

The Power Book

**Answers to most vital
relationship questions
along with detailed
Case Studies!**

By- Ryan Hall

**ATTENTION: DO NOT READ THIS BOOK UNLESS YOU HAVE ALREADY
READ THE MAIN "PULL YOUR EX BACK" MANUAL.**

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A Normal Break Up Cycle-

The Breakup Happens.



Massive Panic.



Chasing, Convincing Or Pleading Starts.



You Neglect Your Life/Job/Friends/Family.



You Talk About Your Ex With Everyone Around You.



Everything Makes You Cry.



You Feel Like A Loser.



You Beat Yourself Up Over The Past Mistakes You Made.



You Desperately Try To Find Out What Your Ex Is Doing.



You Hear Some News About Their New Life.



You Discover They're Dating Someone Else.



Your Pains Double And Now You Are Worse Than Before.



You Try To Call Your Ex- But Your Ex Still Tries To Avoid You.



And The Process Continues.

But I don't think it has to be this way for you...

I receive several emails everyday and I have noticed a common pattern in all of them...People who successfully get their ex back follow a certain pattern while people who struggle to get their ex back make certain mistakes on a regular basis.

They can be categorized into two categories-

The Controllers and The Victims.

The Victims-

You Desperately Want Him/Her.



You Try Too Hard To Get Them Back.



They Get An Ego Boost.



They Play Too Hard To Get.



You Get Powerless.



You Push Harder.



They Run Away.

The Controllers-

Act As If You Do not Want Him/Her.



Raises Their Level Of Curiosity In You.



They Seek To Know More.



You Play Too Hard To Get.



You Keep The Power.



They Desire You More.

Therefore, if you want to be a controller you must-

- Accept that the breakup has happened and focus on what should be done.
- Always do the right thing instead of the convenient thing.
- Stick to the plan even when it hurts.
- Understand that it may be difficult at first but it's possible.
- Never seek approval from your ex.
- Keep the power instead of acting needy.
- You can't change your ex...You can only change yourself.

- Don't be dependent on your ex to feel secure.
- Don't try to please your ex in order to get them back.
- Keep your ex as an option and not a priority.
- Detach yourself from the past or the future.
- Don't let the fact that your ex is dating again bother you.
- Make it happen instead of letting it happen.

Now let's get to some important reader questions-

*****QUESTION*****

I don't even know where to start...Last few days have been nothing but tragic for me. My boy friend of two years told me that he has no feelings for me all of a sudden. I have been crying on and off since the last week and can't seem to get over the fact that he left me.

I just read your book and wanted to put the no contact rule into action. But here is the main problem...I keep on thinking what if he doesn't react the way I expect him to? What if I lose him forever? Please help.

*****My Answer*****

If you keep on acting the way you are acting right now then there is a very high chance that you will lose him forever. The no contact rule is the most important element of getting your ex back.

Right now...You are acting as a victim and not a controller. The hungry never get fed and the more you show him how hungry you are the more he will run away.

Now let me ask you this...How worse can it get for you from this point? You have already seen the worst. The only way out is the no contact rule...And sticking to it.

Once you show your ex that you aren't really concerned about him anymore and are probably looking to move on...He would automatically react. Just put it into action and see how well it works.

Again action is everything...I get loads of mails from my readers who get excited over the material...Understand everything but are not able to use it the right way. There is a big difference between understanding something and actually using it to your advantage.

Therefore, just start...And start right away!

*****QUESTION*****

My gf and I have been dating for 4 years. About a week ago, we got into a fight and she broke it off. She said things aren't working out the way she had planned and wants some space for the time being.

I sort of took it normally for the first 2 days but after that I got strong urges to talk to her...I called her last night and it seemed she was out somewhere because it was very noisy in the background.

I feel she is going out again and is probably dating...This is really bothering me. What shall I do in this case?

*****My Answer*****

The fear of loss doubles when you realize the fact that your ex might be dating someone else. This is where a lot of people break the no contact rule and end up in the same desperate zone yet again.

The best solution to this would be to first...Do not worry much as it is probably a re-bound and it's not very likely to last...Second...Don't react.

Do not show her that you even care about who she is with at the moment. You need to act cold for the time being. Be the rock in the storm...Act as if nothing bothers you and the very fact it doesn't bother you will bother your ex.

I would suggest that you should go out, start dating yourself..., and stick to the no contact rule no matter what. Because once you break it...You will be back to square one.

*****QUESTION*****

Me and my bf have been staying together since the last 6 months...We have already broken up because we can't agree on anything at all. But I have been going through this strange circle since the last two weeks.

Each time I tell him I am not going to call you and it's over...I always end up calling him again...He comes over...We have sex and then he wants to break it off again.

We keep breaking up and getting back together. It's been happening a lot since the last two weeks it's really painful to deal with. I wake up everyday massively depressed and I literally shake with pain. Please I need your professional guidance.

*****My Answer*****

The first question you must ask yourself in this situation is this- "DO YOU WANT HIM BACK?"

Do you even want to be with him? You said that you both agreed on the breakup therefore he did not dump you. You have fallen into the make up and breakup circle where one can't figure out which way to head.

You are pretty much falling into the victim zone where there will be a time when you will try too hard to get him and he would not even respond to your messages because he would know that you are emotionally weak and you want him.

You are pretty much giving your power away. Strictly follow the advice in my book and put the no contact into action right away. To be honest...If you want to get out of this crazy circle. You need to give him some time off and take some time off yourself as that would give you the much-needed space to really think over it.

The only way to do this is to put the no contact rule into action and stick to it.

*****QUESTION*****

Hi Ryan! Recently my fiance of two years told me he needed some time alone to figure some stuff out, So I decided to let him do it. I thought maybe it might work out for both of us.

I recently checked his myspace, he has pictures with this new girl, and in one, they were almost kissing. Needless to say, I went crazy. I called him up right away and asked him what that was all about.

After an hour of argument, he told me he does not want to talk to me or ever see me again. I called him after two days to apologize for the way I acted and he

was cool with it but acted a bit cold.

Last night I sent him a text asking him whether he would come to my sister's birthday party or not. He hasn't responded. Please tell me what to do?

*****My Answer*****

You are not giving it enough time...You are doing the exact opposite of what you should be doing. It's mentioned in the book that the hungry never get fed and you are showing him all the signs that you are needy.

The one who is the least emotional about losing the other always controls the relationship. You are more emotional than him right now. Drop the emotions and go dry towards him for a few days.

Trust me! If you don't try to contact him...He will definitely contact you. Nevertheless, you have to maintain your composure. You just can't let things slip like this all the time.

To be honest when they say they want some time off it doesn't mean they want some time off. All they are really saying is that they want to breakup and try someone else, which obviously he did.

The more you chase him the more he will run away...it's as simple as that. All this time you have been a free lunch for him. You have always played too easy to get where he knows you are the one in need.

This is the reason why he wants to go out and explore other options. He would not want you as long as he knows he has you. You must put the no contact into action right away and draw the line before it's too late.

*****QUESTION*****

I am 23 and my gf is 21. She recently broke up with me. She was my first ever love and we did everything together. We both had planned a big marriage and always said that we were made for each other.

We used to fight a lot but always used to make up after a few hours. We had a great sense of understanding and chemistry between us. I read the book several times and have been wanting to put the no contact into action.

But here is the problem...Every time I try not to contact her I bump into her at some point and that brings all the emotions back and I act needy and desperate. I saw her 2 days ago at a restaurant all by herself...dressed in a very nice dress, which obviously meant that she was on a date.

I could not help but approach her and she freaked when she saw me. She did not say anything and told me she was there to meet some friends but it was obvious that she was waiting for her date.

All I wanted to do was hug her but she got very reluctant and it seemed like she wanted me to leave. What have I done wrong? Please help. I really want her back.

*****My Answer*****

You have made all the classic mistakes one should never make if they want their ex back. The moment you break the no contact rule you are pushed back to square one and you will have to do it all over again.

I have mentioned it in the book that even if you bump into them occasionally or see them with someone else just don't react. Your reactions will tell them that you are getting desperate and want them back.

You have to show them that you aren't needy and you have already moved on.

Instead of going over to her you should have just passed by. You see appearing this way might also give her the indication that maybe; you are trying to spy on her, which would further freak her out.

You must understand that you will have to avoid her for the time being if you really want to get her back.

*****QUESTION*****

I recently purchased your book. Awesome concepts. My relationship was somewhat fast. We fell in love real quick and things went fast. She recently told me that things are going too fast and maybe this isn't the right thing. I think she got scared.

She just wants to be friends for the time being. I still know she's the one for me and I would love to be with her the day she wants me back. I have been waiting for the green signal from her end.

My question is will the no contact still work if she wants to be friends? I mean she talks to me every 2 days over the phone.

*****My Answer*****

The reason why she got scared and wants to just be friends is simply due to the fact that you have shown too much interest in her too early. This is where she got the feeling that I already have him so why not try something else, which might be better?

In addition, the very reason why she wants to be just friends for the time being is because she wants to keep you around as backup so that she can go around and date other guys.

Diamonds are expensive because they are rare and no one values a free lunch. This is the time when you have to be that rare diamond and show her your true value. She will never want you back as long as she can easily have you anytime she pleases.

Follow this attitude-

- Show her that you don't need her.
- The way you feel doesn't depend on her actions.
- If she is willing to walk away then it's her loss not yours.
- If she comes back...You will give her a shot but this time on your own terms.

Do not answer her calls right away and whenever she calls let her know that something really exciting happened in your life recently and you would like to tell her but you are busy at the moment. Then strictly follow the no contact rule.

Not only would she be curious to find out what that exciting thing was but now by not answering her calls, you are making her work for your attention and she will start desiring you again.

*****QUESTION*****

OMG! I did everything mentioned in your book and it worked like a charm. We broke it off a week ago and he told me that he wanted to take it slow. So I implemented the no contact rule and did everything as mentioned in the book.

Last night he sent me a message asking where have I been all these days. Right after that, he gave me a call and started apologizing & said he acted like a jerk, I deserve better, can we please talk for some time?

At this, I told him that it was too late and I have some important work in the morning and said we will talk some other time.

Did I do the right thing? I know this is working and he is interested again but how should I tackle it from this point?

*****My Answer*****

First of all congratulations on actually following through with the plan. And yes you did everything in the best way.

By refusing to talk to him right away, you showed him that you aren't that interested anymore and at the same time, you have demonstrated all the traits of a controller. I would say keep doing the same and make him work for it.

Here is a great trick I used to use on my girl friend when we were on the breakup...Every time she would call I would tell her that I only have 5 minutes...I have to go and do an important thing but I wouldn't tell her what that thing was.

Why do you feel most TV Dramas are 30 minutes or less and at the same time they always leave you with a teaser or an unfinished scene?

That's to entice you to watch the following episodes and at the same time drop a seed of curiosity in your mind. You must follow the same concept and not play too easy to get...At least for the time being.

Just stick to this and you will have no trouble getting him back after a few days. All the best.

*****QUESTION*****

I am going through a real weird situation. My girl friend broke up with me a month ago and recently came back...Says she wants to try it out again. Maybe it might work out this time.

Sure enough I said fine let's try it again but she is somewhat on and off with this thing at the moment. Everyday I would stress about whether I would see her, what she was thinking because we really aren't back together but at the same time, we are.

It's emotionally draining...In fact now it's even worse than what it was during the breakup. There are days when she is interested in talking and then there are days she completely avoids me. What shall I do here?

*****My Answer*****

To be honest she is probably testing the waters...She tried to move on but must have felt insecure due to which she came back to you. And I would say taking her back that easily might have been a mistake.

You see this is the time when she is keeping you as a backup and just wants to explore other options. She might breakup with you again as you have shown your weaker side and she knows you will take her back anytime she pleases to come back.

Stop treating her as your main priority...I would say play her in her own game. If she is trying to avoid you then you must try to avoid her as well.

Don't talk to her when she feels like it...Which means don't attend to all her calls...Act busy and I would say implement the no contact rule right away. Show her that you aren't ok with her acts and if she keeps on acting this way then you will end it this time.

Always remember that as long as you keep them insecure they would always be highly attracted to you. I hope you stick to the plan.

*****QUESTION*****

I recently got my ex back after using your techniques. Ok, this is actually an extremely long story but I am going to shorten it up to the best of my ability.

I met my ex 2 years ago. I was 19 and she was 22. We were good friends at first but then started spending a lot of time together. It went to the point where we were physically involved and with time, it turned into a nice loving relationship.

Things seemed normal but with time, I have to admit I started taking things for granted and did not pay much attention towards her. Then there were times when we would do nothing but argue even over the smallest of issues. One day she told me she has had enough and wants to break it off.

I got so angry that I told her I don't want to see her either...Ever. She started crying and left...A week after that I had purchased your book and started using the techniques.

Sure enough...She called me when I was on the no contact and we both ended up crying and admitted to our faults. She told me that the time away from me was nothing but a nightmare for her.

So she came back and things seemed normal for the first few days but I think I am starting to take her for granted again. I got strong urges to get her back when she left me but now I don't really feel that much attraction towards her.

I am doubting that maybe getting her back was the wrong move but I am just not

sure. Please tell me why am I feeling so cold towards her?

*****My Answer*****

Well this is what you call the game of attraction. Attraction is the strongest when you can't have a person or when you are about to lose a person.

You felt real strong attraction towards her when you were about to lose her and that's the reason why you made attempts to get her back. But this is where you must understand that attraction is not the same as being compatible with the person.

As long as the attraction was maintained you felt the need to have her back in your life but now you already have her and that's the reason why you don't value her that much.

Now this is where you need to travel to the next dimension and take the relationship a step further. Moreover, if it was only based on attraction then you aren't compatible with her.

Compatibility is the only thing, which will make your relationship survive in the long term as the intensity of attraction does decrease with time.

*****QUESTION*****

I stupidly broke it off with my boy friend because I just did not know where the whole damn thing was going. Yes, he used to drink too much and that was one thing I hated about him.

The day I broke it off one of my friends told me that he has his profile on an adult dating site and is looking for casual sex. I got really annoyed although I

was the one who got rid of him.

After a few weeks, one of my friends saw him at a nightclub kissing some girl. The moment I was told this it really started bothering me and I didn't know how to take it.

He was calling me on and off almost begging to come back but I did not know he was doing this behind my back. Last night we had a conversation and he told me everything. He has been sleeping with this girl but says it was because he wanted revenge on me and still loves me to bits.

He wants me to take him back and I want him back too. But the fact that he has been sleeping around is really getting to me. I don't know whether I should take him back or not. Please help!

*****My Answer*****

I just want you to ask yourself one simple question and that is this- "Would you be able to live with it?"

To be honest no one can answer this question for you but you yourself. Would you be able to live with him after he has done all this? You see this is where the concept of attraction and compatibility comes into play.

A lot of people take their ex back because the emotions are high and the attraction is at it's peak. But after a few days when the emotions mellow down they realize that it was a mistake.

Don't do anything under the influence of emotions...This is all based on your value system. Would your value system allow you to take him back? Yes or No?

This is all you need to ask yourself and I am sure you will find your answer. All the best.

*****QUESTION*****

My boyfriend broke up with me less than a week ago. I am not at all over him yet but I have seen him hang out with some other girls at the uni.

Recently he called me up and said we both know that we can't get along too well but why not just be friends with benefits? I can't put aside my feelings for him...I don't know how to deal with this. Please help!

*****My Answer*****

I can answer your question in just one sentence- "Sex does not imply hope."

And the fact is that many people actually learn this the hard way...In the impulse of the moment they feel doing anything and everything to please their ex would actually make the ex come back but this just isn't true.

Right now you are just feeling rejected but after you give him sex, you will feel "REJECTED" and "USED". I would suggest not to go down this lane and start using the no contact rule right away.