

Alina Palancean Announces the Release of Mend Your Heart and Find Emotional Freedom

Have you ever gotten lost in heartbreak and thought you would never find love again?

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Nonfiction

Date Published: May 16, 2025

"[Mend Your Heart and Find Emotional Freedom](#)" is a deep dive into people's hearts and their love stories.

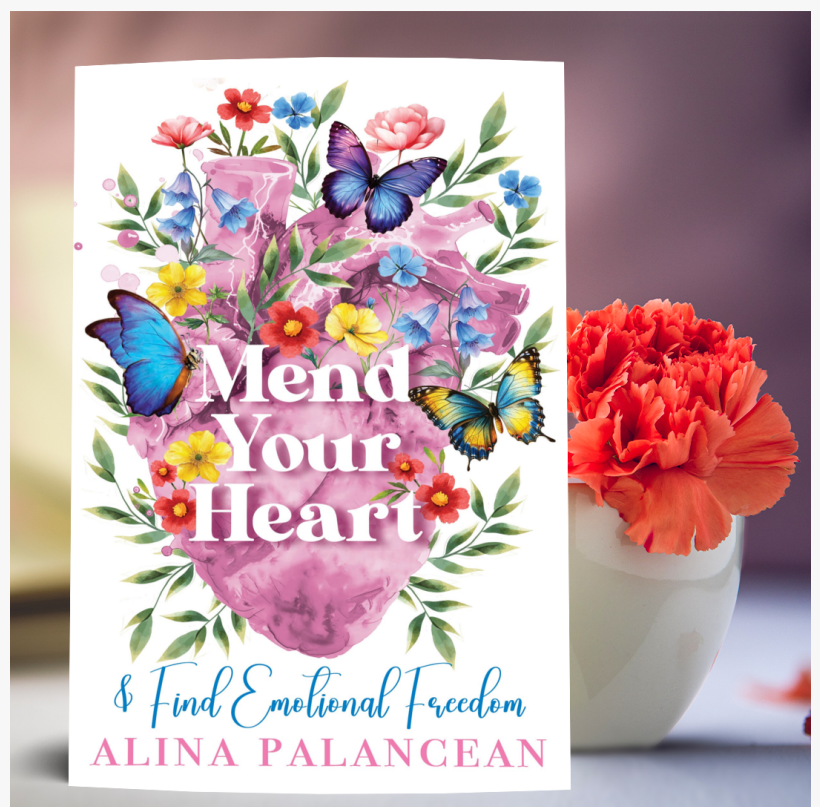
This book provides a unique perspective on heartbreak from grief, loss, pain, trauma, divorce, and love.

It offers insight into people's hearts and how to heal from past experiences with love, compassion, kindness, and forgiveness.

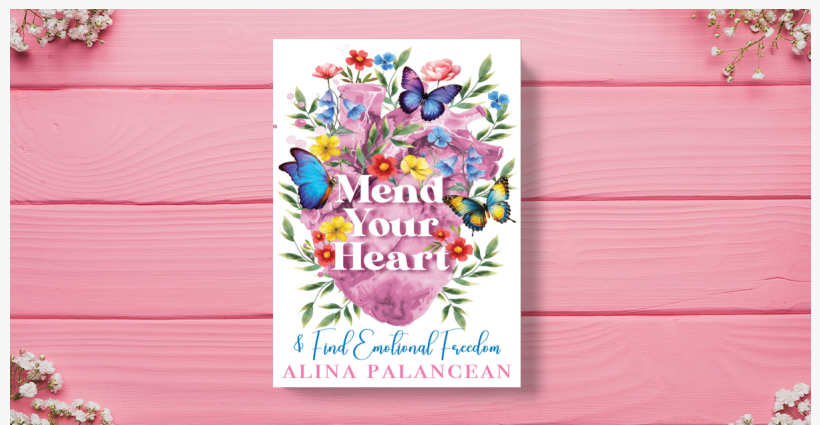
Love is the path to true healing!

With Rapid Transformational Therapy, Alina has been empowering women and men all over the globe to reclaim their voice, own their power, find love within, embrace their story to create and manifest the life they truly desire.

Her experiences led her to her purpose of helping others let go of past burdens, break the cycle



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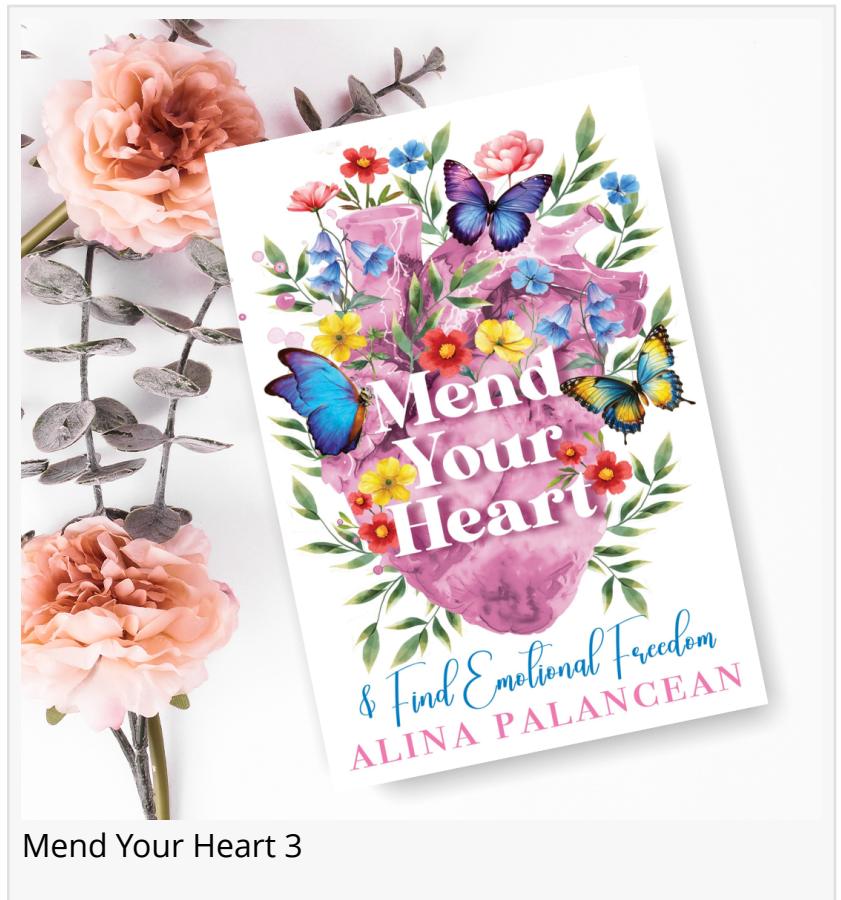


Mend Your Heart 2

of suffering, and find peace, healing, freedom, joy and happiness. Alina inspires everyone to lead with love from their heart space and see the magic unfold in the most extraordinary ways.

About the Author

[Alina Palancean](#) is a Rapid Transformational Practitioner and an Inner Child Specialist. Rapid Transformational Therapy has allowed her to change people's lives in minutes rather than years. This unique method gets to the root cause of the problems and unlocks limiting beliefs, lifelong blocks, and cycles that keep us trapped. The RTT sessions empower individuals to discover their own strengths, let go of the past and develop the skills necessary for personal transformation. Alina is passionate about raising awareness of the power of the subconscious mind and the impact it has on our daily lives. She regularly shares insights and tips through her social media, aiming to inspire others to take charge of their emotional well-being.



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Alina believes that everyone has the potential to overcome their challenges and achieve their dreams. Her warm and empathetic approach creates a safe space for healing and growth, tailoring her sessions to meet the individual needs of each client.

Alina is convinced that inner child healing is the path to the rediscovery of the true self and reconnecting with lost parts of your inner world. Looking through your inner child lens opens you up to curiosity, kindness, magic, acceptance, and unconditional love.

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Available Now: <https://mybook.to/MendYourHeart>

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