



Overcoming Trauma and PTSD: The Tapping Solution to Overcome Trauma, Release Negative Emotions and Live Free from Trauma and PTSD Forever (EFT, Tapping, ... trauma, EFT, Tapping, Depression)

Karen Harris

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Finally, The Tapping Solution to Overcoming Trauma & PTSD is available now for \$2.99 only and you'll get a BONUS inside! Discount - 40% OFF!

The power of EFT or Tapping: "If PTSD may be caused by a 5-minute-long experience, why can't it be cured by a 5-minute-long therapy?"

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You're about to discover how to Overcome Trauma and PTSD with the most powerful techniques that exist today.

Sometimes trauma or PTSD is caused within minutes due to a very intense and traumatic experience that change our way of thinking and our response when the traumatic trigger is pulled. Usually to recover from such situations may require the need of years of expensive therapy.

In this book you can find new techniques and ways to recover from your depression, overcome your traumatic experience and recover from PTSD forever. Among them you can find EFT or Tapping, which is used to solve this kind of problems usually very quickly and with amazing results.

EFT or Tapping was discovered by Gary Craig, an Engineer that was making research in this area a couple of decades ago and who was amazed by the results of this brand new technique back then, in its early days.

This quote may state the power of EFT: "If PTSD may be caused by a 5-minute-long experience, why can't it be cured by a 5-minute-long therapy?"

Here Is A Preview Of What You'll Learn...

- What is Trauma?
- The Healing Process
- Focusing on Emotion
- Tapping and EFT
- Tapping: The must-knows of EFT
- Tapping: The Gamut Procedure
- Tapping: Why Tapping is so effective?
- Helping Yourself Heal
- Much, much more!

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Pain is inevitable; Suffering is optional! It doesn't make sense punish oneself and not allowing oneself to heal. There are many ways you can help yourself, like hiring a psychologist, or with therapy. But if you cannot afford that, at least you can try Tapping and EFT and improve your life.

Your new life is just at your fingertips. Download your Copy Now!

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