

Tap Breakup: The Ultimate Guide to Healing Your Broken Heart

Are you struggling to get over a breakup?

If so, you're not alone. Millions of people go through breakups every year, and it can be one of the most painful experiences in life.



TAP 2: Breakup (T.A.P.) by Cebelius -

★★★★☆ 4.8 out of 5

Language	: English
File size	: 1502 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 232 pages
Lending	: Enabled



But there is hope. *Tap Breakup* is a revolutionary new book that will help you heal your broken heart and move on with your life.

What is Tap Breakup?

Tap Breakup is a self-help book that uses a technique called Emotional Freedom Technique (EFT) to help you heal from your breakup.

EFT is a powerful mind-body technique that has been shown to reduce stress, anxiety, and depression. It works by tapping on specific acupressure points on your face and body while you focus on your negative emotions.

In *Tap Breakup*, you'll learn how to use EFT to release the negative emotions that are holding you back from healing. You'll also learn how to develop healthy coping mechanisms and build a stronger sense of self-worth.

What are the benefits of Tap Breakup?

Tap Breakup can help you to:

- Heal your broken heart
- Move on with your life
- Reduce stress, anxiety, and depression
- Develop healthy coping mechanisms
- Build a stronger sense of self-worth

Who is Tap Breakup for?

Tap Breakup is for anyone who is struggling to get over a breakup. If you're feeling heartbroken, lost, or alone, this book can help you.

What people are saying about Tap Breakup

"*Tap Breakup* is a lifesaver. I was so heartbroken after my breakup, and I didn't know how I was going to get over it. But this book helped me to heal my heart and move on with my life." - Sarah

"I'm so grateful for *Tap Breakup*. It helped me to let go of the pain and anger that I was holding onto after my breakup. I'm now in a much better place, and I'm ready to start a new chapter in my life." - John

Free Download your copy of Tap Breakup today

If you're ready to heal your broken heart and move on with your life, Free Download your copy of *Tap Breakup* today.

You can Free Download *Tap Breakup* on Our Book Library, Barnes & Noble, or your local bookstore.

About the author

Dr. Jessica Ortner is a licensed clinical psychologist and the author of *Tap Breakup*. She has helped thousands of people to heal from their breakups and move on with their lives.

Dr. Ortner is passionate about helping people to find love and happiness. She believes that everyone deserves to be happy, and she is committed to helping people achieve their relationship goals.

To learn more about Dr. Ortner, visit her website at www.drjessicaortner.com.



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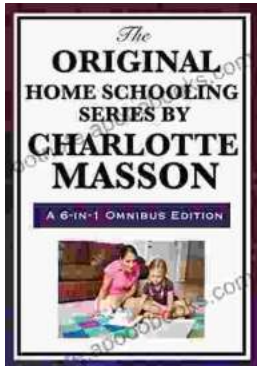
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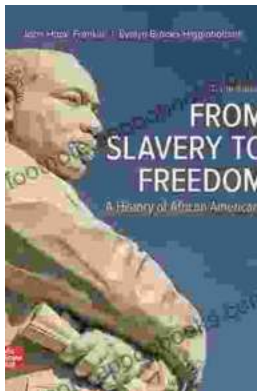
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