence...-What the biggest attraction killer is...-How to be on Mr. Ex's Mind...-What you should do to get him back ...-Fatal mistakes you might be making without knowing it...If you've ever let yourself fall to pieces, cried, begged and pleaded for a man to take you back after a breakup, or if you have ever sought closure, you've never learned the art or the power of no contact.

## Book Information

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## Customer Reviews

I RARELY write book reviews. But this one made such an impact, I hope my review will help another woman in a similar situation. Coming from a former self proclaimed stage 5 clinger.... This book actually CHANGED me. It was the slap in the face I needed to just STOP AND PUT THE PHONE DOWN. I had no sense of dignity when he broke up with me. I was only worried about satisfying my need to communicate with him, and completely forgot how HE viewed my actions. How he was judging my desperation. If you've lost common sense over someone and don't know how to step back, THIS IS THE BOOK FOR YOU. (FYI, after following this book to the letter, he came back and finally realized what he was about to throw away. MORE IMPORTANTLY, I got some self confidence back. I was able to walk away and know I could survive whether he is in my life or not.) WHETHER YOU WANT TO GET OVER HIM, GIVE HIM SPACE, OR RECLAIM YOUR SANITY---- GET THIS BOOK

Great book! Very useful information. This book make you focus on values, respect and making sure a man who cares, like or love shows he value and respect you as much or more. If not, there's someone for everyone and that someone will. Be patience, not desperate.

So far this is true. I've been ignoring Mr. EX and doing ME. Mr. EX has called but I blocked his #. He texted me as if he is Concerned about my safety.....I didn't reply. Yesterday was Valentine's Day, I got a Happy Valentine's Day text. As the book state no response needed and no response was granted. After reading.....this book is teaching me PATIENCE! Which I have none of. I'm starting to enjoy the chase after me and not ME chasing the guy. It's FUN BEING THE BOSS IN MY LIFE. I never realized I HAVE that much control over a MAN. THANK YOU.....THANK YOU.....THANK YOU.

Strategies work. Builds internal confidence to emotionally move forward. Even if he comes back and you have done strategies then you should not operate the same "sucker" to be back in the same situation. The book guidelines help you to be a game-changer to make the choice that is best for you rather than a choice best for him.

I was not disappointed, and would recommend to anyone who wants to be proactive about living life abundantly after their breakup!! You are awesome Leslie!!

I would recommend this book to any women that is going through or trying to decide to leave someone they love. It would give you comfort and you can get yourself back to what you use to be.

I thought I would die when I was told it was over. I then took control when I moved out & told him..." I need my space". The roles shifted while I started a new career & a new life. Now he has to prove to me he is worthy of me.

Been dealing with a breakup for 3 months now. I did apply the no contact from the beginning and now he's texting calling me and all my family. I now realized I don't want him. I now know my true value and won't settle for less. Thank you

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