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# The Break Up Manual For Men: How To Recover From A Serious Break Up, Become Stronger And Get Back Into Life

How To Recover From A Serious Break Up,  
Become Stronger And Get Back Into Life

## THE BREAK UP MANUAL FOR MEN

A N D R E W F E R E B E E

Best Selling Author of  
The Dating Playbook For Men



## Synopsis

READ THIS IF YOU'RE TRULY SERIOUS ABOUT GETTING OVER HER! Kiss Goodbye to Agonizing Pain, Say Hello to a Deep Herculean Strength and Self-Empowered Confidence That Attracts New Women, and Discover the Real Secrets to Overcoming a Breakup and using it as a Launchpad to Reinvent Your Life and Pursue Your Dreams. Guys, let's face it a serious breakup can suck! There is no one that is IMMUNE to experiencing a broken relationship. It literally feels as though your heart has been torn out of your chest. You can't stop thinking about her, what you could, should or would do if you had another chance • even if the breakup occurred last week, or ten years ago. But the truth is she's OVER and she's moved on! So what can YOU do about it? The Breakup Manual For Men was born out of real heartbreak, and an urgent necessity to get over the loss and pain of a serious breakup. In this powerful book, relationship coach for men, Andrew Ferebee has distilled the essentials of his own success and life-changing work with men who have been blindsided by breakups into an easy-to-follow strategy that you can devour in as little as a day. This is no ordinary relationship advice book. You will leave behind all confusion, pain and heartbreak as he leads you through how to truly "Overcome and Recover" so you can become stronger, attract new women and have the confidence to start living again in the shortest time possible. Andrew leaves no stone unturned. Everything has been tested and proven to work! The result • one easy-to-read book for men that reveals what you absolutely need to know.\*

- Keys to experiencing acceptance of the breakup in a matter of weeks instead of months\*
- Proven method to avoid the pain of seeing her move on and speed up the recovery process\*
- How to trick your mind into ending the fantasy of you getting back together with her\*
- 3 simple steps to regain your power so you no longer feel empty inside\*
- The surprising truth behind why you would have lost her either way\*
- Detailed strategies to handle social media after a breakup\*
- Exactly how and what to do to accept the loss and release the pain\*
- How the 5 stages of grief can help you cope with your emotions and accept where you are\*
- The hard-science behind breakups and why you are going to thrive after the breakup\*
- The real reason why you should wait before jumping back into another relationship\*
- Demystifying the truth about why your ex has moved on and appears happy\*
- Unique and overlooked ways to control your anger over your ex moving on\*
- Life-changing secrets of getting clear about your breakup \*
- The facts on how long it takes to get over a breakup and when to start dating again\*
- Breakthrough solutions for suicidal thoughts and why you matter even without her\*

Andrew's 5 "can't miss" non-negotiable rules to avoid slipping back into old self-destructive thoughts and behaviours\* A powerful 10 step weekly plan you can

follow to see incredible things happen in your life again\* Little known techniques for channelling your anger so you no longer feel like a victim\* 6 ways to rebuild your life and improve it far beyond what it is now\* Clear and straight-forward advice that will instantly help you re-discover your purpose\* Fastest known way to recovery and how you know you are ready for a new relationship Ask yourself: Where will you be a week, a month or a year from now?Think about it. If all it took was \$5 to no longer feel the pain of losing her, would it be worth it to you?If it helped you regain your confidence, and finally gave you the boost and strategy you needed to take hold of the life you deserve, would that be worth it to you?Unless you take action, you won't know.Add The Breakup Manual For Men to your cart now!

## Book Information

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## Customer Reviews

Breakups are never fun. Every man will experience a break-up at some point in his life and

it's never going to be pretty. The Breakup Manual For

Men provides you with the tools you need to help you regain control during a time

when it seems to be spinning endlessly out of control!**Pros** An easy-to-follow 2 part process that perfectly aligns with the phases of a break-up. Closure doesn't happen overnight. That's why I love the 25 step layout that provides small steps to make the break-up as painless as possible. A reminder that you were awesome before you started dating her and you will be awesome after a break-up! Very clear cut language with no fluff.**Cons** The only con is the break-up itself but it's nothing you can't handle with the help of this guide! Overall, this book has a lot of wonderful philosophies that will help you return to the same awesome man you were prior to the relationship. If you are going through a break-up and don't know where to turn, I highly recommend *The Breakup Manual For Men*!

I've had a bad breakup (along with other depressing events within the same timeframe) in the past. It's a difficult thing to go through and honestly, just reading a book might be hard for you to do. BUT...Reading this book could also be the best thing for you to do, even if it's hard. It's under 100 pages so that's a plus for you too. You might have to take it slow, but as long as you get it done and internalize what you read you'll be good. Oh, and don't forget to act on the advice! Breakups can set you back in life so the sooner you recover the better...Read this book and let Andrew guide you through the process of recovering fully from a breakup. Also, if you're going through a difficult breakup right now I wish you all the best bro. You'll be all good in time. Remember, keep calm and read the book. Bro love, Daniel

Useful and uplifting. Well written. Ferebee gets to the point. He is empathetic, motivational, and straight on providing a clear method for recovering and thriving after a break up. I highly recommend it to anyone going through a rough patch. I'm currently going through a divorce. This book has been great because it gives you a strategy. He asserts that your break up was for the best, and he'll tell you why. He'll bring you into a healthy mindset where you can be certain the best part of your life is yet to come. And once you are healed from the split, once you get back on your feet, you will want to read his first book: *The Dating Playbook for Men*.

This book provided a lot of really great information and techniques to help you move on from a hard breakup, and I can definitely see myself utilizing some of these techniques. However, I feel like it was poorly written; there wasn't much depth in the content and it sounded like something a high

schooler would have written as a class assignment. If you can look past that, I'd say it's \$4.99 well spent.

We've all been through this and have all done things that we later regret. By examining all the feelings that go on in your heart and head, Andrew was able to make you feel better about your current situation. Things will get better, but you're gonna have to put in some work. I like the fact that he addresses important topics like contemplating suicide & other issues that men usually keep to themselves. I know that I will come back to this book and use it as a resource WHEN I go through a breakup. I would recommend this to anyone that is lost and needs direction from a breakup. Very concise and to the point.

It is just as the title of book describes, a manual for breakup for men. Breakups are not fun and almost every man has experienced or will experience some time in his life. This book, in detail, explains what you need to do to take control and get back on your life's track again. Regardless what happens in life, it goes on. My personal perspective on breakups before and after reading this book is that my life was awesome before the girl was introduced into my life. And I have the capability and responsibility to live that awesome life again. This book will help you achieve that and much more!

Andrew Ferebee has a talent for taking the challenges we all have in common and presenting viewpoints and solutions in his typical straight-forward transparent manner. If your heart is breaking, this book is the friend you are needing. This is the hope you've been looking for. Not only to get you through the pain, but to take you from mere survival to thriving!

There are many books on the market dedicated to helping men get the girl, and maintain the relationship, but not so many on how to handle a break up. Andrew Ferebee, founder of Knowledge for Men, is dedicated to helping men become the best version of themselves and live life to the fullest. In this book Andrew offers real life practical advice on how to move on and get your life back on track after a break up. This book offers help to who how a real grounded man handles a break up. I strongly recommend this book to anyone seeking guidance on how to overcome and handle break ups better. I also highly recommend Andrew's podcast Knowledge for Men as it is a great recourse for men looking to thrive in all aspects of life and become the best versions of themselves.

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