



# HOW TO MOVE ON, FAST!

Move on with your life in as little as  
2 hours

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# Introduction

Break ups suck; they really do.

If you've invested your heart into anything, and it's taken away from you, it's going to hurt.

There's no two ways about it.

But, what if I told you that you can make the grief go away... in as little as TWO hours?

Would you take up the chance to gain your power back, in pretty much, no time at all?



# About The Author



Andy Campbell is a human behaviour specialist focusing on empowering his students through education to be able to understand why they behave the way they do and how to get their desired outcome.

Andy always believed that 'only time can heal grief' until he attended a seminar one day and saw a lady completely dissolve her grief in a matter of hours, just by answering a series of quality questions that brought her mind back into a balanced state.

Since then Andy set out to learn everything he could about this process and now works one to one with clients, transforming their perceptions in hours instead of weeks or months.



I will explain exactly what happens when you go through a breakup, and why you feel the way you feel.

I'll then equip you with the tools to empower yourself and move on with your life in just a couple of hours...

*Andy Campbell*

**Get ready to transform your perceptions  
and your life...**

# Why does it hurt so much?

If you're reading this, I'm assuming one of two things.

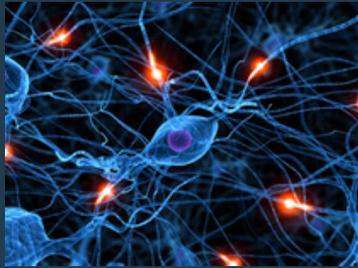
1. You've recently experienced a break up.  
OR
2. You're thinking about ending a relationship which you've invested a lot of love and effort in, and can't seem to find the courage to finish it.

Either way, there's pain involved; heartbreak is never going to be easy. You've been reliant on this one person to meet so many of your needs; emotionally, physically, maybe even financially.

When this reliance is stripped away from you, you feel lost; alone again. How on earth did you survive before you met them?!

And, why does it hurt so much?

Let's look at this from a cellular level, deep inside your brain.  
What's going on in there?



You know those butterflies you used to get whenever you were around that person? This was actually just a whole heap of 'feel-good' chemicals floating around your brain, creating physical responses in your body.

You depended on them for that tickly, loving sensation... but now it's gone.

You need to get it back, but how? Drugs, food, sex? They're all very tempting, and will help you get those happy vibes again for a short period. But, those will go, and the pain will return.

# The Good News

Heard of the term, 'time heals all wounds'?

Technically, in time you WILL feel better... but why drag on the pain when you just don't need to?

Giving yourself days, weeks, months, even years to get over someone is actually... completely unnecessary.

This grief period doesn't need to stretch any longer than **a couple of hours**. You don't need to find an external form of happiness to move one with your life.

All it takes is a bit of internal TLC...

## How does it Work?



When you are in a relationship with someone, there are always going to be things about them that you like and admire, but, there's also plenty of attributes and behaviours that you dislike about them.

After the break-up, your filled with happy memories, and life seemed so perfect before.  
But, this isn't the whole truth.

After working with countless heartbroken clients for close to half a decade, I've learnt that, although it's pretty normal to feel this way, it's almost always nowhere near the truth.

Be honest with yourself.

Would you miss them if you heard them yell at you again?  
When they were being a know-it-all, when they left their dirty clothes around the house, or when they were being down-right selfish?

# Take Back Control

So at this point, you start to realise that you only really miss them because you're highlighting the good bits.

You're only focusing on the parts which you admired, or possibly, were a little bit infatuated with.

How much they made you laugh, how well they understood you, their sense of humour, those epic dates.

All these moments filled you with 'feel-good' hormones, like dopamine, oxytocin, enkephalins and endorphins.

Then, the withdrawals symptoms kick in - the pain and yearning, the grief.

## **But stop.**

It's time to stop these thoughts from controlling your life.

It's time to change how you see the world without them.

It's time to alter your perceptions and take control of your life again, all by yourself.



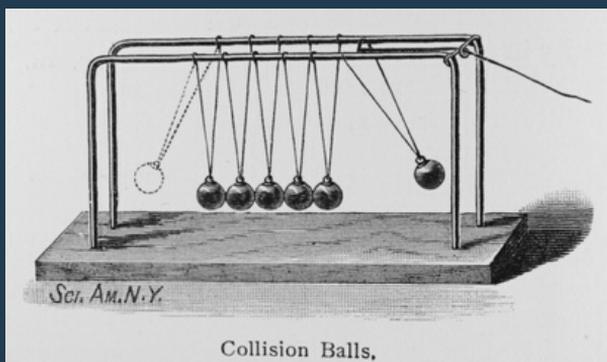
# It's all about Perception

We have total control over how we perceive the world,  
how we make decisions and how we behave.

So, what if we CHANGED the way you look at your previous  
relationship, and how you look at your current life without them?

There is a law in physics which you may remember from high school science  
class:

"The first law of thermodynamics, energy can neither be created nor  
destroyed; energy can only be transferred or changed from one form to  
another."



Basically what this means is, from the moment you left your ex partner  
everything that you think you are missing is not missing, it's just showing up  
in a form that you are not recognising.

We get so busy thinking about the past that we forget to live in the present.

You may miss how much your ex partner made you laugh.

But, since the break up, you've laughed countless times with your two best  
friends, more so than you have in a long time.

You love how your sister is sending you funny videos now.

You're constantly laughing at your dog doing silly tricks in front of you.

See what you've done?

'Making you laugh' is not missing it's just now being provided by different  
people, it's appearing in your life in a different form.

Have you ever looked in the cupboard for something, let's say tomato sauce, but you are looking for a specific brand that you usually buy that's in a big red plastic bottle and you can't see it, you have an image in your mind of what you are looking for but nothing in the cupboard fits the search image?



Your friend comes over and grabs the sauce; turns out it was right in front of your eyes the whole time!

But it's a different brand of sauce, and it's in a glass bottle. It's different to what you expected, hence you didn't recognise it.

This is the same thing that happens when we are missing things about our ex.

Once you're aware of what you miss about them, it's then imperative that you dissolve the associated emotional charge.

We need to view not only the past, but also the present, from a different perspective.

The aim is to become aware of the negatives in past positive experiences, and acknowledge the positives in our current negative experiences.

**Everything in life has both a positive and a negative.**

**You can't get one without the other.**



As Human Beings we have both a conscious and an unconscious mind.

So if you are missing something about your ex, this means that you were consciously aware of the positive side of that trait or action, but unconscious of the negative side.



The next step is to bring this unconscious information into your conscious awareness.  
What was the other side of those traits that you were attracted to?

Maybe he looked after you financially - But you became dependent on him.

Maybe he was really funny - But the jokes were dodging mechanisms to avoid connecting with you.

Maybe he was really intelligent - But he was a know-it-all and wouldn't listen to you.

When we see the positive side of a character trait without the negative side, we fear the loss of it.

**Once we see both sides the emotional charge dissolves  
and we are free again to move on with our life.**

Read on for the next step...

# You Have a Choice

If you are feeling grief and upset after a breakup you have two choices:

1

You can choose to 'let time heal the pain'.

This option is long and drawn out and completely unnecessary.

You are not only living in the pain for a long period of time but you are also putting your physical body through a lot of unnecessary stress, which can take its toll on your immune system and your health.

2

You can choose to book a complimentary call today to get the ball rolling on balancing your lopsided perception of your past relationship.

Take back your power and move on with your life in as little as 2 hours.



# What to do now?

You have had enough of your ex partner 'running you,' and taking up time and space in your mind and you would like to take back control of your life.

Book a time for a complimentary consult call to get your life back.

Click the button and book your call now!

Click Here Now to Book  
your Complimentary Call

## FAQ

### **What is the purpose of the complimentary call?**

The purpose of the initial complimentary call is to explain in a little bit more detail how the process of moving on from your ex works. I will also answer any questions about the process so that you are comfortable and understand exactly how everything works.

### **What can I expect on the complimentary call?**

I will tell you a little bit about myself and how I work with clients, answer anything you are not sure about, talk you through the process and set up a time with you for our breakthrough call.

*Andy Campbell*