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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

Listen to this audiobook if you're truly serious about getting over her.... Kiss agonizing pain good-bye; 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 10 years ago. But the truth is...it'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 audiobook, 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-understand 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

## 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 itâ™s never going to be pretty. âˆ™The Breakup Manual For Menâ™ 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 âˆˆ An easy-to-follow 2 part process that perfectly aligns with the phases of a break-up. âˆˆ Closure doesnâ™t happen overnight. Thatâ™s why I love the 25 step layout that provides small steps to make the break-up as painless as possible. âˆˆ A reminder that you were awesome before you started dating her and you will be awesome after a break-up! âˆˆ Very clear cut language with no fluff.Cons âˆˆ The only con is the break-up itself but itâ™s nothing you canâ™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 donâ™t know where to turn, I highly recommend âˆ™The Breakup Manual For Menâ™!

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.

A great book centered on some wonderful philosophies about becoming a great grounded man after a break-up. My favorite part was using the stages of grief and applying them to a break up. Basically stating that a break up is a loss and you need to mourn that loss. The author goes further than that in this book and gives you great guidance on how to overcome the break up and to become a better version of yourself. Highly recommended.

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

Hey you! You're in luck today! Because if you're like me a guy who messed up my relationship with the sweetest and nicest person in my life and now going thru a break up looking for any kind of relieve of help out there. And it is hard, to say the very very least, but you need to understand - we are men and we mess things up. This is our nature. This is how we learn and most importantly grow. I know you don't care, but you're here right? Looking for answers? The book is short enough to hit right in your head. Right there, where you pity yourself and beg for mercy and crying like a baby. That's right, I said it. Like a baby! But understand something, there is no shame in it! You are human. What matters is how you come out of it. There is no magic in the book, but you need to hear it because it does make sense and, if you're in pain, you don't want to understand nothing. I listened to it 5 or 7 times and everytime my sick head was picking up new things. Get the book. Read the book. Get to work. It won't be easy, it won't be fast, but I know if you want to be happy, I know you're not a baby, if you want to be a man, so do it. And don't look back. And, Andrew, thank you. From all of us. Men who are not perfect, but willing to grow, get better and be happy. Thank you!

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!

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.

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