



**King  of the
Reconquest**

Introduction

My relationship has ended, we have broken up and I have lost my emotional stability. Now I wonder how I can get my ex back. Should I chase and fight for him/her? Should I beg or be more assertive in my attempts? I don't know if I should appeal to their heart or be more direct. Although I think it's better to be alone, I can't get them out of my mind. Every place, action, word, or song reminds me of him/her and I feel sad all the time. I don't know how to forget and I don't see a solution to my problem.

But there is hope. This book has been written to help resolve both situations: to get your ex back or to forget them? They are two distinct actions and difficult to achieve, but with my experience in Holistic Therapy and Psychology, I have found solutions for these cases. If you read and follow the 3 steps explained in this book, you can check the infallible results and be happy again.

It is impossible to be happy if you are trapped in one of these situations. If you are looking for practical, objective, and effective guidance to solve your problems, then this book is for you. Whether you are looking to win back your ex or free yourself from sadness, this book will help you be happy again.

Scenario 1

Foolproof Strategies to Recover a Lost Love

There are foolproof techniques you can apply if you want to get back with your ex-lover. But before doing so, you should reflect and make sure that you really want to recover that person for the right reasons. If your intentions are not genuine, it's better to leave things as they are and not play with someone's feelings.

Even if your ex is already with someone else, it's possible that their relationship is not serious and there is still an opportunity to win him/her back, especially if the previous relationship was long and significant. However, it is important to consider that your ex will only come back to you if they still feel love for you. Love is the most important ingredient in any sentimental relationship.

If you're only attracted to someone's beauty, that's not love, it's desire. If you're only attracted to their intelligence, that's not love, it's admiration. If you're only attracted to their wealth, that's not love, it's interest. True love is something inexplicable and genuine, which goes beyond the superficial and material. If you truly love someone, you don't need a specific reason to do so.

Love is a deep feeling that unites two people in a significant and lasting relationship. Therefore, if you want to get back with your ex-lover, it is essential that you assess your true feelings and motivations for doing so.

Once you're sure that you want to try, there are foolproof techniques you can apply to win back your ex. Some of these techniques include effective communication, demonstrating a positive change in your behavior, letting your ex know that you still care and take care of him/her, and finding creative ways to make them feel special and valued.

If you love someone for their beauty, it's not love, it's desire.

If you love someone for their intelligence, it's not love, it's admiration.

If you love someone for their wealth, it's not love, it's interest.

But if you really love someone, and you don't know why: that's love!

1. It is important that you do not attempt to contact your lost love desperately to convince them to come back. It is advisable to give them some time, at least 30 days, so that he or she can miss you. Ideally, your ex should take the initiative to resume communication.

2. No gifts and flattery.

3. It is advisable not to vent to everyone about your frustrations and what went wrong in your relationship. Instead, seek and accept advice from friends and family, especially those who are friends with both you and your ex. Avoid gossiping or using people, money, children, sex, family, and friends to retain or attract your ex. If asked about your relationship, subtly change the subject. Control your impulses and think twice before acting.

4. It is important that you do not humiliate yourself or sacrifice your self-esteem to make your ex feel sorry for you. Making a drama will not convince any man or woman, and even worse, it could make them lose respect for you. Instead, maintain your confidence and let your ex feel the fear of losing you. Have patience and do not pressure them, as the only thing you will achieve is to frighten them away. In this moment, it is best to take things calmly.

5. It's advisable to take advantage of being single to invest in yourself, whether that's studying, taking courses, traveling, working,

or doing activities with friends and family. It's important to put yourself first and then invest in the relationship. Try to be happy, although it may not seem easy, and work on being well with yourself. When you know you'll be with your ex, make an effort to be even better, to attract them and to start noticing what they're missing. Be authentic and keep being yourself.

6. It's important that you let your ex be and avoid looking for them on the internet, Facebook, or other social networks, as well as making inquiries with family, friends, or acquaintances of the person. It's also advisable to avoid calling them, but if you do, respond cautiously. Don't reveal that you were desperate waiting for their call. Act carefully and without pressuring your ex. Remember that time and patience are important in this process of getting your ex back.

7. It is important that you discover the reasons that led to the end of the relationship and avoid making the same mistakes in a future relationship with your ex or with someone else if it arises. Knowing the motives not only facilitates a possible return but also helps you with future relationships. It's crucial that you own up to your mistakes and analyze what happened if the relationship ended due to constant disagreements. Recognizing your errors is fundamental to winning back the heart of your ex. At this point, pride will not lead you anywhere, so it's important to be honest with yourself and with your ex.

8. Don't try to make your ex jealous. If you have the opportunity to see them at a friends' gathering or another social event, don't show up with someone interesting just to provoke jealousy. Don't kiss this person or do things that could generate insecurity in your ex. Doubt can cause many insecurities, and it's better to mix. If asked, say that the person is someone you've recently met and it's just a friendship, but don't act in a suspicious or doubtful manner. The important thing is to be honest and avoid unnecessary games that could worsen things.

9. It's important to act naturally and calmly when you're with your ex. Keep conversations short and don't reveal too much about your personal life. If you're at a party with your ex, don't stay with them all the time, instead, socialize with your friends and make it clear that they are not your priority at that moment. Remember that human nature is to want what one cannot have, so maintaining some distance and mystery can be an effective way to attract your ex again. However, it's also important to show that your life has not stopped without them, but without seeming desperate or needy. Try to be the person your ex fell in love with and bring back the emotion and attraction between you both.

10. Following on from the previous point, it's important not to act like an enemy towards your ex-partner. Although there may be anger, this does not mean you have to become enemies. If they are common in your circles and are seen frequently, it's important that you are friendly, fun, and pleasant. Show your ex that you can be good company and that you have no hard feelings towards them. Pay attention and don't be indifferent, but also don't be overly clingy or pushy. Try to maintain a relaxed and positive attitude. If your ex sees you as a kind and pleasant person, they are more likely to want to spend time with you, which could eventually lead to a good friendship.

11. Reflect on your past mistakes and make a real change in your behavior. If you manage to reconnect with your ex, avoid repeating the same mistakes, as this will make reconciliation even more difficult. Try to be the person your ex fell in love with, bringing back the emotion and attraction between you.

The following are some potential causes for the end of a relationship, which can be analyzed and changed:

- Physical aggression;
- Constant arguments;
- Infidelity/betrayal;

- Always avoiding conversations;
- Disrespect, insults, and humiliation;
- Disproportionate and extreme reactions;
- Unreasonable demands and exploitation;
- Monotony and lack of variety;
- Not listening to the other person;
- Manipulation and control;
- Increased tone of voice and anger in discussions;
- Excessive jealousy and the need to control;
- Continuously comparing the other person with ex-partners;
- Constantly complaining and blaming the other person;
- Forgetting attention and important dates;
- Being discourteous with the other person's family;
- Complaints about the other person's sexual performance;
- Disrespectful comments about the other person's physical appearance;
- Addictions like drugs, gambling, tobacco, alcohol...;
- Intentionally making the other person jealous;
- Ignoring the other person's feelings and dreams;
- Not respecting the other person's space and favorite things;
- Arrogance, lack of tact, and insensitivity;
- Lack of personal hygiene, bad breath...;
- Distance due to travel, work...;
- Inequality in performing domestic tasks.

12. If there's a relapse and you end up in a motel, having sex with no strings attached and no love! After sex, you don't want to talk about the two of you right away. This can ruin everything unless you take the initiative.

13. Repeat the actions that you know captivated your partner at the beginning of the relationship, but do it naturally without forcing the situation. Don't flood their office with flowers or overwhelm them with exaggerated flattery. Make them relive the good moments of your relationship and avoid lamenting or arguing about what has already happened.

14. It's important to always try to innovate and prevent routine from dimming the spark, happiness, emotion, harmony, and LOVE between you. Always keep in your mind and visualize a good relationship with your loved one. Don't let your love story become something monotonous, but turn it into a REAL LOVE STORY. Seek happiness and be happy!

Research shows that a significant number of couples separate or divorce around the seventh or eighth year of their relationship. During this period, partners may experience what is known as the "seven-year itch," feeling the need to seek new stimuli and experiences outside of marriage or the union. This phenomenon is more common in modern Western culture, where most relationships seem to follow a seven-year cycle. However, it does not mean that exactly seven years are needed to feel the temptation of a relationship with someone else, as this impulse can arise after just three or four years of relationship. Even couples who seem stable can be affected by this stimulus. Therefore, it may take another three or four years of dissatisfaction in the relationship for a breakup or divorce to occur. Being aware of this "seven-year crisis" is a reality that can help prepare and make conscious decisions to overcome it and continue building a passionate and ever-growing relationship.

Scenario 2

Foolproof Techniques to Overcome a Romantic Breakup

When someone goes through a "romantic loss," it means they've lost someone they loved in a romantic context. This is common among those seeking therapeutic help as they often face issues in their romantic relationships. Some seek techniques to recover their partner or maintain the relationship, while others conclude it's best to end it. Often, people stay in unhealthy relationships out of fear of loneliness or the unknown. Before seeking solutions, it's vital to analyze why this happens.

Romantic relationships can be complex and emotionally intense, frequently triggering insecurities and fears. Familiarity and comfort in a relationship can sometimes be mistaken for true love, even if the relationship isn't healthy or satisfying.

In such cases, it's crucial for individuals to take time to reflect on their feelings and needs. Questions like "Do I really want to be in this relationship?" or "What do I truly need in a relationship?" can help clarify the situation. It's also beneficial to explore any fears or insecurities contributing to the situation and find ways to overcome them.

It's crucial to remember that true love shouldn't make us feel worthless or unsatisfied. If a relationship isn't working, it may be necessary to accept the loss and move on. Although it might be difficult at first, time and the right support can heal and help find a healthier relationship in the future.

In summary, "romantic loss" is the loss of someone we loved romantically, common among those who face problems in their love lives. It's essential to analyze personal feelings and needs and work on overcoming fears and insecurities. If a relationship doesn't work, it is

important to accept the loss and seek a more fulfilling relationship for the future.

We often make the decision to distance someone from our heart or mind when we don't receive reciprocity for our feelings, when that person ends the relationship, or when they treat us poorly, among other reasons. Is it possible to control a feeling we want to forget? This is a common question in such situations. In other words, can we perform "forgetting magic"? Time is one of them, as emotions can fade with time, allowing a person to move on. Focusing on activities that make us feel good and being surrounded by supportive friends and family can be beneficial.

Another technique is to reflect on our feelings and the situation itself. Analyzing what went wrong in the relationship or in the interaction with the person can help us learn from the experience and move forward. It can also be useful to focus on the qualities and characteristics we desire in a future partner and compare them with the person we want to forget, to see if they truly match our desires and needs.

Finally, seeking the help of a therapist or counselor can be very valuable to process these feelings and learn how to overcome them. With their guidance, it's possible to identify behavioral patterns and thought patterns that may be contributing to the difficulty of moving on, and work on strategies to overcome them.

According to a recent study on the behavior of people in love, it was discovered that love intensely activates a brain region called the nucleus accumbens, which is related to rewards, pleasure, and addiction. This region of the brain is also activated in people addicted to alcohol when they anticipate their next drink.

Due to this addictive factor, anthropologist Helen Fisher recommends that if you want to get over someone, treat the situation as if it were an addiction and avoid everything that may remind you of that person. This includes eliminating objects and memories that make us think of them, as well as avoiding communication with them and

monitoring their activities on social networks. It's similar to the logic of an alcoholic who needs to stay away from bottles of alcohol to overcome their addiction.

Controlling thoughts can be difficult, but not impossible. Psychologist Robert Sternberg suggests recalling the major flaws of the person to help stop thinking about them. Moreover, it is important to remember that a relationship only works if both parties desire it and that there might be someone better out there. However, it is important not to use someone to fill the void left by the previous person. It is important to stay busy with new and creative activities that distract the mind. It is also important to avoid social networks to not become obsessed.

Psychiatrist Thomas Lewis has stated that love and alcohol can have a similar effect on the brain, as both involve intoxication. Neuroimaging research has shown that love can suppress brain areas responsible for critical judgment and negative emotions, which could explain why "love is blind." Lewis has mentioned the possibility of developing neuroblocking antidotes in pill form to prevent falling in love and to interrupt passion.

However, the experts consulted stated that it is more common for people to want to know how to maintain passion in their relationship, rather than how to get over a love. In general, it is important to identify when it is time to turn the page in a relationship and work on keeping oneself busy to overcome the pain. Lori Pinkerton has explained that it is normal for a person to keep thinking about their ex after a relationship that has not ended well, as it can mentally torment the abandoned person without reason.

There are several reasons why a person may continue to think about their ex after a breakup. One of them is guilt, which can arise even if nothing wrong was done during the relationship. Regret is also common, with thoughts like "what if I had done something different?" lingering in the mind. Additionally, there may be people who still have feelings for their ex and hope to get back together, even if they know

the relationship didn't work out. In general, it is normal to continue thinking about an ex after a breakup, but it is important to recognize the reasons behind those thoughts and work to overcome them.

To be able to move on after a breakup, it is important that one accepts what has happened and leaves behind any feelings of longing for the past relationship. Some people may feel that continuing to think about their ex means missing the relationship that ended, so accepting that the relationship did not work and ceasing to look for excuses or regrets is the first step forward. It is necessary to take an immediate turn with things and leave behind any hope of getting back with the ex-partner in order to move on in life.

Focus on the relationships that really matter: even though you have lost your partner, you still have your family and friends who love you and need your attention. It is not fair to them that you focus on someone who left you behind.

Take care of yourself: it is important that you focus on your own growth instead of clinging to someone who is no longer in your life. Dedicate your time and energy to taking care of yourself, your appearance, career, and happiness.

Avoid creating expectations too soon: the biggest mistake we make is to fantasize and create great expectations before being sure of the other person's feelings. Learn to let things flow once you are sure that the other person feels the same about you, to avoid disappointments in the future. If you are already in the process of forgetting, here are some tips to facilitate the process and make it faster.

Here I leave you some advice that can help you overcome the breakup and forget your ex:

1. Accept reality: it is important that you assume that the relationship is over and there is no turning back. Stop clinging to the idea that you will get back together, as this will only prolong your suffering.

2. Surround yourself with friends and family: seek the emotional support of your loved ones, talk to them, go out and have fun. Do not isolate yourself nor take refuge in sadness.

3. Do not blame yourself: do not punish yourself for what happened or for what you could have done differently. Learn from the mistakes and move on.

4. Take advantage of free time: dedicate time to your hobbies, activities you enjoy, travel or new experiences. Discover new passions and enrich your life.

5. Take care of your physical and mental health: exercise, eat healthily, get enough sleep and look for activities that relax you, such as meditation or yoga.

6. Eliminate memories: get rid of everything that reminds you of your ex, like photos, gifts or saved messages. Do not torture yourself with memories.

7. Do not compare yourself with others: each person has their own healing process and there is no "correct" way to overcome a breakup. Do not compare yourself with others and respect your own time.

Scenario 3

The cure... How to cure the pain (betrayal, romantic disappointment...)

When we look at the world through the prism of the greater good, we seek to achieve the greatest benefit for all in an elegant and appropriate way, adjusting according to the degree of evolution of the people involved. Only good exists and we must believe in the thoughts that make us feel good and reject what makes us feel bad. We must respect ourselves and others, not fall into manipulative games, and promote ourselves instead of playing the victim. Let's remember that we are the most important person in our own life and we should not give our power away to others.

Focus on what you want, not on what you don't want. Instead of focusing on fears and worries, concentrate on what you desire and how you can achieve it. Visualize your goals and work on them every day.

Do not give up. No matter how many times you have failed or how much time has passed, there is always an opportunity to start again. If you have had a bad day or a bad season, do not give up. Move forward and stay focused on your goals.

Forgive others and yourself. Resentment and guilt are emotions that can weigh heavily on your heart and affect your ability to move forward. Forgive others and forgive yourself for past errors to relieve yourself of the burden of blame.

Seek support. At times, overcoming a difficult situation can be hard to do alone. Look for support in friends, family, or a therapist if necessary. Having someone who listens and offers support can make a big difference in your healing process.

Remember that time heals. While it may seem like you'll never overcome your pain or suffering, time is a great healer. With time, wounds will heal and the pain will lessen. Be patient with yourself and don't feel bad for taking the time you need to heal and move on.

Don't be afraid to say "no" to something that doesn't make you comfortable or if you don't want to do it. Respect your own limits and needs, and communicate your feelings clearly and your responses to others.

Remember that you are responsible for your own happiness and well-being. Don't wait for others to give you what you need, find ways to satisfy your needs and do what makes you happy. Learn to enjoy your own company and to do things for yourself.

Finally, try to maintain a positive attitude and be grateful towards life. Embrace the lessons learned and the growth achieved in the face of what you have gone through. Practice gratitude and appreciation for what you do have in this moment and for the experiences that have brought you here. With time, you will find the healing and happiness you seek.

Healing the pain of a broken heart is not easy, but there are some steps you can take to help overcome it:

1. Allow yourself to feel: It's important to let your emotions flow and not suppress them. Don't feel ashamed to cry or to feel sadness. Grieving is a process that everyone experiences completely.

2. Talk about your feelings: Talking about your feelings with close friends or family can help you process them. Don't be afraid to ask for help or support from someone you trust.

3. Maintain a healthy routine: Try to keep a balanced diet, exercise regularly, and sleep enough.

Taking care of your body will help you feel better emotionally as well.

4. Practice self-care: Dedicate time to do things that you like and that make you feel good about yourself. It could be reading a book, listening to music, or engaging in an activity that you enjoy.

Remember that the healing process is not linear and that it will take time. Be patient with yourself and take the time you need to overcome your pain.

Lastly, it's important to remember that the healing process can be long and difficult, but you are not alone. Seek support from your friends and family, or consider talking to a professional if you feel overwhelmed. Sometimes, the help of therapy or counseling can be invaluable in dealing with emotional pain and finding a positive way to move forward. Don't be afraid to seek help if you feel you need it.

In summary, healing the pain of a wounded heart requires time, patience, and effort. Learn to take care of yourself, find healthy ways to express your emotions, work on your self-esteem and seek the support of the people who love you. Remember that, although it may be difficult at this moment, you will eventually find a way to move forward and find happiness again.

Another important step is to allow yourself to feel your emotions. Many people try to avoid pain and sadness by distracting themselves with other things, but it is important to allow yourself to feel these emotions and process them. This can include crying, talking with friends or family members you trust, writing in a journal, or seeking therapy with a professional.

It is also important to remember that time is a crucial factor in the healing process. You cannot expect the pain to disappear overnight. Take the time you need to heal and do not rush to move forward before you are ready.

Finally, it is important to take care of yourself during this process. Make sure to get enough sleep, exercise, eat healthy foods, and do things that make you happy. This will help maintain a positive perspective and overcome the pain more quickly.

Remember that healing a wounded heart is not an easy process, but with time, patience, and careful personal work, you can come out stronger on the other side with a wiser heart.

Here you have some affirmations for day-to-day that can help you maintain a positive attitude and attract good things to your life: Do this for 90 days.