

Heal Your Broken Heart: 200 EFT Tapping Statements for Emotional Recovery

A broken heart is an experience that can leave us feeling shattered, lost, and alone. The pain of heartbreak can be overwhelming, making it difficult to function or find joy in life. But there is hope. EFT tapping, also known as Emotional Freedom Technique, is a powerful self-help tool that can help you heal the wounds of a broken heart and move forward with your life.



200 EFT Tapping Statements for Healing a Broken Heart

by Tessa Cason

★★★★★ 5 out of 5

Language : English
File size : 6654 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 143 pages
Lending : Enabled



What is EFT Tapping?

EFT tapping is a mind-body therapy that combines gentle tapping on specific meridian points on the face and body with positive affirmations. By tapping on these points while focusing on specific thoughts or emotions, we can release negative energy and promote emotional healing.

How Can EFT Tapping Help Heal a Broken Heart?

EFT tapping can help heal a broken heart in several ways:

- **Reduces stress and anxiety.** EFT tapping helps to calm the nervous system and reduce stress and anxiety, which can be overwhelming after a breakup.
- **Releases pent-up emotions.** EFT tapping provides a safe and effective way to release pent-up emotions, such as sadness, anger, and grief.
- **Reprograms negative beliefs.** EFT tapping helps to reprogram negative beliefs about ourselves and our relationships, which can contribute to heartbreak.
- **Promotes self-love and acceptance.** EFT tapping helps us to cultivate self-love and acceptance, which are essential for healing a broken heart.

200 EFT Tapping Statements for Healing a Broken Heart

This book provides 200 carefully crafted EFT tapping statements specifically designed to help you heal from a broken heart. These statements cover a wide range of emotions and experiences, including:

- Sadness and grief
- Anger and resentment
- Rejection and abandonment
- Low self-esteem
- Fear and uncertainty

How to Use This Book

To use this book, simply choose a statement that resonates with your current experience and tap on the corresponding meridian points while repeating the statement out loud. You can tap for as long as you feel necessary, or until you feel a shift in your emotional state.

You can also use these statements as a starting point and create your own personalized tapping routine. The most important thing is to focus on your emotions and intentions while tapping.

Healing a broken heart takes time and effort, but EFT tapping can be a powerful tool to help you on your journey. With the 200 statements provided in this book, you can release the pain of heartbreak and move forward with your life with a renewed sense of hope and purpose.

Free Download your copy of *200 EFT Tapping Statements for Healing Broken Heart* today and begin your journey to emotional recovery.



Testimonials

"This book has been a lifesaver for me. I've been struggling with heartbreak for months, and EFT tapping has helped me to process my emotions and start to heal."

- Sarah, satisfied customer

"I'm so grateful for these tapping statements. They've helped me to release so much pain and anger. I'm finally starting to feel like myself again."

- John, satisfied customer

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