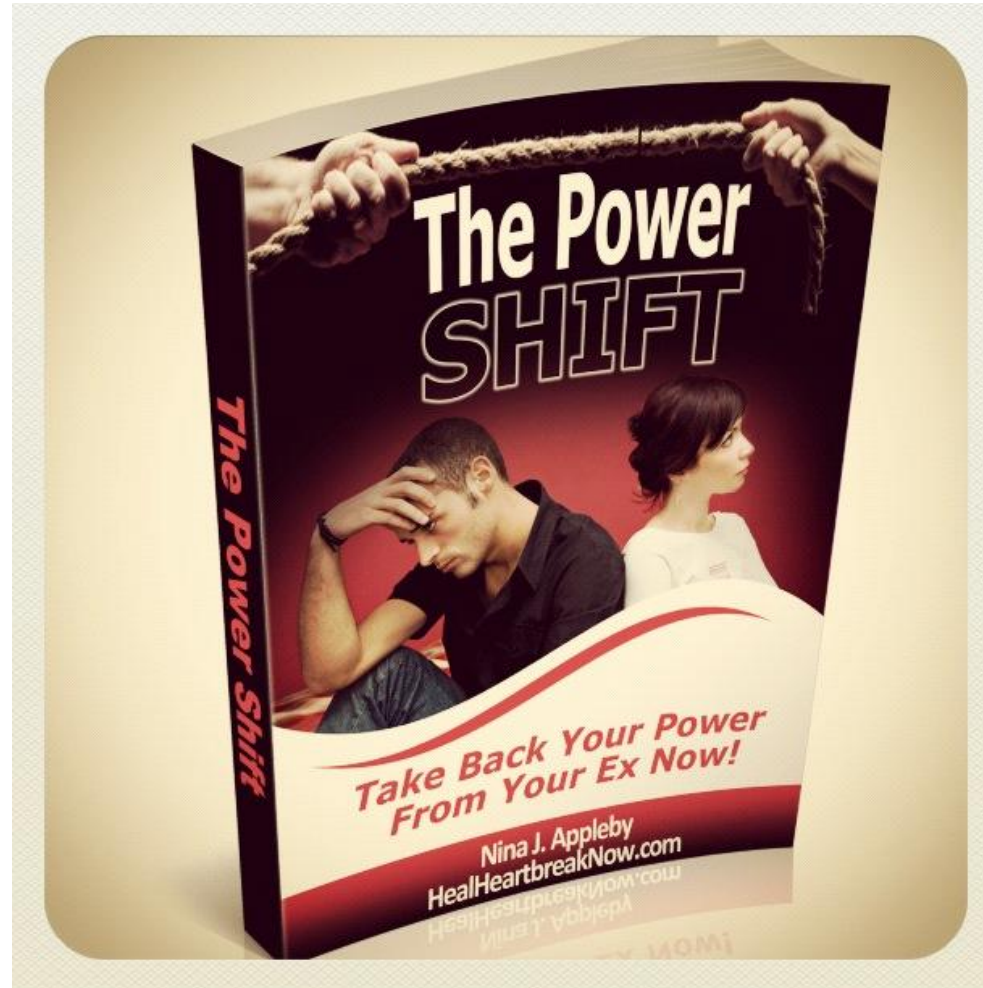


# Heal Heartbreak Now! Presents



**Written By Nina J. Appleby**



# THE POWER SHIFT

Published by: N. J. Appleby/Redhand Marketing, LLC.

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## THE POWER SHIFT

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Thank you for taking the time to download this guide.

## WHAT IS THIS ALL ABOUT?

Falling deeply in love with someone can be one of the most freeing and invigorating experiences one can have in their life. The experience of being in love and feeling loved by someone is like no other. It's almost magical. We look at life with different eyes. Everything seems possible. Our lives transform just from feeling the love of our significant other.

On the other hand, ending a relationship, no matter how long or short, is a difficult process. We now feel striped of feeling free. And what's worse is that we are so vulnerable and raw. It's like we've lost our inner light.

Heartbreak can be so devastating because of the way we enter our relationships. We get into relationships that are based on conditional love. As long as you met the conditions that the other person set up in their own mind (mostly guarded from you) they will give you their love and approval. Once, you fall short of these conditions, that person no longer loves you. And that is when heartbreak sets in.



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Once the dust has settled, people tend to morn their ended relationship for far too long because they don't understand how to move past their emotions. HEARTBREAK SUCKS! It's one of the most complex events that a person will ever face in their lives. The gut-wrenching pain and suffering associated with the loss of a love can shift the way we view ourselves, our take on romantic relationships and ultimately change how we live our lives. Heartbreak disrupts our lives and throws us off balance. What's worse is that heartbreak takes away your personal freedom.

Having dealt with feeling powerless after ending a relationship, I found that I was not alone in feeling this way. Most often, people dealing with the end of a relationship tend to suffer through a wide range of emotions and don't understand where these deep feelings are coming from or where they are taking them in their journey.

I have some honest questions for you that deserve some honest answers:

- **Do you find yourself thinking: "I'm hurting so much because I can't be with this person,"?**
- **Do you associate the pain of heartbreak with the thought of not being loved again?**
- **Are you suffering because you feel abandoned and betrayed?**
- **Can you see yourself being truly and deeply happy again and perhaps experiencing real love again someday?**
- **Are you frustrated at the fact that you seem to be acting erratic and making decisions that are affecting your life , but don't know why you are behaving this way and what you can do to stop?**

# THE POWER SHIFT

- Do you feel fed up with feeling hopeless about your heartbreak?
- Does the uncertainty of where your ex now fits into your life drive you crazy?

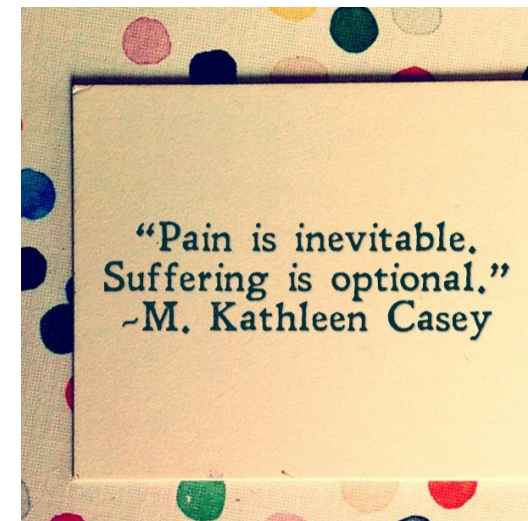
If any of the answers to these questions makes you feel anxious, nervous, or fragile, then you definitely need to continue reading this report. You feel all of these emotions because you are “powerless” at the moment.

## WHY ARE YOU SUFFERING IN THE FIRST PLACE?

Most people do not know the secret to end suffering in heartbreak. Part of our suffering comes from the perception that love comes from the other person. In reality, you are suffering because you choose to do so. You have the option not to let your pain control your existence.

## ON A MISSION

My main objective with this report is to show you how you can reclaim your power back from your ex and ensure that no one can take it from you again. You might feel apathetic and hopeless right now. You might feel like this will not work for you. You may even feel scared to take on such a monumental task. But, I can guarantee that things will become crystal clear for you once you finish reading this report.





# THE POWER SHIFT

I wrote this for those who are tired of feeling powerless to their exes and are ready to move on, but haven't quite figured out what to do or where to begin.

Once you are finished reading this report, you will have a solid, action packed plan of attack for seizing your power. Once your power is restored, you will have a solid foundation to begin to properly heal your broken heart.

## HERE WE GO!

So now that you know what this is all I about, we have a lot of work ahead of us. Let's roll up our sleeves because this will be a dirty process. Are you curious? Are you excited? You should be.

But first, I would like to briefly share with you my story and show you the true significance of regaining your power from your ex. My hope is that you will find some parallels in my story and see that you do have what it takes to make this happen in your very own life.

# THE POWER SHIFT

## PART ONE

### MY JOURNEY TO REGAINING MY POWER

My story starts out as usual: Girl meets Boy. Girl falls deeply in love, losing herself in the process (but totally unaware of it at the time). Boy asks Girl to marry him (feeling pressured, of course). Girl is blindsided by Boy when he no longer wants to be with her. Girl is left devastated and totally emotionally broken.

My story does take a turn for the worse, before it gets better. I practically had an

identity crisis after my relationship failed. I went through the stages of heartbreak grief to an extreme. DENIAL, GRIEF, AND BARGAINING became my new name.

After suffering for months and months, I hit my breaking point. One day after living like a zombie from all of the pain, I couldn't bear another minute of it. I lost it. I balled my eyes out and sobbed like a baby. I finally pulled myself together and decided that I was not going to live this way anymore. I didn't know how I was going to turn my situation around, but I knew that I deserved to find happiness again and this heartbreak was not going to be the end of that dream.





## THE POWER SHIFT

In all honestly, while I was going through the motions of life, I was creating more problems. Essentially, I had over analyzed this entire situation that I actually overlooked one very important point. When I realized what I needed to do, I was actually **VERY MAD** at myself for not realizing this earlier on.

I HAD FOUND IT!

The answer is simple! Are you ready for it?

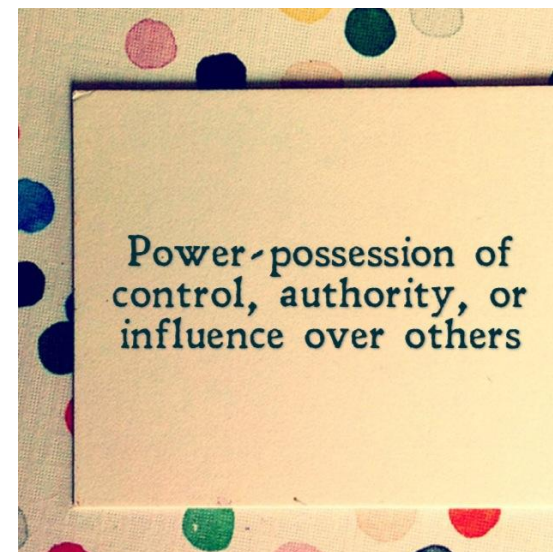
# NINA, YOU HAVE TAKE YOUR POWER BACK!

That's right. Heartbreak is merely a shift in power between you and your ex. You see, the love that you have for your ex is actually a crippling force keeping you from moving on with your life. It leaves you powerless to them and in the end, your heart ends up going through a shredder. Real love should be empowering and strengthen you. Anything that weakens you and strips you of your power is NOT Real Love!

# THE POWER SHIFT

## WHAT IS THIS POWER YOU SPEAK OF AND HOW WILL THIS HELP ME?

When I say “power”, I mean the ability to control your own thoughts, emotions and actions, specifically those that concern how you react to what your ex does or does not do. It’s about being **PROACTIVE** and not **REACTIVE**. Your ex can do or say anything that they please, but it no longer affects your emotions and most importantly, what you do in and with your life. You are no longer controlled by your ex because you are “free”. That, my friend, ensures that you will have a better quality of life post break-up.



Have you ever made a snap decision based on a temporary situation that is permanently life altering because you are confused, angry and upset? I know I have, **ESPECIALLY** when I was going through my break up. As soon as I began to regain my power, I no longer had to worry about making those kinds of mistakes because I was finally clear-headed and my heart was no longer in my way.

Taking back your power is essential because:

1. Your POWER will allow you to manage your emotions so that you are able to bounce back from any setbacks you may have in your journey of healing.
2. Your POWER will DRAMATICALLY cut down on the time that you are in pain. Think of your power as your fuel that will push you through heartbreak. The more power you have, the more likely you are to take the right actions that will aid in healing your broken heart.



# THE POWER SHIFT

## HOW DID THE POWER SHIFT IN YOUR EX'S FAVOR IN THE FIRST PLACE?

There are many factors that come into play when it comes to how you lost your power to your ex. Damn near all relationships, even the best ones, go through power shifts. Usually throughout a relationship, one person will establish being dominant in affecting how the other person feels and reacts to the challenges and rewards of the relationship. Gradually, especially as a relationship is nearing its end, one person seems to have all of the power. That person is usually the one who doesn't really "care" about the relationship.

### EYE OPENER

Looking back on my breakdown and epiphany, I'm able to see the beauty in it because it caused, rather forced, me to change my course of action in my healing process. Don't get me wrong. Even after realizing what I had to do, I still made plenty of mistakes. However, once it all came into my awareness, I was no longer walking in the dark. The realization that I was allowing my ex to still have all of the power over me was a huge smack in the face and a swift kick in the ass. But, I recommitted myself to getting my power back and keeping it from that point forward.

My story is a true testament to what taking your power back can do when healing from a broken heart. Let my journey be a lesson for you. The sooner you obtain your power back, the sooner you will heal your heart and move on with your life.

# THE POWER SHIFT

## PART TWO

### ON THE FRONT LINES OF BATTLE

They say love is a battlefield, so taking back your power means war. When you are on the front lines in this battle, you have to arm yourself with some potent weapons or else your ex will continue to get the best of you and will always hold the upper hand in this situation.

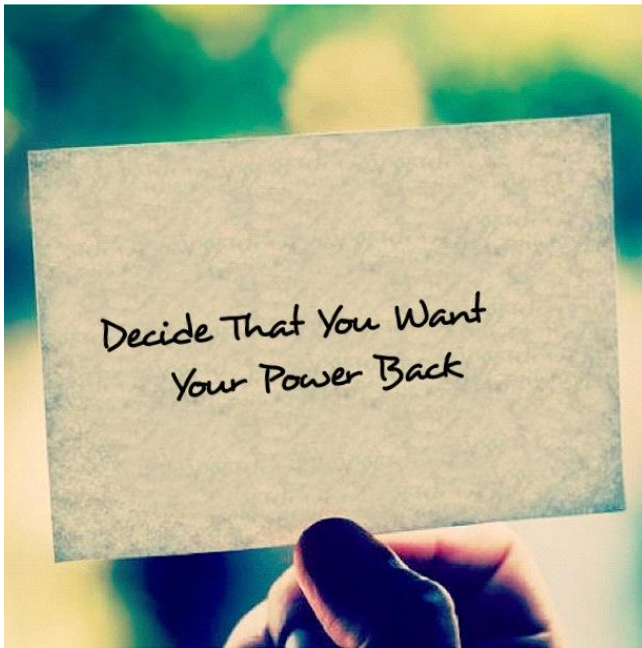
Here are some valuable tips that you can use in order to take back your power and regain your personal freedom. Healing from heartbreak can take some time. However, there are some things that you can do right now to feel relief from the pain. This formula works

the best because it balances you in all areas of life, not just where your ex is concerned.

When you use these tips, a slate inside of you is wiped clean and you can start all over again. You can reestablish the control in your life and can start building a better foundation for a better you.

There's an old saying "If you don't like the fruits, change the roots!" There is a root cause to all of your behaviors when it comes to your ex ruling your power. We are going to address each of these issues in order to regain your power.

# THE POWER SHIFT



## DECIDE THAT YOU WANT YOUR POWER BACK.

The most powerful step in this entire process is to make a decision to regain control of your power. For a moment, think about your life and when things happen in it. Doesn't it always start with a decision? Do you want to be happy or do you want to be sad? Do you want to heal your heart or do you want to wallow in pity and regret? Do you want to control your life, your emotions, and your overall wellbeing or do you want your ex to continue to do so?

It's time to make a choice. Set a **STRONG** intention to embrace your power. Declare that from this point forward you are no longer allowing your ex to control how you feel and what you do.

You have to consciously make a decision to shift the power back in your favor in order for the forces to change direction. This means that from this point going forward you will take actions that align with this intention. This will make you even more responsible and more importantly, more aware of your thoughts, emotions, and actions. Now, you will know when you are doing something that is harmful of gaining your power back and something that is beneficial to the whole cause. Basically, it holds you accountable to start doing what matters now. Do you understand the impact of that?



## THE POWER SHIFT

Deciding that you want your power back and committing to doing whatever it takes to make this possible is a pivotal moment in your healing process. It means that you are back in business. The decision to take your power back is where you become the writer of your life. You will now be responsible for what happens to you and not your ex.

Your internal belief should be that you are more powerful than your ex. You have to change any thought opposite to the contrary. Stand firm in your decision. Once you make that choice, your power is yours for the taking.

Each morning, immediately upon waking up, reaffirm your power. Do the same thing at night before going to bed. This will ensure that the first thing you think about in the morning is how powerful you really are and it will set the tone for your day.

# THE POWER SHIFT



## STOP, STOP, STOP WORSHIPPING THE GROUND YOUR EX WALKS ON!

When we fall in love, we have a tendency to look at our lover with “kind” eyes. We see them as these wonderful being who can do no wrong. You’ve probably heard people describe their mate when they first fall in love: “She’s so wonderful”, “Life is so much better with him”, “You’re the first person I think about in the morning ...”

**REALITY CHECK:** Your ex is not a god or goddess. They are human just like you and I . Unless they have some incredible super power that us mere mortals don’t have, they put on their pants one leg at a time just like the rest of us. They have flaws like you have. When you are pining and longing for your ex, you are NOT in control of your life. You are indulging in a personal party of misery. You are actually allowing them to continue to control your power like a puppet master.

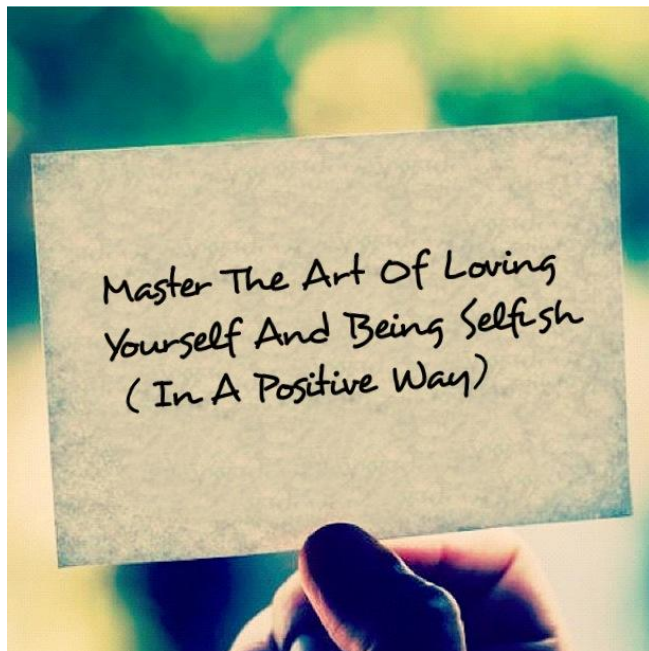
### TAKE CENTER STAGE

Break the habit of worshiping your ex by finding something worthy about yourself to worship instead. Everyone has at least one thing that they can do well or one quality about themselves that they like. Find it and admire it. Then, find some more. If you have a friend that you look up to, model the behaviors in them that you admire. The point is that you have to take center stage in your own life. Even if you have children, you must take time to appreciate yourself.

## THE POWER SHIFT

### MASTER THE ART OF LOVING YOURSELF AND BEING SELFISH (IN A POSITIVE WAY).

It is an absolute must that you Love yourself deeply and put yourself first. One of the ways that your ex gained power over you is by you putting them before yourself. You unknowingly allowed them to become the center of your universe and they used that power to turn on you. Now is the time to change that by loving yourself and being selfish, but in a positive way. Always love and appreciate yourself, no matter what is going on in your life.



People often struggle to like, let alone, love themselves. Most people are insecure about a few things. And it's not an easy task to get comfortable with the idea of being perfect as you are, flaws and all. But, if you really want your power back you must realize that there are wonderful things about yourself that should be celebrated.

Think only of yourself and not of him or her. Learn to pamper yourself and delight in the experience of being pampered. Enjoy the attention of those who do admire you and know that you are worthy of being admired. Reestablish your interests, hobbies and friendships that you abandoned when you fell in love.





# THE POWER SHIFT

Have fun and forget about the loser who thought that you were unworthy of their love. You can be selfish and not be hurtful and mean to other people. You can get what you want without harming others in the process.

Revitalize your interest in yourself and your own life. Learn to celebrate your life. Don't hold yourself back. There surely are wonderful things that are happening in your life that need to be celebrated, but are being overlooked because you are hurting. Celebrate both the small and large victories of your life. Have some compassion for yourself.

Real joy comes from knowing how to love yourself completely as you are today. Yes, you might not be happy with some areas of your life, but you have a choice to change these things.

Resolve to take better care of yourself. It's about your overall well-being. Being healthy, both physically and emotionally prepares you to

Stop comparing yourself to other people. Everyone is unique, including yourself. When you compare yourself, this is just a negative form of meditation.

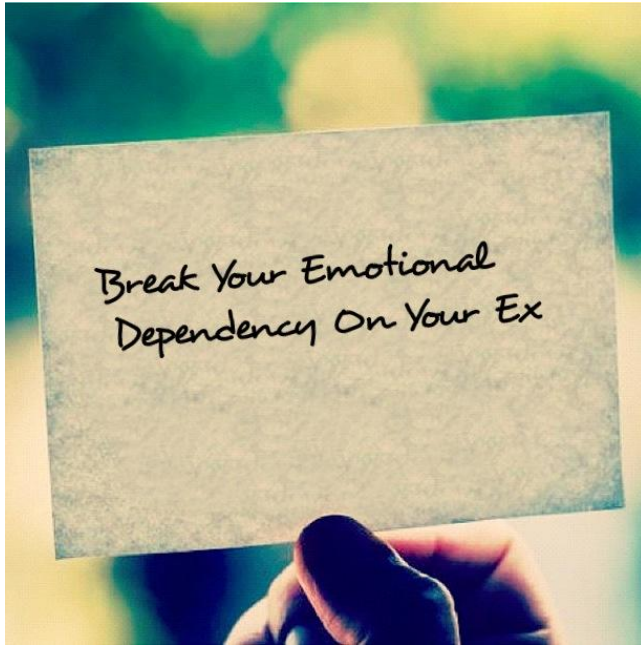


## THE POWER SHIFT

Use your values as a guide to make better decisions in your life. When you make better decisions for yourself, you start to believe more in yourself because you begin seeing positive results. And it just becomes a continuous cycle that continues to build your self-esteem.

Don't just tolerate yourself. Celebrate YOU! All aspects of yourself, even the things about yourself that you don't like at the moment.

# THE POWER SHIFT



## **BREAK YOUR EMOTIONAL DEPENDENCY ON YOUR EX.**

Most relationships are based on a “lose-lose” formula of emotional dependency. We expect our partners to bear the burden of making us feel good about ourselves. We feel that they can make us feel important and special as well as whole. This feeling is proportional to how much attention our partners give to us. The more attention we get, the better we feel about ourselves. When the relationship ends, our self-esteem and self-worth seems to plummet because we no longer receive their attention.

One of the most important steps you can take to get your power back is to end our emotional dependency on your ex. Learn what makes you happy and learn how to provide that for yourself. Become independent and learn to rely on yourself.

Your attachments to your ex also stems from your own fears and insecurities. Sometimes it’s easier to lean on your significant other when you are afraid, or backed into a hard time. Sometimes, that leaning can turning into lifting. And this is how your ex becomes your crutch. When you acknowledge what those fears and insecurities are and face them head on, you begin to sever the ties that bind you to your ex.



## THE POWER SHIFT

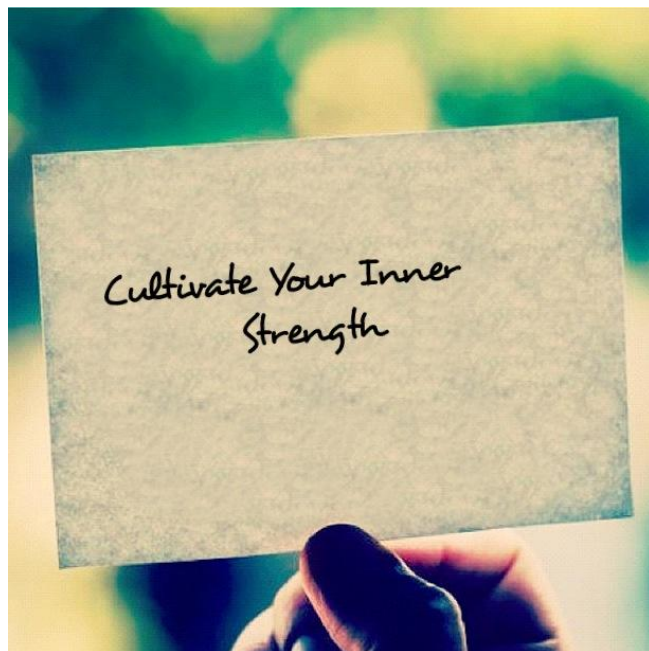
Emotional detachment comes from accepting yourself as you are today. When you learn to accept yourself, you don't need other people to give you attention because you have a deep understanding that you are a wonderful person.

You have to find peace within yourself. Once you have peace and acceptance, you have all the power you will ever need to permanently detach from your ex.

Take responsibility for your own self-worth. Never let anyone determine how valuable you are because they will always depreciate your value and most importantly always have control over you. This means that you must become aware of how you treat yourself at all times, especially when you are in the company of other people. We teach people how to treat us. If you treat yourself badly, you will more than likely allow others to do the same.

It's like this: *Would you purchase stock from a company if you knew that its CEO and board members refused to purchase stock or accept any stock options from the company?* Hell no you wouldn't! No person with half a brain would, nor would your financial planner advise you to do so. So why would someone else see value in you when you don't even value yourself? It's a waste of time and overall a waste in resources. You have to see your own value before someone else will appreciate it.

# THE POWER SHIFT



## CULTIVATE YOUR INNER STRENGTH.

Having inner strength is crucial in your healing. The problem with heartbreak is that it's a bunch of challenges and changes wrapped with a nice little bow. I mean, there's the emotional aspect of heartbreak, the physical aspect of heartbreak and even a spiritual aspect of heartbreak. And each challenge is not met with a "one size fits all" solution or response either.

You need to learn how to be strong even when you don't think that you can be to go up against each of these challenges. You have to learn how to face each hardship by digging your heels in and meeting the challenge head on. You also have to learn when to not give a

damn and walk away as well.

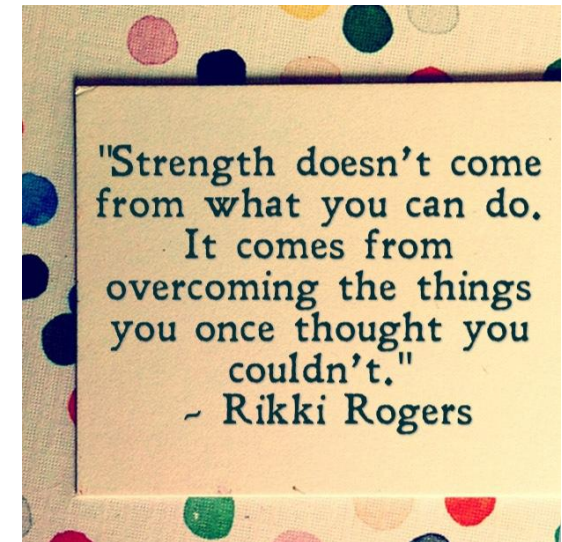
Build your inner strength by doing tasks that involve building your perseverance as well as your confidence. When things get tough, welcome the challenge and find a way to press on. Be fearless. Don't be a wimp. Stand up for yourself and for what you want. It's no one else's responsibility to fight for you, so be your own champion.

## THE POWER SHIFT

Also, don't be emotionally needy. Learn to be self-sufficient and self-reliant. Eliminate your self-doubt by learning to trust your intuition in any situation. As you become happy and strong in your own life, your heart will heal quickly.

Having a positive attitude and learning to embrace the dark times as well as the good times helps you cultivate your inner strength.

Whether you believe me or not, I know for a fact that you are much stronger than you will ever know. We beat ourselves up so much that we see ourselves as weaklings. But, we are not. You can conquer any feat, no matter how insurmountable it may seem.



# THE POWER SHIFT



## CHALLENGE YOUR OWN BELIEFS ABOUT LONELINESS.

Most of the anxiety caused by a breakup is because of the negative view of being alone. There is a huge difference in being alone and experiencing loneliness. But, most people do not understand this concept and the fear of being alone begins to rule their life. This fear of loneliness will paralyze you or cause you to jump into your next relationship too soon.

In order to address this issue, you have to dig deep and ask yourself some deep and intrusive questions to get to the root of the problem.

Explore your beliefs about loneliness. Why do you feel so lonely and needy? When do you feel this way the most? When in your life did this fear of being alone first emerge?

You can start by changing the words that you use when you talk and think about being alone. If you reframe how you speak about being alone, you will find that you are more willing to embrace this time instead of abhorring it.

You can address your issues with loneliness head on. Start by getting to know yourself again. Learn to enjoy your own company. Learn to love doing things by yourself. It's okay to be by yourself. When you enjoy being by yourself, only then will you truly enjoy the company of others and you will find that they enjoy being with you even more.

# THE POWER SHIFT



## LEAVE THE DOORMATS AT THE FRONT DOOR!

Some people feel obligated to do things for their exes even when they know that this is not what's best for the situation. They allow their selves to make excuses and be used by their exes. They are willing to lie down and let their exes walk all over them for no reason at all, most times in hopes of their exes "realizing that they are the one for them". All this does is just gives your ex permission to freely control your life.

**There are NO Doormats here!** Stop being a damn doormat for your ex to walk on. Why are you allowing yourself to be used? Have some damn self respect. Take a stand for yourself and don't even give your ex an opportunity to use you. Your ex is like a rabid dog, they can smell your fear and they will use it to their advantage each and every time.

Set boundaries with your ex. If necessary, communicate these boundaries to them verbally so that they understand exactly what you are doing. This is especially important if you were married and if children are involved in your relationship. You must be clear on what your behavior is to be. Be as respectful as possible, but let them know that you are not going to bend over backwards to make them feel comfortable anymore. Let them know that they must seek emotional support elsewhere. Do not act the role of the partner in





## THE POWER SHIFT

a relationship. If you were a girlfriend or a boyfriend, you are now an ex. So, that means that you shouldn't do things that you once did in your relationship.

You may also have to cut off all contact with your ex in some cases in order to find peace. Don't have any regrets about this because you have to do what's necessary for your own sanity in this situation.

# THE POWER SHIFT



## NINA'S PARTING WORDS

Believe it or not, heartbreak is not the end of your life. It is actually one of the best teachable moments in your life. This is a time to build or rebuild your inner strength. This is a time to evaluate what you want out of life and out of the relationships that you will have in the future. Use this time to make yourself into who you've always wanted to be. You may not be able to put your relationship back together, but you are able to mend your broken heart and pick up the pieces of your life right now.

In closing, let me break this down for you in a simple step. You are your power. You are not powerless, you just feel powerless. As long as you have a breath in your body, you definitely have a chance to reclaim your power from your ex. It's never too late. So, you must act as quickly as possible to implement the tips in this report to get your power back from your ex immediately.

Remember, your main goal is to heal your heartbreak completely. You don't want to risk ruining future relationships because of the baggage you will carry from this relationship. You cannot change what has happened to you. However, you can change how you view it and change how you allow it to affect your life. The choice is yours to make now! You will heal and move on with your life. And soon, you will attract the love that you want and deserve.



# THE POWER SHIFT

In order to be successful with this entire process:

1. Accept the current situation as it is now. Acceptance is a source of power in and of itself because it allows you to set your own course of action.
2. Be patient with yourself, especially concerning your progress. Even though we live in an “Instant Gratification” society, taking your power back is not something that will happen overnight. Be patient with how you are progressing in this method.
3. Have gratitude for this situation. I know it’s hard to be thankful for not having the power to get over your relationship. But, you have to realize that all of this is happening to show you that you are much stronger than you think you are. This situation is here to teach you that you have far more power inside of you than you ever knew. So, being grateful is a means to strengthen your inner power.
4. Take action and keep up the momentum. You already took a great step in the right direction by reading this report. Now, keep up the action by continually taking small, steady steps each and every day. I promise eventually, things will get better. You have to believe that they will.

# THE POWER SHIFT

## WHAT'S YOUR NEXT STEP?

Congratulations! You just succeeded in taking the first step in taking back your power from your ex. Actually, you just succeeded in the first step to healing your broken heart and moving on with your life. You know what you need to do. It all comes down to if you are finally ready to do whatever it takes to get your power back. Reread this report until everything becomes clear for you. Clarity is the key to taking the proper actions in this process. If you

### HERE ARE 5 THINGS YOU CAN DO TODAY!

1. **MAKE A COMMITMENT TO YOURSELF.**
2. **HOLD YOURSELF ACCOUNTABLE FOR ALL OF YOUR ACTIONS.**
3. **REAFFIRM THAT YOU ARE POWERFUL.**
4. **TAKE DEEP BREATHES TO STAY FOCUSED AND CALM.**
5. **DON'T REMAIN THE VICTIM.**

### REQUESTING A COMMITMENT

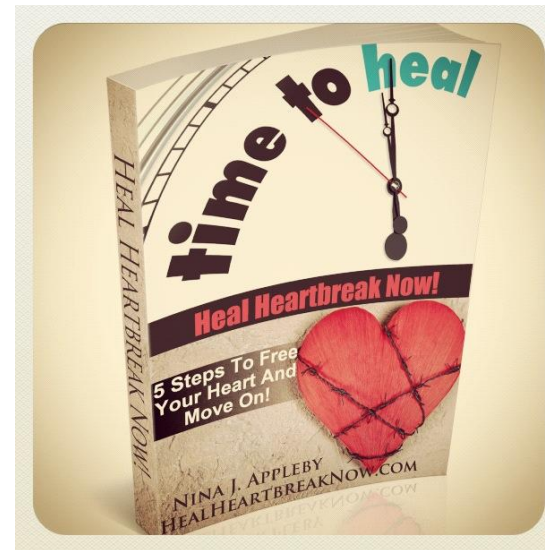
I am requesting that you finally put yourself first and commit to putting into action the suggestions in this report. I'm sure you are ready to take the next steps. You just have to believe that you can do it.

# THE POWER SHIFT

## TAKE THE NEXT STEP

If you enjoyed the tips and techniques in this report, then I have good news for you. I'm just barely scratching the surface here. There's an advanced, step-by-step program that's going to reveal to you everything you need to know about how to reclaim your power from your ex and mend your broken heart.

It's called "**Heal Heartbreak Now!**"



If you're looking for a system that really works, and gets you instant results, then this is it. Hundreds of people from all over the world have used this program to see results fast, and now, you can too! Check it out here: [Heal Heartbreak Now!](http://HealHeartbreakNow!) Go get it now! You'll be glad that you did!

## THE POWER SHIFT

### DID YOU APPRECIATE THIS?

If you found this report useful (these tools helped me overcome my limited power and set me on the right path to healing my broken heart), I would greatly appreciate it if you shared this with someone else. Maybe there's someone you know that's struggling with feeling stuck or is in a rut in their current situation with their Ex. Emailing them this PDF would be a great way to encourage them to make a change and take back their own power.



### Can You Help Me Out?

And if you'd *really* like to help, consider Tweeting about it or Liking and Sharing on Facebook, Google+, and Pinterest [The Download page](#). There are buttons there that make it easy to share. It'll only take a second of your time and would mean a lot to me.

One last thing, tell me about the most pressing issues concerning your break up that you'd like to address.

The more information I get from you, the easier it is for me to create really useful content in the future. Please [email me at heal@healheartbreaknow.com](mailto:heal@healheartbreaknow.com) and tell me about it (of course, I won't share it with anyone without your permission).

~Here's to your healing!

Nina J. Appleby