

FORGET YOUR EX BY DOING ONE EXERCISE

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**By Timeo Busyanya**

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.... As your eyes move from left to right reading every word of this article you will start to realize that you are still remembering about your ex, may be that's why you picked up this article.

But I want you to STOP and start to realize how wonderful it will be to forget your ex completely and as you picture some other time in the future where you will be feeling happy with new life, may be you will have a new relationship, looking back now, remembering the time you were having problems with your ex, you will not believe how easy it was to forget your ex.

Now here comes some goodies, an exercise that will blow your mind, it is probably something you have never heard before that will take you to the wonderful future. This exercise is design for you to clear your ex memories that are hurting you right now by putting a new code (a pattern in the brain). After doing this exercise you are going to feel better and more energetic.

You know, bad ex memories drain your mind to work properly, you can't think or do things right and you can't even get a new love because of that non-existing creature in your mind that keeps blocking you from accomplishing important things in your life.

Lets do the exercise now...oh I just remember something here... what we are going to do is to break the code. What I mean is this, we are going to change what you have been programmed to remember about your ex. So by breaking this code you will forget your ex. Okay, I know you are eagerly waiting to do this exercise now so lets get started...

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I want you to imagine being in a theatre watching a picture of your ex, this is a still picture (no movement) see him/her from head to toe, see every thing about him/her. Now as you see the picture, I want you to put your small picture (which is small as a dot) in front of your ex. Then make your picture bigger and brighter until it cover your ex picture completely.

Do it again the second time but faster. Do as many time as possible at every time make your picture brighter and do it faster.

By doing this exercise you will reduce the significant of your ex memory in your mind. It may seem like a stupid exercise but it is very powerful in the subconscious level. The code will be different, so when next time your mind start to remember those memories of your ex it will read a different code which will

not be as painful as it is.

After practicing this exercise your vision about relationship will change and you will become a better person.

Sincerely,  
Timeo Busyanya,  
Helping individuals, improve their self image

<http://lonelyou.com/inviting/lonelyou%20inviting.html>

This article is written by Timeo Busyanya. The author is committed to help individuals, improve their self image. He provides a FREE e course at: "

### **Exercise Can Decrease Hunger**

**By Dr. Donald A. Miller**

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It is obvious that exercise directly helps the loss of excess weight by burning calories. It is less well known that exercise also has indirect benefits for controlling weight.

Many studies have found that even moderate exercise can improve the feeling of well being and vitality. When you put

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aside a sluggish body, you also tend to put aside cravings for food, especially harmful foods. Of course, if you have really gone all out in burning calories, your body will tell you that you need to eat. But you will tend to taper off as you satisfy your body's real needs.

Here's a trick that works for me. If weather cooperates, a walk before breakfast helps me to be satisfied with a small breakfast of well chosen foods. If my schedule allows, a half hour of jogging, then shower, before lunch helps me be satisfied with a light meal.

Play around with this concept, and listen to what your body tells you. You might well find that heavy exercise after supper is out of the question, but medium to heavy exercise which ends 30 to 60 minutes before supper can actually reduce your craving for food, especially deserts.

Don't forget, however, that wise choices of food types means you can eat heartily without counting carbs or calories.

Dr. Donald A. Miller is author of "Easy Health Diet" <http://easyhealthdiet.com/diet.htm>, "Easy Exercise All Ages" <http://easyhealthdiet.com/eeaa.htm>, and numerous free articles on health <http://easyhealthdiet.com/articles/>. Seven of ten deaths are caused by preventable diseases.

Exercise Can Decrease Hunger  
Get Well: Exercise Tips For Fibromyalgia Sufferers  
Exercise & Diabetes  
How to Attract, Seduce and Keep Your Man  
Getting Up Early Can Help You Lose 10 Pounds

Control your Headache!  
The Forum List  
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Competition Commando  
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