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Chapter I

Why Most Long-Distance Relationships Don't Work

Hello, ladies! And welcome to my newest e-book series. This time, we're going to talk about everything there is to know about something that seems to be on the rise these days -- **long-distance relationships**. This book is the result of the participation of many of you guys -- your questions, e-mails, and comments are what made this e-book series possible!

Now before we continue, some of you might be feeling a little discouraged by the Chapter Title. “Why most long-distance relationships don't work...” How scary and depressing!



But if you're in a long-distance relationship, don't be discouraged. After all, the key word is “most!”

That's right -- over my several years of being a dating-and-relationships coach, I've seen many long-distance relationships work out beautifully. Many of these relationships start out on the Internet, grow over a year or two, until they finally meet in person, settle down together, and then get married.

Bottom line -- **long-distance relationships can work!**

But of course, I've also seen many long-distance relationships that DON'T work out. And that's to be expected. After all, long-distance relationships go through more challenges and more emotional hurdles than ordinary, geographically-close relationships. Only the strongest, most mature, and most selfless couples can make a long-distance relationship work.

And that's exactly what this e-book series is for. I'll teach you how long-distance relationships really work, what to do in certain critical situations, and how to develop the kind of strength, maturity, and selflessness that allow long-distance couples to close the distance and work things out!

It's simply my hope that no matter what your long-distance situation is, you'll come out of it stronger and happier -- whether by making a great long-distance relationship work, or by ending a toxic long-distance relationship that's slowly eating away at your happiness.

Let's find out, shall we?

Concept 1: For Most, It's Only A Matter Of Time

Here's the sad fact: About half of all long-distance relationships end within the first few months.

Most of these relationships end even before the man and the woman meet for the first time. And the reason for these long-distance break-ups vary -- sometimes they don't want to get their hopes up, sometimes they expect too much, sometimes they can't wait that long, and so on.

But here's an even sadder fact -- even when long-distance relationships become geographically-close, there's no guarantee of it working out. Even when the two of you finally move to the same location, there's still only a 1 in 3 chance that you'll end up strengthening the relationship, getting married, and living happily ever after.

Sorry ladies, I'm not making this up. Scientific studies are actually being made on long-distance relationships! And according to the numbers, at

any given time, only 1 of every 6 long-distance relationships ever work out.

That's right. Of all the long-distance relationships around the world at this very moment, only 17% will ever work out. The remaining 83% won't.

Now why am I telling this to you now?

The reason is simple: Knowledge! It's important to know how the odds are stacked against you. It's important not to delude yourself into thinking things like, "Whatever! Love will find a way!" And it's important to know the value of hard work and perseverance over the next several months.

It's going to be a challenge. It's going to be difficult. You'll need to roll up your sleeves, be emotionally strong, and prepare yourself for the tough times coming your way.

But if you're up to the challenge, then congratulations! Having the mindset to do your share of the work is the first step. Keep it up, and you'll eventually end up as part of the 17% who make their long-distance relationships work. And even if the relationship doesn't work out, you'll still come out stronger, happier, and better-able to find a man who will love you forever!

Isn't it great to be in a win-win situation, for a change?

Concept 2: What Some Couples Do Right

Now some of you might be asking: What do the 17% of long-distance couples do RIGHT, that 83% of the others do WRONG? The answer: MANY things. And we'll be discussing all of them in this e-book series. But here's a quick look at the four biggest factors that affect a long-distance relationship's chances of success:

#1 - Attachment style. This is all about how “attached” you are to each other, even over the distance. The strength of the attachment isn't as important as the BALANCE of the attachment. We'll take a closer look at attachment styles in Chapters 2 and 3.

#2 - Emotional needs. Everyone has emotional needs and expectations in a relationship, whether long-distance or not. What are your emotional needs? What are HIS emotional needs? How do you fulfill these needs in a long-distance relationship? That and more in Chapter 4!

#3 - Managing the distance. Let's face it -- a long-distance relationship won't last forever if it stays long-distance! But did you know that some long-distance relationships only end **AFTER** they close the distance? We'll walk the tricky topic of distance in Chapter V.



#4 - Jealousy. This, along with cheating, insecurity, and passion are some of the **BIGGEST** issues in long-distance relationships. But how do you know what's right, what's wrong, what's acceptable, and what's unacceptable in your relationship? We'll tackle all that in Chapters 6 and 7.

Afterwards, we'll talk about the “best practices” in long-distance relationships that can help you lead a more harmonious relationship with your long-distance partner. But for now, let's learn more about the games “rules” before playing the game itself.

Knowing is half the battle. Right?

Concept 3: How This E-book Works

I've made it a point to make this e-book collection as easy to understand as possible. So I took a straightforward approach. First, we talk about the problems, then we talk about the solutions, and then we talk about the proof -- that is, I'll tell you some questions, testimonials, and success stories from actual readers and clients!

As mentioned before, the first few chapters will be all about the basic concepts about long-distance relationships. We'll tackle the facts, grind the numbers, and chew on the challenges to expect from dating over the distance.

The middle chapters are all about the solutions -- or what I like to call our "best practices." Simply put, these "best practices" are precisely what the 17% of successful long-distance couples do that the remaining 83% don't.

I know it's tempting to move straight to these best practices right away, but trust me -- it's better to know the problem before you apply the solution!

And in the final chapters, I'll show you how to apply the lessons you've learned about long-distance relationships into your own situation. I'll do this by answering some very common reader questions and sharing some testimonials from my favorite success stories.

Again, I suggest you read the chapters in order, one chapter at a time. After you finish each chapter, spend some time and reflect on your own situation. What are you doing wrong? And what are you doing RIGHT? I highly recommend you take notes as you make your way through this e-book collection!

But in the end, this e-book alone won't solve your problems. In the end, it's YOU who will solve your problems. So reading this e-book isn't enough -- you have to put the new things you've learned into action. That way you'll end up stronger, happier, and wiser... no matter what happens to your long-distance relationship.

Chapter II

Your Attachment Style

Remember those scientific studies I mentioned earlier? The ones where they found only half of all long-distance relationships ever turn into geographically-close ones, and where those that DO close the distance only have a 1 in 3 chance of succeeding?

Well, those weren't the only studies made about long-distance relationships. There were many other studies, too. And many of these studies arrived at a common finding: the importance of “attachment styles.”

Put simply, your attachment style is how strongly (or weakly) you feel attached to your long-distance partner. This includes your threshold for the lack of communication, your timeline for the relationship, your expectations for the future, and so on.

Why is your “attachment style” important?

Simple -- scientific studies have found that most long-distance relationship break-ups are caused by mismatches in attachment styles. The man and woman may have different expectations for the relationship, and create a breeding ground for misunderstandings and misconceptions.

So here it is: Do you want your long-distance relationship to work out eventually? Then accept this undeniable fact -- **there MUST be a balance between your attachment style and his.**

When you have the same time frame, the same expectations, and an equal willingness to do your parts, then you create harmony in the relationship. And it can only get better from there.

But here's the challenge -- it starts with YOU. It starts with YOUR attachment style.

What's your attachment style? Let's find out...

To Learn More About Keeping The Romance Alive In Your Own Long-Distance Relationship, Click The Link Below:

<http://unforgettablewoman.net/ldr>