

YOUR GUIDE TO PREVENTING AND SURVIVING

# **Nasty Breakups**

---

**By Marius Panzarella**

© 2003, All Rights Reserved

It is illegal to copy, steal, or distribute all or any part of this book or web page without the author's permission. By purchasing this book, you agree to the following: You understand that the information presented contained on this book is for personal entertainment purpose only. It is not to be considered legal or personal advice. The author is not responsible for any actions or results from the use of this book.

## **Introduction**

The reason I am writing this short report is because a lot of my readers seem to come to me for help AFTER they've been dumped by a girl. They get dumped by a chick, freak out, type "dating" into the search engine, find my site, and run to me for help. And when they finally realize what they've been doing wrong all along, they hit themselves hard on the chest and wish they hadn't screwed up in the first place. Some manage to take immediate action and end up getting their girlfriends back. But for many others, it is already too late by the time they've found my site.

While this is good for sales and definitely helps me in working full time as a dating/seduction coach, I am not too overly impressed. If you are going to buy my book anyway, I would rather you read it before you break up with a woman, not after. I don't want to be spending time fixing up relationships. I want to be helping you having the best times of your life dating beautiful women. That's what really makes me proud of what I do. I want to be a matchmaker, not a relationship counselor!

For this reason, I have decided to write this free bonus report on breakups. In the next few pages, I am going to show you how to:

- 1) Prevent getting dumped by your girlfriend
- 2) Survive a breakup

Now, if you have read my previous materials, you should know I am a straightforward, blatant but honest kind of guy. So without any further ado, let's stop the chit-chat and get to the meat!

## **Part A: Prevention**

Yes, yes, yes. It's always better to prevent a girl from breaking up with you than to worry about getting her back after you've lost her. (Simple logic, isn't it?) So let's say you have been dating all kinds of beautiful women using the

techniques I've shown you. And finally, you've met someone you actually, hmm, love. She seems to be the perfect woman for you, and you really want to spend the rest of your life with her. How do you keep her?

By keeping the interest level high.

The interest level, my friend, is by far the most important thing in keeping a relationship afresh. You see, when you first dating someone that you really, really, really like, your body releases a kind of chemical called PEA that can make you feel hungry for love all the time. You can't stop thinking about the person, you want to stay up all night talking to them, even if it's over MSN or ICQ, and you get a huge boner every time she calls.

This happens to women as well. When they first meet a guy they like, they can't stop thinking about them at all. They play silly mind games in their heads such as "He loves me, he loves me not". They do everything they can do to get your attention. They fantasize about cuddling with you near the fireplace or kissing you under the stars. They want to come to your house, cook you dinner, and then snuggle with you on the couch.

But a few months later, the chemicals stop rushing through your veins. You become settled. The fun is gone. The challenge is gone. Reality kicks in.

And that's when couples really examine the relationship and think, "Is this the right person for me?"

If you've played your cards correctly, the girl should be screaming, "YES!"

But unfortunately for some men, the answer is no.

Why?

Because of social conditions? The girl's parents don't like the guy maybe?

Well, maybe. But that's not going to ruin a relationship right away.

Is it money then?

Possibly. But you see poor couples madly in love all the time. Love is not reserved for the rich man!

Maybe they've just lost the spark?

We're getting closer...

Maybe the girl has just lost interest in the guy then?

YES! That's it!

Think about it. It's the same for guys. Think about a few reasons of why a man would want to ditch a girl.

- 1) He has already got all he wants from the girl (sex.) He wants to move on to the next one.
- 2) The girl has grown fat and ugly since they first got together.
- 3) The girl has grown annoying.

Notice how all of these sample reasons have something in common: the girl is not interesting to the guy anymore.

The first key to maintaining a healthy relationship, my friend, is to keep the interest level up.

Don't believe me? Fine. Have you ever met an older couple that is still very playful? Hey. Little old ladies like to get spanked too!

All right, maybe I am exaggerating a bit, but the core idea is true. If you want to grow old with a girl, you want to be still interested in her in 50 years. And vice versa.

If you talk to wives and girlfriends who are cheating on their boyfriends/husbands, I guarantee you they are going to tell you they are doing it because they are bored. The bored wife stereotype is very true. If you don't keep her interest level high, she's going to get bored and look for romance elsewhere.

So how do you keep the interest level up?

- a) **Fun and Romance:** Well, first of all, if you have used my techniques to seduce the girl, you should keep it up. Tease her, flirt with her. Remember how I taught you to tease her till she's blushing in deep red? Or how to drive her crazy with my few moves that's guaranteed to turn her on? Keep applying the techniques to relive the romance. Don't be afraid to love her.
- b) **Be attentive:** Sorry to say this, but most guys do start to slack off after a while. They stop paying attention to their women and end up losing her. Please don't make the same mistake. Notice the details. Do thoughtful things. Leave little messages that say "I've been thinking about you..." from time to time. Compliment her when she does something good.
- c) **Talk to her:** Have at least one good talk every week. Maybe before bed. Maybe when you're walking in the park. This will help you solidify the bond with her. I don't care how busy you're with work. If you can't even spare an hour on your girlfriend once a week, then it's really your fault if the relationship turns sour.
- d) **Remain in control:** Another big thing. Some guys use the techniques I've taught them to seduce a sexy girl they've always wanted, and then after awhile they just give up their control and start kissing the girl's ass. Remember: everything I've said about remaining in control of a relationship still applies after the initial courtship! Never lose control! Be a man!

**IMPORTANT NOTE:** Under NO, NO, NO circumstances should you be attempting to please her with money and physical gifts. Money and wealth is NOT an alternative for love. Money can buy you sex, but it can't buy you love. I don't care how rich and busy you are. Never, never pamper a woman with money. The last thing you want is a spoiled girlfriend! It will lead you quicker to a breakup/divorce, as the relationship will only become more hollowed every time you attempt to bribe her with cash.

## **Part B: Surviving A Breakup**

As a smart philosopher once said, sh\* happens. And most of us do end up breaking up with a girl or two some time in our lives. I've personally encountered a few painful breakups myself. They do suck, don't they? Nowadays, it's usually me who leave a girl, but I have been ditched a few times too when I was younger.

Anyway...this is a couple of steps I've gathered from my personal experiences.

### **1) ALWAYS figure out what went wrong:**

Do you know why she dumped you? I don't want to stir up any painful memories, but I think it is necessary to know why you were dumped. If you're attentive, you should probably know the answer already. Also, keep in that what she tells you is not necessarily the truth. But from my own experience, the truth is probably already inside you – you just have to have the courage to search within yourself for an answer.

If she has left you for another guy, always see why he did. Don't just enter into a jealous rage. Is there something the other guy could give her that you couldn't? If so, it must be one of your weaknesses. So how do you fix that up? Remember, if there's anything not working with the tactics you used this time...you can certainly fix it so you won't have to make the same mistakes next time around.

### **2) Decide whether to get her back or not:**

You should really ask yourself the following questions: Is she really worthy of your attention or love? If she's a cheating whore, is she really worth your time?

Remember: If she has lied to you once, she will be very likely to lie to you again. This applies to cheating as well. If she has cheated on you once, she is probably going to cheat on you again.

Also, it's much, much harder to fix a relationship than to start a new one. The scars are going to be there – permanently. Only time can heal them.

Ask yourself this question: Could there really be a future between you two? A lot of times, a couple gets back together – only to break up again shortly after.

### **3) Should you want her back...**

Okay. So you would like to get her back. Please don't make the same mistake most guys make. Do NOT beg and beg for her to take you back. It won't work. It will only succeed in making you seem whiny and annoying.

Remember we humans like to ask ourselves the following question: "What's in it for me?"

You've just broken up with her. So what's in it for her if she gets back together with you?

You will have to give her temptations. Let her miss the things she lost when she broke up with you. Show her how much you understand her. And tempt her with new things. Flirt with her again. Make HER want to get back together with you.

Remember, whatever she will be getting from this new relationship MUST outweigh the problems of the previous relationship.

And even then, you will still have to work very hard, together with her, in solving the problems you two had in the past.

### **4) Move on**

If you've decided to move on, here are a couple of general tips.

- a) **Workout:** Trust me, it works wonders when you do some physical activities to get her off your mind. Of course...seeing all the nice little buns on the treadmills will help too...
- b) **Get involved with some new hobbies:** Again to take her off your mind.

- c) **Socialize:** with your friends. Meet people, etc. They are going to introduce you to many new girls!
- d) **Start dating:** other women as soon as you feel ready. Remember going out is very casual nowadays. If there are many other chicks that like you cause you're cute and nice, why not hang around with them for a while?
- e) **Polish your skills:** Re-read my eBooks and really polish your skills for the next round. Remember, practice, practice and practice!!!

Remember, breakups hurt is because you're used to a living certain lifestyle and suddenly your whole world has changed. So take a cold shower and try to start afresh. Use this as an opportunity to get into a NEW lifestyle.

Lastly, now that you're free of the ball and chains, think about all the exciting, beautiful women you're going to meet!

I hope this report has been a good read for you. If you wish to polish up your skills in the art of dating and seduction and you haven't read my books yet, I suggest you check them out at <http://www.datebeautifulwomen.com/ebook.html>

And if you still have any questions at all, please, please, please feel free to email me at [mariuspanzarella@datebeautifulwomen.com](mailto:mariuspanzarella@datebeautifulwomen.com)

Have fun dating beautiful women!