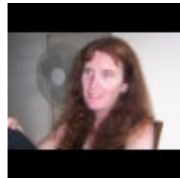


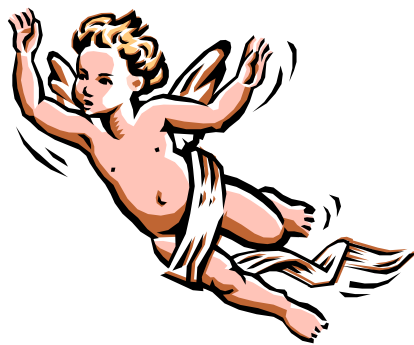
FREE REPORT



Annalyn Cara's "Win Back Love"



A Review by Janelle Coulton



This short report contains an overview of the recently released E-book called Win Back Love



Acknowledgements

I would like to thank everyone who took part in helping me write this report, especially the people who write to me and visit my site for help. Your feedback and comments on my site and the feedback about the books some of you have read have been more helpful than you all know.

Introduction

When I first came across Annalyn Cara's Website last year I thought to myself that this was yet just another one of those relationship books, claiming that you can win back the love of your life and fix your relationship.

Now, I know that sounds a little cynical however, there are a great number of these types of books floating around on the net and they all promise the same things. The trouble is a lot them contain the same ideas. If you were going to purchase a few of these books, and lets face it I did, you would hope that they would contain different ideas and strategies that the reader can use to win back their lover.

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To be blunt, some of the information that is available is not helpful and some of it actually makes things worse for people and not better. I have a client who complained to me recently about some advice she received.

She felt that it only harmed her relationship, not helped it. Another member from my site said the same thing, he felt that some advice he received pushed his wife further away.

It's a case of different strokes for different folks. We are all different and unique. Our relationships and marriages are different and unique. No one can really hand out solid advice based on the circumstances of our relationship or marriage unless they know us personally and have talked with us extensively about the problem.

Are you in a long distant relationship or were you in one?

Many of these books don't even cover this. How is someone supposed to save their marriage or relationship if they are separated by distance. I have seen books about long distance relationships, but none that claim to help someone having relationship or marriage problems. When you think about it; men and women in the armed forces are often separated by distance.

What if their marriage is in trouble? If anyone reading this report does know of such a book that will help someone fix their relationship or marriage that is a long distance one, please email me straight away, because this is question I have had from many people who have visited my site.

Given that the book "Win Back Love" is new on the Net, you would think it would be somewhat different to the others. I'm pleased to tell you that it is. It contains 107 page of well written and easy to understand information. As far as the long distance relationship issues (let's just call them LDR's) that I mentioned above. Annalyn does not talk about LDR's. However, I believe you could use some of the strategies. But; you would have to get a third person to assist you here and the whole process would take longer.

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WIN BACK LOVE

Annalyn begins this book by introducing herself and talking about her relationship history. She explains all of the mistakes she made in her relationships and many of them are similar to the 10 Break-up Mistakes she writes about in the 10 part e-mail course that she gives away for Free on her website:

Go here to get it: [Win Back Love](#)

Annalyn writes about all of the relationship troubles she had and how she eventually developed the plan that you will read about in her book. Her story is a happy one, in that she is now happily married and has two children to this man. But it was not all smooth sailing at first. Commitments to work almost saw them break up however, Annalyn put her plan to work and they reunited and the rest as they say is history.

Annalyn's plan is called the R.E.T.U.R.N system and she developed this plan with the help of a close friend's advice. She has since had this plan and the principles within endorsed by psychologists, scholars, experts and other authors.

The one point that Annalyn makes and I totally agree with this is: The system is not 100% effective and to claim that the system is 100% would be extremely unethical. Everyone on this planet may or may not exercise free will, therefore it doesn't matter what plan you use, if they have decided they never wish to see or speak to you again. Then no plan will work. However, even if the system fails to return your lover, you will still gain a lot by using this system to improve your life and move forward with someone else. You will have this information to put to good use in your next relationship.

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To start off with Annalyn goes over the 10 Break-up mistakes in more detail. She then moves on to discuss the R.E.T.U.R.N system in more detail.

What I will point out right off the bat; (and Annalyn talks about this in the book) relationships do not break up without good reason. If you employ this system and the strategies within the system, you must be aware that if you and your lover are going to re-unite then the issues that broke you up must be resolved. So what I am saying here is, once you have carried out the strategies and used this system. If your lover asks to re-unite, which is how this should happen (you have to let it be their idea). You must make it clear to your lover that the issues that broke you both up must be fixed or at least worked on.

It's all very well and easy to use this system and the strategies in this book, and then carry on as if the break up never happened. Do not push your troubles under the rug. Solve the problems in your relationship, or you will not stay together for very long no matter what plan you put into action. Relationships worth having are hard work, and when you put in the hard work you will reap the benefits.

First of all I want you all to remember when you begin to use the plan in this book that you focus on you. It is true that what happens in our lives is largely instigated by us. We create our own reality. Our destiny is in our hands.

Don't be disheartened when the first time you try a strategy and it does not work. Keep plodding onwards and you will get there. You may not win your lover back, he or she could exercise free will however, you will be happy, that I can promise you.

And lastly always remember it does not matter what plan you use or what book you buy. Love does not die. Real love is everlasting. When someone really loves you, you will NEVER lose their love. You may make

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someone angry or you may disappoint them, however this will not affect their love for you. Your lover may have left you for another; this does not mean they no longer love you, even if they say they love another. They will still love you, always.

Please read the article below:

Love Does Not Die

Are there problems in your relationship right now? Does your partner want to leave? Are you feeling angry with each other? No-one who really loves you ever truly stops loving you. You may disappoint them in some way, they may feel angry with you, and think that love has gone but despite those feelings, your partner's love for you will not die if they truly love you. Love is eternal and everlasting. It is just sometimes not so obvious.

The tricky part here is knowing if this person's love is real. I wrote a little about this recently on my home page at www.freewebs.com/jelbaby/ and this is really a topic that I would like to share more about with my readers. One writer, whose book I endorse on my site recently wrote to me and agreed with what I had to say.

If someone really loves you then being away from you and not in contact with you will drive them to insanity. On the surface they may say they don't want to be with you or talk to you, but deep down, they are missing your company more than I can put into words. Many couples fight and get angry with each other, but the love never dies. They disappoint each other at times, but when they are apart, they are not happy. Things go wrong in relationships all the time, there are those times when you and partner are just not getting along and perhaps you may argue with each other, and both parties within that relationship may think that love is gone. However this is just not true. If two people really love each other, then their love will not fade away.

It is what happens during the good times that will give you a clue about whether the love is real or not. The answers will just come to you. Having said that, more importantly it is what happens during the bad times that really show when love is real or not. Pay special attention to how your partner treats you during the bad times, for example; if you are sick or your children are sick or there is a crisis in the family. That is where the revelation will come. The strongest sign of real love will show up in your lives and you will have no doubts in that person's love for you.

It is the love that is present in our relationships that make it so very hard to let go when couples break up. Many couples do not break up because they no longer love each other. It is in fact the opposite. They cannot solve their problems, so rather than to keep making each other more miserable they decide to go their separate way and find happiness with someone else. This is not the case for all relationships and marriages but it happens and I have to say that it is totally selfish.

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If two people share a life, a home, love between them and children or whatever it is they share, then it is my opinion that they fight like hell (excuse the term) to get their marriage or relationship back on track. I do not believe in divorce or breaking life long commitments. Many couples these days, choose not to marry and just live together.

Lastly I will say that there only really three things worth breaking up or getting a divorce over and they are: Substance abuse, or any kind of addiction that a partner cannot overcome, any kind of abuse or in some cases, infidelity. In my eyes there is no other problem that couples cannot work out. If the love is still there and I believe that love does not die, then you work at getting your relationship back on track.

By Janelle Coulton

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Keep a Positive Attitude

Breaking up sucks big-time and we have all gone through it at one time in our lives. It is so very hard not to go down the road of negative thinking. Annalyn's book will explain how to cope with those feelings of despair and sadness. She will also show you what you can do to start feeling better again. Annalyn also points out that you should give yourself time to feel your feelings and grieve. Take time out to cry and let out your pain. If you bottle it up, you will explode in an inappropriate way and that would not be good.

You are now faced with a lot of hard work to do and this will mostly be work on yourself. Whether you choose to put the plan in Annalyn's book into action and win your lover back, either way you are going to have some work to do.

Most of us will not have a problem working on ourselves. Humans love themselves more than anything else and especially after a break-up. When you and your lover were together this dynamic was different. You looked out for your lover more than you did yourself. However, now that your lover has left you, all bets are off.

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Your attitude will now be one of looking after number one and that's that! If you adopt this attitude whilst working on yourself, that is great.

Some of us may not be feeling so positive and that would not be surprising. We all heal in our own time. However, you do need to be making some kind of effort to join the land of the living and get on with your life. Hiding away, missing days at work and not seeing your friends and family can be a recipe for depression to take hold.

If you are feeling this way, it is so important that you try to get moving. Start small, make an attempt to do at least one thing for yourself each day, and then build it up.

Strategies used in Win Back Love

There are three major strategies that Annalyn discusses in detail in Win Back Love.

1. The Seed Planter Technique
2. Secret Broadcast Technique
3. The Face Saver

Annalyn explain these strategies and other strategies in her book. She will explain exactly what you must do to put them into action.

The Seed Planter was my favourite technique. I could see why this strategy would work like gold, if used correctly.

The Face Saver is also very good, it is basically as it sounds. You employ a strategy that allows your ex lover to save face. Remember you have to make it their idea to want to return to the relationship and this is a technique you need to employ as no one wants to admit they made a mistake. Am I making sense?

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One point that Annalyn makes throughout her book is the importance of demonstrating good will towards your ex at all times. This is likely to be met with their own good will. Demonstrating compassion and care for your ex will always serve you well and you will be able to maintain a good relationship with your ex, whether you re-unite or not.

Final Words

So what's next? I guess you need to make a decision as to whether you are going to try and save your relationship or move on. Personally if it was me in this situation, I would not be giving up without a fight.

I was in this very situation three years ago, where my partner left me for no good reason at all. I did not know what to work on, as I had no idea what my part in break-up was.

I read a great many books, trying to find information but I did not find the answers to my question in most of them. As Annalyn Cara's book is relatively new, it was not available when this happened to me. However, there are some techniques that I could have used, especially the Seed Planter technique.

However, I was lucky enough to discover some other books along the same line as this one and I put my plan that I devised myself from reading these books. Months later this man made contact, and would not leave me alone. The end result was that I decided he was not for me.

Read my Rant: How Could you Do This? And my story will become much clearer.

I am with somebody else now and I am very happy. It was not long after my break-up that I decided to start my websites with the intention of helping others who have been through what I have been through.

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I will leave it there, and I hope that things work out the way you want them to.

If you have any questions or want some advice, please write to me via the links on my websites.

Love and Best Wishes

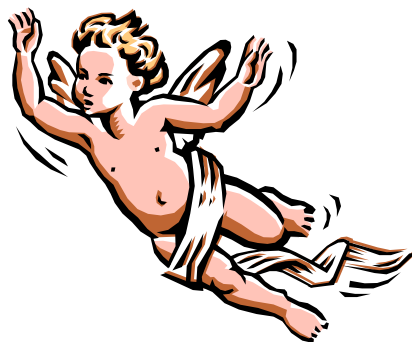
Jel

Janelle Coulton (aka Jel) is a professional writer of articles, essays and short stories. She is passionate about writing and helping people who have questions about human relationships or have relationship troubles. Her work can be provocative, controversial and funny, she loves to encourage her readers to look at the big picture. Jel also runs a relationship group at Yahoo! You can go to the following link to check it out: <http://groups.yahoo.com/group/StopBreakup/>

You will find more information available, articles and relationship advice and tips at Jel's websites:

<http://www.freewebs.com/jelbaby/>
<http://www.freewebs.com/jel1/index.htm>

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