

[How to Get a Girl Back in 30 Days or Less](#)

# **HOW TO GET A GIRL BACK In 30 Days Or Less**

**A foolproof step-by-step guide  
to get her in your arms again**



By John Alexander

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## **Chapter 1:**

### **Introduction to the System and How It Will Help You**

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First I want to congratulate you for getting this guide and also to tell you to take a deep breath. If you shed another tear, it needs to be a tear of happiness, because you WILL get your woman back. All I ask in return is that you:

- a) Follow this manual step by step, without straying from or second-guessing the blueprint I set out for you.
- b) Give it your full effort.

Is that a deal? Okay, great.

### ***How I Can Help You***

As author of the international “underground” best-seller ***How to Become an Alpha Male***, I’ve coached a great many guys not only when it comes to dating women they’ve just met, but also in how to re-attract their ex-girlfriend\* back to them. So with this guide I’m finally putting into writing the proven-to-work system I’ve developed for men I’ve helped to successfully re-attract their exes.

While ***How to Become an Alpha Male*** teaches you how to magnetically attract streams of *new* women to you, this guide shows you how to attract your *old* girlfriend back to you.

The system you’re about to discover has been thoroughly field-tested, so I can promise you it will work for you. It’s based on innate and uncontrollable instincts in your ex-girlfriend, which is why it is the closest thing to foolproof you’ll ever find in this world.

Though I want you to think of me as your buddy, nothing in here is going to be sugarcoated or politically correct. I’m going to give you the direct truth, just like it is. You’re going to learn exactly what works.

This is also a practical, get-to-the-point kind of guide. I’ve taken out all the fluff and filler. You won’t find a history of male-female relations or whatever in here.

And most importantly, I’m going to be focused on *results*. You bought this guide because you want your girl back, so that’s exactly what’s going to happen. You’re also going to learn what makes a successful relationship and how to keep her attracted to you, so that way you’ll make sure that once she does come back, she’ll stay with you forever.

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\* This system works on any woman you’re seeking to get back. I use the term girlfriend generically to include any relationship, married or other.

## **Chapter 2:**

### **Your First Order of Business...**

Cut off all communication with your ex-girlfriend right NOW. You'll send her a note which I'll reveal to you in a second – and that will be your only communication with her for the next three weeks.

Here's why. If you communicate with your ex before you know what you're doing and before you have put your life back together, odds are you're going to screw it up. This is because anything you do now would be out of desperation and would keep you in the unattractive role of a beta male.

You see, when a woman's ex-boyfriend acts beta and unattractive, it allows her to justify in her mind that she made the right decision to dump the guy. You don't want to give your ex that justification!

Right now your ex-girlfriend is confused about what she wants. You do not, at this point, want to end her confusion!

Even if your ex did give in and take you back in response to your desperate begging, it would be under *her* terms, which means there's no guarantee she wouldn't dump you again later. So you need to break off all contact, get up to speed using this manual, and then follow it to become an attractive man. Only then will you reinitiate contact.

Cutting off contact will accomplish the following:

1. It demonstrates that right now you're unfazed by the break up, which increases your value in her eyes.
2. It gives you time to work on the Attraction Dials, learn from your mistakes, and put your life back together. (You'll learn how to do all of this in a little while.)
3. It makes her receptive to you re-opening communication with her.

How long should you cut her off from you? It's going to be for 3 weeks. Right now it's Day 1 of your self-improvement journey. You'll reinitiate contact on Day 21. And then by the end of the next week, she'll be your girlfriend again. As the title of this book says, you're getting her back in 30 days or less.

## ***How to cut her off***

If possible, mail her a handwritten note. No matter how bitter your breakup was, there's a virtually 100% chance she'll read a note that's handwritten. She won't be able to resist. (If for some reason you can't get her the handwritten note, at least send an email – but again, the impact of a handwritten message is HUGE, as you'll see.)

Here are the exact, don't-make-me-think guidelines for a successful note...

1. The overall goal of your note is to display calmness. When your ex-girlfriend finds out how calm you are now about the break up, it will throw her off.
2. Avoid writing anything clingy or whiny. You want to make it sound like you're cool with the situation as it is now, and she has no effect on you anymore. (You're no longer an unattractive beta male.)
3. Also make sure the letter is not argumentative and doesn't blame her for what happened. Remember: you want her to think you're cool with the break up now. You want her to wonder what's changed and what's going on with you. Arouse her curiosity.
4. Write the note fast and keep it brief, definitely no more than a page. Although you want the note to be legible, make it appear you scribbled it in a hurry because you didn't put a lot of effort into it.
5. Tell her you agree with her decision to break up with you.
6. Make a comment about how you think she's an amazing woman but you've realized she's still really young and not yet ready for a relationship, and that your mistake was in believing she was ready. (If she's older, drop the "really young" part and just say "not yet ready.")
7. If you did something bad, like lied to her or cheated on her to make her dump you, briefly apologize for it and explain how specifically you would avoid ever doing it again. (If you didn't do anything like that, however, then don't apologize. An alpha male only apologizes when there is something to apologize for.)
8. Tell her that something big and exciting just happened in your life, and you'll need to tell her about it sometime.
9. Tell her that for now, you're giving her some time for herself.
10. Close the note by saying, "Maybe we can at least be friends again at some point."
11. Leave the door open for friendship and don't say anything permanent like "We're

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through.” Don’t allow your ex to let go of you completely. Giving her hope that you can change and the two of you can pan out will prevent her from moving on and becoming happy in her new life.

This note you’ll write using the guidelines above is full of contradictory language which your ex will pore over and ponder for days. You’re saying that your opinion of her has changed (you “realized” she’s “not yet ready for a relationship”). She’ll get with her friends and get their opinion on what you meant by each thing you said. Examples:

- “What could be that big, exciting thing that’s happening in his life now?”
- “What did he mean by ‘we can be friends *again*?!’”
- “How can he think I’m amazing but not ready for a relationship?!”
- “How can he be so calm about the breakup?!”

Trust me, she’ll have hours and hours of conversations about your one simple note. She might even get pissed off at you and call you a jerk. That’s all okay though.

You see, once you send the note, it’ll set you up as a challenge for your ex-girlfriend and make you unavailable to her. This is a huge paradigm-shift for her because previously she had you in her pocket. Also, the curiosity about what that “big, exciting thing that just happened to you” is will eat away at her. Curiosity is the strongest human emotion there is.

The note is short, sweet and gets the job done. She’s now cut off from the awesomeness that is you. In a few weeks, you’ll give her the gift of being able to talk with you again.

### ***“John, do you have a sample note?”***

I don’t want to give you a sample note (and previous editions of this guide did not have one) because it’s so much better for it to be in your own words, and I don’t want to affect that.

However, due to massive demand for a sample note, here’s a real one that worked extremely well for one customer:

Hi [Put the woman's name here].

Just wanted to let you know that I agree with your decision about breaking up with me.

Something big and new has recently happened in my life, and

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I need to tell you about it soon.

For now, I'm gonna give you some time for yourself, but maybe we can become friends at some point when you are ready.

[Your Name]

...and when I say it worked extremely well, I mean it. Here's what this guy wrote me after he sent the note:

My ex is constantly trying to get in touch with me now.

Calling every 4 hours, texting me asking how I am, even telling me she is outside waiting for me.

Fucking stalking me, can't even look outside the window.

Now, I'm not saying that you'll get these exact results from your ex. She may react by giving you the silent treatment, for example. But I am saying that this is a note that works extremely well because it arouses your ex's curiosity. It gives you the upper hand now.

### ***What if she tries to contact you?***

The most common response from the woman is silence. Remember, all of her friends are telling her to not contact you. This is totally fine, because it means that, with her curiosity aroused, she'll be receptive to meeting with you again when the time comes.

However, it's also likely that within a few days after she gets the note your ex will try to talk with you.

This is because the purpose of the note is to get her curious, so everything is going as it should if she sends you a text message like, "What's this exciting thing going on in your life?"

She may also say something like, "It kinda sounded like you were already over me. That note just confused me." Again, that's exactly what you want.

However, for now do not return her calls or reply to her emails, etc. Not even a short reply. Cutting off communication means just that.

**Bob's Boo-Boo**

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When Bob wrote a note to his ex using the guidelines in the previous section (saying "you're young and not ready for a relationship"), she became infuriated. He got a nasty voicemail from her.

Unfortunately Bob panicked. He called her and told her "the truth," saying, "That's not me. I would normally never say something to you like that."

He was hoping she would be convinced to like him because he's such a nice guy. You can probably guess what the result was. Life, sadly, is not like a Hollywood romance.

Today Bob's ex is with another guy, and Bob wrote me an email saying, "I still feel heartbroken, and I actually feel that way in my chest." He cried about how "deep down I ache to be intimate with her again."

I am sympathetic to Bob's plight, but unfortunately his major blunder destroyed the effectiveness of the note. You see, Bob gained power when he was able to anger her, because she had a strong emotional reaction to him. He lost that power when he called her up and explained himself to her. As he found out, it did not make her more attracted to him when he did that. Instead it made him a beta male in her eyes, which pushed her into another man's arms.

Don't make Bob's mistake. Even the emotional reactions of anger or hatred from the woman are fine. What you do not want is **indifference**. Anger and hatred are the opposite of indifference, which means you have the upper hand when your ex displays them. Remember: the purpose of the note is to get her to want to talk to you when you re-engage contact with her.

### **Richard's Amazing Success**

When Richard wrote the note to his ex, it drove her crazy and she turned into a stalker. He had to turn his cell phone off to help him ignore her constant calls.

Then a few days later she called him at work through a special number. He didn't know who it was at first. Once he realized, he said to her, "I'd like us to be friends in the future, and I respect your time and space."

She replied, with tears in her voice, "So you're saying you're done? You're giving up? You're on my mind all the time."

Richard ended the call right then by politely saying, "I'm not saying we're done, but I just need my space too. I will talk to you soon."

Then a few days later she dropped by his house unexpectedly. Richard told her it

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was nice to see her, but he needed to get back to what he was doing.

By the time Day 21 rolled around, Richard had the power in the relationship thanks to the communication cut-off, so his ex was highly receptive when he re-initiated communication with her. Needless to say, they are back together today, and their relationship is way better than it was before.

If your ex tries to re-engage you at any time before Day 21, I cannot recommend more highly that you ignore it for now. You only want her to experience the New You who has become an attractive guy. Work on the improvements to your life I outline in this guide, and then re-engage her on Day 21 and astound her by turning her Attraction Dials.

Often she won't really be interested in getting back with you anyway, despite what she tells you when she tries contacting you. What she really wants is the continued validation that you're still interested. It's like a sonar operator pinging the ocean to see if that other submarine is still there.

If she reaches out to you and you bite, then she gets the ego boost and reassurance that you're still in her pocket – and so your continued suffering is assured. You lose the value you built up with your cut-off note.

So take a page from women's playbook and ignore her attempts to contact you. If she keeps up her pinging over several days, send her a simple message like this:

`"Hi [Girl's Name], just a quick note to say hey and I'll talk with you when I get the chance."`

This message accomplishes a number of things:

- Combined with the initial note you sent, sets you up as a even more of a challenge. Later when you've re-attracted her to you, she'll try to prove to you that you two CAN work out.
- Does not give her the validation of knowing you're still in her pocket.
- Gives your ego a boost instead of hers.
- Still keeps the door open for later.
- Intrigues her by making her wonder if you're really up to exciting new things since you said "when I get the chance"... and if so, what (or who!) are you involved with?
- Demonstrates that you're cool with her decision to have left you. Maybe you once were desperate and pathetic, but you are no longer.

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If she comes to see you in person, be upbeat, light and non-judgmental. Have a short conversation (no longer than a couple minutes), then tell her it was nice to see her, but you need to get back to what you were doing.

Then continue to ignore her contact attempts before Day 21.

Finally, I often get asked about what you should do about an Important Day for you as a couple or for couples in general. It'll go something like this: "In your book you say to cut off all contact, my problem is that it is my ex-girlfriend's birthday next week." Other questions have to do with Important Days like Valentine's, Christmas, etc.

The answer is, why not combine the cut-off note with a birthday card (or whatever kind of card corresponds with the Important Day)? That would be absolutely perfect. If you've already sent the cut-off note, then ignore her birthday. That will drive her crazy, which will make it that much easier to re-initiate communication when Day 21 rolls around.

## Chapter 3: Common Mistakes – How Many of These Have You Made?

Below are two case studies to show you you're not the only guy facing a lot of bad news right now.

### ***Luke's Story***

Luke had been with Amber for 18 months. That may not sound like a lot in the grand scheme of things, but he was so happy with her that it felt like a lifetime.

As time went by, Amber became Luke's entire life. He lost contact with all his old friends and quit his old hobbies and interests. Of course, Amber still went out with her friends... but when she did, Luke would get jealous and angry at her, thinking she was cheating on him or at least other guys would be undressing her with their eyes.

It was as if Luke no longer just wanted Amber... now it was more like he *needed* her. She had become his entire source of happiness in life.

Then when the break-up talk happened, Luke did something he had never done before, because it was an act of extreme desperation. But she was his everything, so what else could he do?

Luke got up and, embarrassing himself in front of all the other people at the diner, bowed his head and got down on one knee. He held his hand out to her and, with tears in eyes, begged her to take him back.

"I'm sorry," Amber said, refusing to take his hand. "I feel like you're my brother. The chemistry is gone. I don't feel like this can work. I need my space." With that, she stood up, turned her back on him and walked away.

For the next month Luke kept chasing and stalking Amber. He was calling, texting, or emailing her every day – and usually it was multiple times a day. She only got back with him once, to tell him she was "busy." The rest of his dozens of groveling emails, texts, and voice mails went unanswered.

Luke was able to finally talk with one of Amber's friends. She told him, "Amber doesn't want to date you anymore because you're too depressed."

Then a couple days later Luke heard through the grapevine that Amber had gotten back with her ex, a real jerk who verbally abused her and treated her like crap. Luke had always been the "nice guy" and did everything for Amber.

In desperation, Luke turned to me.

## ***Robby's Story***

Robby's been going out with Bernadette on and off for 3 years. Robby experimented with sex with other women, and Bernadette found out and dumped him. But now, he realizes what he's lost and wants a stable relationship with Bernadette. He feels like he really is a changed guy.

Actually, to say he feels like Bernadette would be perfect for him would be the understatement of the century.

Robby wants to convince Bernadette that he's changed. He wants her to listen to him and believe what he says is real and not another broken promise from the past.

He's going crazy without her. He wishes he didn't cheat on her, but now he desperately wants to know how to make her forgive him, trust him again and love him again.

Robby knows he shouldn't be needy, desperate or clingy, but he's confused about what he should say and do to get Bernadette back in light of the cheating. He knows he should play it cool and confident, but is at a loss about how to let her know he's still interested and of course to get her interested in him again. It's a real dilemma for him.

## ***Overcoming Your Mistakes***

It's likely your own story shares a lot of elements in common with Luke's or Robby's, or a combination of the two. You may not realize this yet, but Luke and Robby made a lot of really bad mistakes. The poor guys just didn't know better.

Pretty soon you'll be able to identify their mistakes, so you can avoid making them yourself.

## ***Re-Igniting Your Woman's Attraction for You***

Now that you've made yourself scarce in your ex-girlfriend's life, it's time to get busy. You're going to transform yourself into the ideal man. Then your ex will discover the great change in you and beg to be part of your life again.

What you've been doing lately is putting a lot of stress on your ex-girlfriend and on the relationship. What you want instead is to have things be fun again for her and free from stress.

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For example, a lot of guys whine to their exes about how sad they are now that they're broken up, but this is a huge mistake and accomplishes nothing except putting more stress on her. Your ex-girlfriend might feel a bit of sympathy, but she doesn't really care how bad you feel since she's dumped your ass. In fact, if anything she'd say that you're the bastard for making her feel guilty about dumping you – which drives her even further from you. My point is this: do not put control of your emotions in the hands of your ex-girlfriend (or any woman for that matter), or it'll end in disaster. Instead take control of yourself.

What you're going to do is use what productivity guru Steve Pavlina calls **overwhelming force** in your self-improvement mission. It comes from the Powell Doctrine in military strategy. Rather than committing what you think is the amount of resources you need to accomplish the mission, you over-commit resources. You throw all you've got into it to achieve rapid, massive victory. Think of the way the US handled the first Gulf War in 1991. That way you avoid a long, drawn out struggle. While your initial commitment of resources is extremely high, in the long run it's less because you get the job done so much faster.

By the end of the next three weeks you'll use overwhelming force to make yourself into an attractive man. Your ex will be unable to resist being attracted to the new you.

Attraction is something a woman feels on a primal level. She can logically KNOW you're the right guy for her (e.g., you're a responsible, "grown-up" man, great husband material, and would make a great father to her future children). But she must also FEEL attraction on an instinctual level for her to want to be with you. That's why it's so important for you to work on becoming attractive, so that when you re-initiate contact with her on Day 21, she'll be drawn to you like a magnet.

Before I jump into the details, let me say this. You're not allowed to use "lack of time" as a cop out. It takes only a bit of effort to make yourself more attractive. Do you want your girl back or not? It's time to overcommit your resources and use massive, overwhelming force to get the mission accomplished.

My Friend,

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To your success,



John Alexander