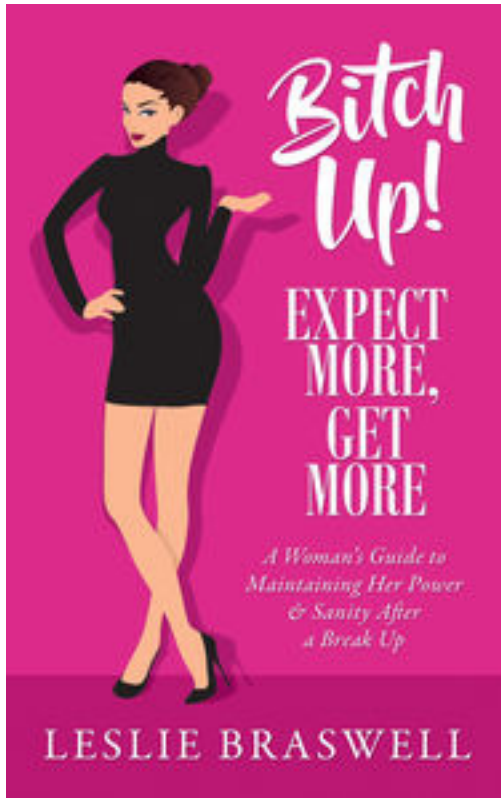


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You will learn - Why no contact is crucial. How to Recover if you have broken the no contact rule. How to make no contact easy. How to make a man miss you. What to do if you work with Mr. Ex... How to handle the no contact rule when you have children 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.

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