

# *How Do I Get Him Back!*



By Bob Grant, “The Relationship Doctor”

[www.howdoIgethimback.com](http://www.howdoIgethimback.com)

## Preview for “How Do I Get Him Back”

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I must admit, when I began writing it wasn't my intention to write about how to win a man back. No, the idea came to me from women who bought my first book, [\*The Women Men Adore and Never Want to Leave\*](#). Many of them took me up on my offer of a Free 15-minute coaching session and one of the most frequent complaints or concerns I heard from these women was in regard to them being in a relationship with someone—be it for three weeks all the way up to six months—where it seemingly was going well and then by most women's accounts, the guy just seemed to suddenly lose interest. Most of these women were befuddled as to why. It got to the point where I started tracking the percentage of calls that actually ended up being related to this very topic, and it ended up around 90%. I realized that there was actually a phenomenon—a pattern—going on with so many women in relationships and they seemed to have the same questions:

What happened?

What did I do wrong?

What's wrong with him?

How can I get him back?

Can I get him back or is it too late?

They seemed totally dumbfounded that someone who seemingly was interested in them, most of the time even passionately, could simply lose all interest and lose all desire in a relationship. So rather than just continuing to talk to these women one-on-one, this book is an effort to reach the women that I am not going to be able to talk to on the

phone, those that aren't going to be able to come into my office, and to give some insights as to how this pattern happens and what contributions a woman makes in the breakup and what remedies or techniques they can use to help bring a man back. Now before I get into specifics, there has to be one starting point that you, the reader, must acknowledge, and that is that it is possible that no matter how perfect the techniques you use, how thoroughly you understand them, that a particular man may not return to you simply because of his own fears or his own insecurities or he has been hurt too much by you or by someone else. In other words, we can't totally control the outcome, because the only way you could get any man back every time would be if you, the reader, would be willing to do ANYTHING to get a man back, even demeaning and degrading things which are beneath you. When I explained this to a woman one-on-one when I was talking with her, she said, "Well, what exactly do you mean?" I answered, "If you want to get him back under any circumstance, call him up or write him and tell him that you would be willing to have sex with him whenever he wants, however he wants, under any circumstances."

She paused for a second as she thought about what I had just said and responded, "You mean I would be a prostitute." To which I replied, "Yes, but you would get him back." Now most men would agree to a relationship on those terms. But, of course, that isn't what a woman wants when they say "having him back". So there are going to be some parameters that you have to put on it. I don't think that when women say they want a man back, what they really want is him back under any circumstances. And because there are going to be unpredictable circumstances, the man may not come back.

Now I don't say this to be discouraging. I don't in any way mean to imply that the odds are almost impossible to get a man back. That's not what I mean at all. It's just that trying to win a man back takes time and effort and there isn't going to be one phrase or one particular thing that you can do. What you are about to read has been used to rekindle relationships for centuries and when properly implemented it is most difficult for a man to resist. This is a man's heart we're talking about, the core of his being, and if he has left you, there is usually a lot going on inside of his heart that he might not even be aware of, that he's trying to avoid. It is such a powerful thing to turn a man's heart that in most cases his heart has to warm up, he has to lower his guard, his fear and his adrenaline have to die down before he can begin to warm up to the process of reconciling with a former girlfriend or a separated spouse. As you can tell, what I am trying to do for you, the reader, is prepare you to take this seriously. If this is the man you want back in your life, then begin to prepare yourself for a process that will probably take weeks instead of days. Now there are some exceptions to this but, by and large, turning a man's heart for a lifetime will require a patient and methodical approach from a woman. We cannot flood a man's heart with emotion to win him back like you can a woman's. You can't give him gifts...you can't shower him with sweetness and love...that doesn't work with men. Men do not flow as well in the emotional realm as women do.

Men run from emotions, especially emotions that are too intense. Creating more emotions is like putting gasoline on a fire. We are trying to get the fire inside of him to go down. If the fire represents his fears, we are trying to be able to calm that down, slow it down just so that he will let us get closer. You know, I offer another example of how this works to women. When a small child is upset, you comfort and you console them,

but there are times when they are upset, when the more you comfort and console them, the more upset they get. Sometimes with a child, what they need is for the adult to say, “You’re okay. No, calm down, nothing is going to hurt you,” and to be a little firm while they learn how to contain those feelings. Most of the time soothing is wonderful when someone is upset, but sometimes soothing makes it worse. Men, in general, when they are upset and overwhelmed, do not respond well soothing because they feel that you are talking to them as though they are a child. Most men have the emotional aptitude of a child. I don’t mean this as a put down, but they are just not wired for a flood of feelings like women are. So now that you have accepted the fact, hopefully, that this is going to take a while, if we are going to turn the man’s heart that you want back towards you, now we can begin to talk and lay some groundwork as to how we are going to do it.

Did you like what you have read so far?

Would you like to know how to get him back?

In addition you will also learn:

- How to know exactly what type of man is good for you.
- The most common causes of a breakup.
- What women frequently do that ruins any chance of getting him back.
- What you can do even if he hasn’t made contact with you.
- What causes a man to want to get back with you.

Remember, with your purchase you also get a Free 15-minute coaching session with Mr. Grant where he will discuss your specific situation to help insure your success!

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