

THE GUIDE TO FIND HEALTHY TRUE LOVE AFTER DIVORCE



Plus, the Common Mistakes Most Women Make...
and How to Avoid Them!

WRITTEN BY ALEXANDRA ROSSI-MORELL



HI! I'M ALEXANDRA.

The higher the palm tree is, the harder the coconut hits the ground... and that's what happened to me. Several years ago, I hit the ground hard. I had married what I thought was an amazing man, but ended up being abusive and controlling.

Due to this, my self-esteem was down my toes, I felt unworthy, betrayed, and extremely depressed. One day I found myself wanting to die and that hit me hard. My daughter was still a baby, so I decided to look for help and leave my ex-husband.

However, I looked at myself in the mirror and I saw a new single mom with a lot to heal, a baby to raise, and uncertainty about my future. I felt lonely and scared. But I picked up my pieces and decided to get my life back.

I started reading tons of books, attending sessions for over a year and a half with the best therapist in the world, taking courses, coaching programs, and learning from a lot of experts in relationships, healing, and self-esteem.

I spent thousands of dollars and precious time learning, analyzing, and discerning the way to raise my self-love, being assertive, set healthy boundaries, and heal from my past. Some of the content was good, some bad, and some empty... It was tough. There was no simple complete step-by-step guide to help me heal, move on, and get back on my feet. It was all very disjointed...

Eventually though, after sifting through the weeds and dissecting all the information I pieced together this ever so complex jigsaw... and once I figured out that roadmap, to my delight, my self-esteem went up, my self-worth skyrocketed, my self-love grew so much that I never accepted anything but the best, and guess what ... **it worked!**



I became a better version of myself. I felt happy and complete by myself. I raised my standards and started feeling like the bag of diamonds I am.

I gained wisdom and learned to set healthy boundaries and be assertive. I started attracting the right kind of healthy love from good men that treated me right.

The process that I went through was time-consuming, frustrating, and very expensive. But it was those three pains that inspired me to want to help other women and help them avoid going through what I did.

I knew there needed to be a better and faster way than spending youth years dating wrong men and carrying unhealed pain hoping that time will heal. With all this knowledge that I have amassed, **I know now what works and what doesn't.** I know how certain methods, exercises, and practices could enable heartbroken women like I was, to heal, raise their self-love and self-esteem, set boundaries, become the best version of themselves, and by doing so, attract the man they dream to share their own happiness.

I have cracked the code of knowing how men think about relationships and what they really want in a “keeper”. I have developed a unique “blueprint” to find the good men out there. Because, yes, not all good men are taken.

I have personally found the love of my life, who loves me, respects me, adores me, and is head over heels for me. But most of all treats me right.

And that's what I will now share with you too.

Fast forward to today, you will often see me coach, guide, and handhold divorced or heartbroken women, who have been hurt, disappointed, and consistently dating wrong guys whilst trying to find the man of their dreams. These women felt there was no hope, no good men left on the shelf. But I'm delighted to say, that once they followed my blueprint, they have all had amazing results!

Not only they have now healthy levels of self-love and inside happiness, but they know how to set boundaries and choose the right man for them.

With that said, in this guide, you will find the core structure, the foundation, the pillars, that are essential to finding true love after divorce or separation.

These four “steps” will help you heal, move on, and find true healthy love. Yes, I'm going to give you the shortcut, so you don't have to waste years of struggling to find the happiness that you truly deserve. Let's cut out the loneliness, pain, tears, and the battle to raise your self-esteem by yourself.

Congratulations on taking this first step to heal, thrive, and find the right man for you who will love you and cherish you!

You're now on the right path to blissfulness!



Before I teach you and show you how to find true love, the first thing you need to do is to know what **not** to do.

So I'm going to tell you the mistakes most women make when they are trying to go back to date following a divorce or separation.



MISTAKE #1

Looking for Love Before Healing

Many people say time heals but that's actually not true. Time makes you forget but it doesn't heal. Others start dating shortly after being divorced in order to move on and distract their hearts. But the reality is, the same as you cannot apply a Band-Aid on a dirty scratch, you cannot start dating without healing first, because it can do more damage than good. So what should you do?

HINT: Heal first.

Currently, there are numerous relationship courses, coaches, and books that will try to teach you "how to catch the love of your dreams," "how to marry Mr. Right in 10 steps," "how to manifest love," and all that sounds great... but there is one big problem.

You can't get the love of your dreams if you don't love yourself first, you can't get Mr. Right in a thousand steps if you don't take the first step towards healing yourself, you can't have results manifesting love before you don't put yourself as your priority.

Your journey to find the man that your heart desires starts from within. I'm going to explain you why.

If you put on a Band-Aid boyfriend over your vulnerable broken heart, you'll end up attracting narcissistic, toxic, and abusive men. Yep. Because you're thirsty of love and these kinds of men have a super powerful detector of women who are in need of a Band-Aid boyfriend.

Note: Instead of spending years of trial and error, trying to find Mr. Right and exposing your precious heart to more pain , you can start by healing, forgiving, priming yourself, and learning all the right ways to find the love your heart longs for. Work on yourself first. Then you'll be ready to attract healthy love.

You don't want to spend your precious years stuck on a never-ending vicious cycle of bad relationships. It's draining, lowers your self-esteem, and makes you feel hopeless. Let's face it: It's NOT fun.

There's a reason why many divorced women are not finding true and healthy love and get to the point where they don't think there are good men left.

If you don't work first on your inside, you won't succeed at finding a healthy long-lasting romantic relationship with the right partner for you.

MISTAKE #2

Going to Bars and Discos with Girlfriends

Ever felt tired of dating the wrong man over and over again? Like there should be the perfect guy for you out there but it's too difficult to find him? Like you're not enough for the guy you love because he's only having fun with you without a commitment?

Ever met a guy at a bar, dated him for a few weeks (or days) and suddenly he disappears without excuses, leaving you with a bunch of questions in your head?

Ever wondered why are you always attracting the same kind of men? Including controlling, lazy, unaccomplished, players, or toxic guys?

Without making big changes on your inner self you will continue repeating over and over the same story, dating players, emotionally unavailable, lazy, or abusive guys... in a few words, Mr. Wrong.

Imagine if you could know what women that are not as beautiful as you or as smart and talented as you, get to marry that amazing guy who is head over heels for them?

HOW WOULD YOU LIKE TO KNOW WHAT TO DO TO FIND THE RIGHT MAN FOR YOU WHO ADORES YOU, RESPECTS YOU, AND WANTS TO KEEP YOU FOREVER BY HIS SIDE?

If you want to find true love from a wonderful man that sees your worth and thinks you are the most gorgeous thing that walks on Earth even when you have no makeup and your dark roots already start to show, then going out with your girlfriends to meet guys at the disco, sipping lonely margaritas at the bar, or putting your sexy miniskirt photos on dating sites is NOT the way to do it.

Newsflash: Guys won't value you for your flawless skin or your perfect manicure ... they will value you for **how you value yourself**. The reason for this is simple: Many girls are too easy to get, and an average man won't turn down a wild night with that sexy gal that looked so needy at the after-work happy hour.

Guys, especially good-looking and successful ones, are used to having any girl they want, and unless they see how much you value yourself, they won't find any reason to see you as a keeper.



MISTAKE #3

Filling the Blank Space

You probably feel lonely, tired, hopeless and would love someone to share your life with. But finding someone to fill the void is as dangerous as the song "Blank Space" by Taylor Swift. Have you heard it? It's painful.

The problem with dating guys to fill the void is that you end up lowering your standards and accepting crumbs, because men have an incredible sense of detecting needy women. Would you really want to expose your heart to be hurt again?

There are many great ways to meet men: Online, networkings, meetups, but you need to ask the right questions and set standards.

A popular way to meet the special one is through online dating. There are great platforms out there and they work amazingly.... Only if you know how to read between the lines. You do NOT want to fall into one-night-stand dates when what you're looking for is a committed relationship.

Let's be honest. Guys post their best photos, write a few lines about them, and show their trip to Venezia, or cool boat, or sports car. You think you know, but in reality, you have too little information about who they really are as a person, and if you are just looking at the six-pack and the Lambo in the photos, you might be misguided.

Let's say you respond or write to the good-looking guy with the cute chocolate Lab. He writes back and invites you for drinks that night.

You're super excited and tell your girlfriends that you can't believe you have a date with that super-hot guy who also has a big heart because he loves dogs. He arrives in his convertible, and you think you're dreaming.

The night is hot and you end up having a romantic night with him like a dream came true. Sounds familiar?

He calls again and you meet again but after 2 or 3 dates, when you think you're in love and the fairy tale is just starting, he disappears. Poof! Gone! He doesn't reply your texts, or if he does, he says he's busy. You check if he's still on the dating site and... he is! (And you can see he's online... grrrr.)

Now you feel horrible for being so naive. Your self-esteem is crunched. But you go back online and try again, and again, and again, just to find out that some guys just want to have fun. Just like Cyndi Lauper, but the opposite.

Another scary side can happen too... he doesn't disappear, but you find yourself stuck dating a lazy guy who doesn't have goals in life, or has toxic behaviors. You can avoid this only if you know how to read between the lines.

Finding true love offline or online is possible. But you have to know how to use your feminine psychology and ask the right questions to select the right man for you.

MISTAKE #4

Trying too Hard to Impress

Noticed how many guys compliment your beauty on social media every time you post a photo of you, especially if you are wearing a sexy outfit or long eyelashes? But when it comes to getting the same attention from them when talking about a committed relationship you get the typical “I’m not ready,” “It’s not you, it’s me,” or “Let’s be friends”? Ouch.

Audrey Hepburn once said: “Makeup can only make you look pretty on the outside, but it doesn’t help if you’re ugly on the inside. Unless you eat the makeup.” The quote is a little silly and a little funny but holds a big truth: A good man will see you as a keeper if you take care of your inside. An hourglass body shape will not keep your man crazy for you forever, nor will your plump lips. A man will devote his life to the one who is self-confident, doesn’t need validation from him, sets up boundaries, has high standards, is happy with her own life with or without him, and of course, cultivates a beautiful heart.

However, it is **HARD** to find out that your beautiful heart is not appreciated, because men, to be honest, are visual.



Unless you set your boundaries and set the pace so they can get to know your gorgeous inside better before saying “Next,” you will continue the vicious circle like a merry-go-around. Just without the music.

Let that sink in.

Obviously, you can do better with a guy that doesn’t have anything to offer or has little interest in making you feel special and loved.

But you don’t want to settle for less. You’re an amazing woman that deserves to end up with an amazing man.

Let’s think BIGGER girl...

To recap: There is nothing wrong with wearing a sexy miniskirt, but thinking that showing what you’ve got is the way to attract the right man will lead you to a lot of disappointments.

Break the cycle of wrong relationships and find the right love you’re longing for!

The Fastest and Proven Way to Know How to Find Healthy, Long-lasting and True Love After Divorce

There are four steps that you need to take before putting yourself out there that ensures you to attract the right person without wasting youth years of your life and thousands of dollars in training. These are the same four steps I created to heal, move on, and find the love of my life. Now I want to share them with you.

STEP 1. LOVE YOURSELF

Everybody talks about loving yourself. But what exactly does it mean?

This is all about prioritizing yourself, loving your body, taking care of your mental health, pampering yourself, and practicing self-love. This is not about narcissism or egocentric attitudes. This is about **YOU**. It's about having a specific daily routine that helps you go from accepting crumbs from the guy you like, to attracting healthy love with the man of your dreams.

Because the truth is, my dear friend, you can't give what you don't have, so if you don't have self-love in your heart you won't be able to give healthy love to someone else.

TIP: Create a daily self-love routine and follow through. Include pampering activities that nourish your mind, body, and soul.



STEP 2. HEAL THE PAST

Healing from past relationships include a lot of forgiveness. Yes, I know it's hard, but you can do it!

You don't want to cover your pain with a Band-Aid boyfriend (Aka handsome guy you met on Bumble) because if you don't heal, your subconscious will attract the same type of guys who don't take you seriously or exhibit toxic behaviors, and eventually you'll end up being hurt once again and again. Remember the merry-go-around?

What you want is to heal, so you can start attracting healthy relationships. By healing the past you'll stop attracting same ol' players, lazy, or toxic guys.

This is HOW you will be able to choose what's best for you instead of accepting any guy that treats you like a doormat.

TIP: Forgive your ex, yourself and others to move on with ease.

STEP 3. PRIME YOURSELF

You cannot achieve a flawless makeup if you don't apply a good primer before. Why would you go out to find love before priming yourself? Just as you prepare for a job interview, work on yourself to be prepared to meet the love of your life. And I don't mean your outfit or hairdo.

Priming yourself is not buying sexy underwear at Victoria's Secret for that special date. But rather being so happy by yourself that you don't need anyone because you feel complete.

Wait a minute. Isn't it the purpose of finding love to feel happy and complete? My dear friend, if you think like that you are in the path to disaster.



Finding a new love is not like waiting for someone to fill your glass of wine but rather filling your own glass and exchanging wines with Mr. Right. In other words, you cannot give what you don't have. Or better put: You need to be happy first and then exchange happiness with Mr. Happy Right.

TIP: In order to prime yourself you need to know how to be assertive, set boundaries, prioritize yourself, raise standards, and feel complete by yourself.

STEP 4. RAISE YOUR STANDARDS

Gucci never lowers its prices. Why do you lower your standards? There's a great quote in the book *Why Men Love Bitches*, by Sherry Argov that says, "Act like a prize and you'll turn him into a believer."

If you think you're lucky because the hot guy you just met at the bar is inviting you to have drinks at his place, you are not being Gucci but rather Walmart. "I can't believe he likes me"! you'll say. Girl, wake up. He's just there for the bargains. He knows he can pick up any woman he wants because it's too easy for him. You don't want to be Walmart where anyone can get stuff at discount prices. You want to be Gucci. Or even better, diamonds on a Gucci.

So the last step is what I internally call the Gucci Vs Walmart* Method which consists in learning how to choose a good man who will treat you like a Gucci. Because you are. There are several methods and tactics that I learned throughout the years to be able to detect the good ones in the middle of the jungle of men out there. But you have to start by raising your standards.

These methods include: Interviewing the guy, know what you want, read between the lines, don't settle for less, and detect red flags, among others. I spent years learning how to do this, and has done wonders in my clients' lives.

*Disclaimer: Gucci and Walmart are Trademark brands.

WHAT TO DO NOW?

It's my hope that this guide has provided you with a little clarity and helps you understand what you should be avoiding and the steps to take to find a healthy long-lasting romantic relationship after divorce.

This guide is for you to use and read anytime you want, or share with your girlfriends that might benefit from these tips.

If you'd like me to help you implementing these four steps into your personal life and situation so you can end frustration and eliminate the guesswork, break vicious cycles of bad relationships, save youth years of painful learning, and get yourself ready to find the right man for you so you can live a life full of love, happiness and bliss for years to come, then I'd love to talk with you.

I'll show you how I can help you incorporate my four-step methodology at a much deeper level with clear guidance and hand-holding to get your own love life in situation.

My objective during the call is:

- To figure out the reason why you're having trouble finding healthy love.
- To know what's missing and give you clear guidance on how to fix it.

[Click to schedule a talk with me here.](#)

Feel free to send me an email (if you need anything) or if you just want to say 'thanks for the guide'. (rossimorell@me.com)

Sending love and looking forward to talking with you soon!

Alexandra Rossi-Morell (Alex)
Founder and Coach - Inner Bloom

