



TAKE BACK YOUR POWER!

Move on with your life in a as little
as 2-4 hours today

**ANDY
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Introduction

Welcome!

This ebook will explain exactly what happens when you go through a breakup, why you feel the way you feel and what to do about it.

Once you understand exactly what is going on you will be much better equipped to make a change and move on with your life!

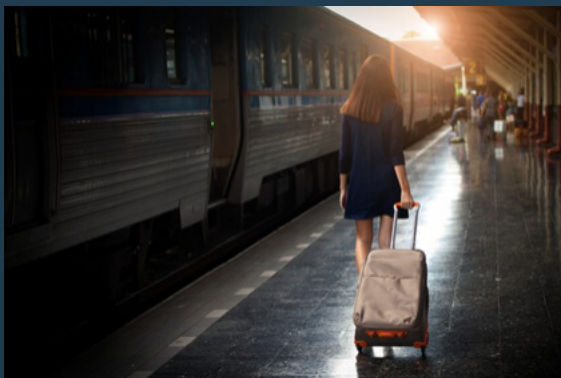


Read on and get ready to transform your perceptions and your life...

How to Move on Fast

If you have recently broken up with your relationship partner it can be a very painful experience, especially if you don't have a process to deal with it and move on quickly.

Often when we are in a relationship with someone, we tend to get a lot of our needs met from that one person, rather than from everyone else. So when that relationship breaks up, there can be a withdrawal period where we will be 'missing' them.



What is actually going on?

If we look at what is going on at a cellular level in your brain, we would find that when you were in the relationship there were a lot of 'feel-good' chemicals being released that were associated with spending time with this particular person.

All of a sudden if that person was to leave us, if we don't immediately have an alternate way of getting all of those needs met, then similar to any other 'dependency' where we are relying on something outside of us (eg. drugs, food, sex) when it is taken away, we will feel withdrawal symptoms.



The Good News

The good news is that contrary to popular belief this grief period doesn't need to stretch on any longer than a couple of hours.

The majority of people would say that "time heals all wounds" which is true, but that means you need to drag out these painful feelings for weeks or months at a time, which if you know what is actually going on, is completely unnecessary.

How does it Work?

When you are in a relationship with someone, there are always going to be things about them that you like and admire and things that you dislike about them.

What can happen when that ex-partner moves on is that your mind can generalise the situation and say "I just miss that person they completed me."



After working on this issue with clients for the last four years I have found that this isn't the whole truth.

If you are honest with yourself, you will realise that you didn't miss when they yelled at you, when they were being a know-it-all, when they left their dirty clothes around the house, or when they were being selfish.

Take Back Control

So at this point, you start to realise that you only really miss the parts of them that you admired or possibly where a little bit infatuated with.

You can get attached to those admired traits they displayed, someone who understands me, good sense of humour, activities with them etc.



You miss those things because those are the things that on a cellular level caused you to release the feel-good hormones dopamine, oxytocin, enkephalins and endorphins in the brain.

Now that that person has moved on, you are going to experience withdrawal symptoms unless you learn to balance your perception of them.

As long as you continue to miss certain things about your partner, you are not in control of your life, they are.

Your previous partner will continue to take up space and time in your mind and effectively 'run you' until you balance your lopsided perceptions of them and take back your power.

It's all about Perception

We have control over our perceptions, decisions and actions.
But not all of the many events or so-called circumstances around us.

Almost all relationship problems can be traced back to your perception of
your situation, not the situation itself.

When you change your perception, your reality changes.

Some relationships break up and both parties happily go their separate ways.
Other relationships break-up and one partner can be upset for weeks or
months afterwards.

The difference in reaction again comes down to your perception.

About The Author



Andy Campbell is a human behaviour specialist focusing on empowering his students through education to be able to understand why they behave the way they do and how to get their desired outcome.

Andy always believed that 'only time can heal grief' until he attended a seminar one day and saw a lady completely dissolve her grief in a matter of hours, just by answering a series of quality questions that brought her mind back into a balanced state.

Since then Andy set out to learn everything he could about this process and now works one to one with clients, transforming their perceptions in hours instead of weeks or months.

Read on for the next step...

You Have a Choice

If you are feeling grief and upset after a breakup you have two choices:

1

You can choose to 'let time heal the pain'.

This option is long and drawn out and completely unnecessary.

You are not only living in the pain for a long period of time but you are also putting your physical body through a lot of unnecessary stress, which can take its toll on your immune system and your health.

2

You can choose to balance your lopsided perception of your past relationship, take back your power and move on with your life in as little as 2-4 hours.



What to do now?

You have had enough of your ex partner 'running you,' and taking up time and space in your mind and you would like to take back control of your life. It's time to book a time for a complimentary consult call to get your life back. Click the button below to book your complimentary appointment now.

[Click Here Now to Book your Complimentary Call](#)

FAQ

What is the purpose of the complimentary call?

The purpose of the initial complimentary call is to explain in a little bit more detail how the process of moving on from your ex works. It is also to answer any of your questions about the process so that you are comfortable and understand exactly how everything works.

What can I expect on the complimentary call?

I will tell you a little bit about myself and how I work with clients, answer anything you are not sure about, talk you through the process and set up a time with you for our breakthrough call.

Andy Campbell