



# **The Tapping Cure: A Revolutionary System for Rapid Relief from Phobias, Anxiety, Post-Traumatic Stress Disorder and More**

*Ph.D. Roberta Temes Ph.D.*

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# The Tapping Cure: A Revolutionary System for Rapid Relief from Phobias, Anxiety, Post-Traumatic Stress Disorder and More

*Ph.D. Roberta Temes Ph.D.*

## **The Tapping Cure: A Revolutionary System for Rapid Relief from Phobias, Anxiety, Post-Traumatic Stress Disorder and More** Ph.D. Roberta Temes Ph.D.

The Tapping Cure is an astoundingly easy and somewhat mystifying process that offers great results in the treatment of a variety of psychological problems. It takes only a few minutes, requires no medication and no talk therapy, and can completely erase a full range of negative emotions—from phobia, to trauma, to performance anxiety—in just a single session. In *The Tapping Cure* Dr. Temes, a seasoned psychotherapist, teaches readers how to tap themselves to eradicate their own symptoms. It is the first book of its kind to give precise instructions on where the tapping should occur—e.g., on the collarbone, under the eye, on the pinky—without resorting to mystical explanations, unscientific paradigms, and complicated pseudo-psychoanalytic rationalizations. *The Tapping Cure* is sure to help a great many people—psychological sufferers, the worried-well, and therapists with increasing numbers of patients requesting the treatment, which is fast becoming known in mainstream circles just like other once fringe therapies before it.

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