

Eft Tapping Paso A Paso Una Tecnica Asombrosa Par

[#EFT Tapping](#) [#Emotional Freedom Techniques](#) [#Step-by-step EFT](#) [#EFT Tutorial](#) [#Anxiety Relief](#)

Learn the Emotional Freedom Techniques (EFT) Tapping method with our step-by-step guide. This powerful technique can help you alleviate stress, anxiety, and other emotional challenges by tapping on specific meridian points on your body. Discover how EFT Tapping can unlock emotional freedom and improve your overall well-being.

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EFT-taping paso a paso : una técnica asombrosa para sanar el cuerpo y la mente

Tap Your Way to a Great, Big Smile: A Practical Guide for Kids to Learn Emotional Freedom Technique, EFT Tapping and Develop Emotional Intelligence Are you a parent looking for a simple and fun activity to help your kids improve their physical and emotional well-being? Would you like your kids to develop emotional intelligence through a simple, mindful exercise that can be practiced anytime, anywhere? If so, it's time to learn about EFT Tapping! Emotional Freedom Technique, or EFT for short, is a therapeutic practice that combines ancient Chinese Acupressure with techniques of modern psychology. Tapping uses meridian points to relieve tension and stress throughout the body. While people of all ages can benefit from EFT tapping, this technique is especially effective for kids. The repetitive rhythm of tapping is a powerful method for calming them down. Positive affirmations are used along with tapping to help kids improve their self-confidence. So, if your kids have had a rough day at school (or at home during COVID), or if they have been feeling anxious, it is time to introduce them to EFT tapping! And what better way is there, than through rhythmic movements and positive affirmations? Inside this book, you will find:

- Simple and kid-friendly instructions on how tapping works, step by step
- A great tool to help kids learn to identify different emotions, even if they are not fully verbal
- Simple and powerful affirmations to help kids build self-confidence
- Kid-friendly diaphragmatic breathing exercise to help them calm down and relax, instantly
- AND SO MUCH MORE!

Kids are undoubtedly faced with different stress triggers throughout the day. This is why EFT tapping is so important to their emotional well-being. This book will teach your kids how to calm down when they're having a difficult time, and help them build emotional intelligence at an early age. So Scroll Up, Click, 'Buy Now' and Start "Tapping your way to a great big smile!"

¡Tu Camino Hacia Una Gran Sonrisa!

El libro "Curso Completo de Terapia de EFT (Técnicas de Libertad Emocional)" es una guía que requiere instrucciones detalladas sobre la Técnica de Libertad Emocional, conocida como EFT. Esta técnica

es una forma forma de psicoterapia alternativa, uma versão em menudo como una especie de "acupuntura psicológica sin agujas"

CURSO COMPLETO EN TERAPIA EFT (TÉCNICA DE LIBERACIÓN EMOCIONAL)

Este libro es un resumen de los cursos de EFT que realiza el autor y de las terapias continuas que hace con terceras personas. En él se pueden encontrar diferentes casos y rutinas de Tapping, así como la teoría aplicada y trucos para conseguir mejores resultados

EFT - TAPPING para vivir plenamente

¿Hay cosas en tu vida que desearías cambiar, pero no sabes cómo hacerlo? ¿Quieres eliminar el dolor de espalda? ¿Quieres poder dormir? ¿Quieres bajar de peso? Este libro es la respuesta: aquí encontrarás la nueva técnica para hacer realidad aquello que crees imposible. El tapping, también conocido como EFT (Técnicas de Liberación Emocional), es una poderosa herramienta para mejorar tu vida en distintos niveles: mental, emocional y físico. Esta técnica está científicamente probada para superar padecimientos como la ansiedad, el dolor crónico, las adicciones, el miedo, bajar de peso y mantenerlo, mejorar las finanzas, liberar el estrés, y mucho más. También es uno de los más sencillos y rápidos métodos para ser puesto en práctica: lo aprendes en cinco minutos, puedes aplicarlo donde quieras y vives resultados inmediatos. ¿Cómo funciona? Basado en principios de la acupuntura, el ayurveda y la psicología, el golpeteo con los dedos se concentra en terminaciones nerviosas específicas del cuerpo, mientras que uno lo combina con frases que funcionan como mantras. Este tapping ayuda a calmar el sistema nervioso, recuperar el equilibrio energético en el cuerpo y redirigir el cerebro con respuestas más saludables. "Haz a un lado tu escepticismo: esto verdaderamente funciona. He trabajado con Nick y he obtenido grandes resultados en mi vida usando este método." Dr. Wayne W. Dyer

La solución Tapping

La información y el entrenamiento que comparto contigo están diseñados para ayudarte a aprender y darte las herramientas necesarias que te inspiren en tu viaje personal hacia una vida académica llena de logros y éxito. Las Técnicas de Liberación Emocional (EFT, por su sigla en inglés) pueden ayudarte a traer un rápido y eficaz alivio ante la ansiedad que se produce cuando estás a punto de realizar un examen, al igual que te pueden ayudar a eliminar esos pensamientos que te abruman o te limitan, como veremos más adelante.

P.E: EFT para el Éxito Académico - Manual para manejo de Ansiedad ante los Exámenes

Como consecuencia de las presiones del mundo exterior, el estrés y la ansiedad aumentan en nuestras vidas, y muchas personas buscan terapias que puedan restablecer el equilibrio mental y físico. El tapping EFT es uno de los métodos de autoayuda que no sólo reduce el estrés, sino que también alivia el dolor y el sufrimiento corporal y/o emocional. La técnica, también conocida como Meridian Energy Tapping, alivia la ansiedad, la desesperación, la rabia y la adicción. Al adoptar este método, se puede resolver cualquier problema emocional. Esta terapia se conoce a menudo como acupuntura emocional sin agujas, ya que es muy eficaz y ha abordado con éxito profundos trastornos emocionales. Se ha demostrado que es muy eficaz para disolver los hábitos negativos y las ideas limitantes que obstaculizan nuestra vida personal, nuestro trabajo y nuestras relaciones. Con el uso riguroso de la técnica de la terapia, se pueden tratar y curar muchos trastornos mentales, eliminando la necesidad de medicamentos y otros tratamientos. La terapia de tapping consiste en dar golpecitos en determinados puntos del cuerpo con las yemas de los dedos. El método consta principalmente de dos componentes. Uno de ellos consiste en dar golpecitos en zonas corporales específicas. El segundo es el uso de afirmaciones positivas durante el tapping. El objetivo del tapping es estimular los puntos de los meridianos de acupuntura de nuestro cuerpo y utilizar su energía para restablecer el equilibrio corporal. Muchas personas han afirmado tener cambios notables en sus vidas después de utilizar el tapping de EFT, PARA DESCUBRIR MÁS SOBRE ESTA MARAVILLOSA TÉCNICA DE CURACIÓN, TENGA LA AMABILIDAD DE COMPRAR UNA COPIA AHORA.

Manual EFT : un entrenamiento práctico para aplicarte EFT tú mismo : emotional freedom techniques, técnicas de liberación emocional, psicología energética, tapping

The Art of Change provides practitioners with in-depth information on the theory and practice of strategic therapy, presenting an innovative approach to conceptualizing and solving human problems. This book, the English translation of the highly regarded Italian book, *L'Arte del cambiamento*, provides clinical examples and practical guidelines revealing how to apply specific, goal-directed, and time-saving therapeutic techniques in practice. Giorgio Nardone and Paul Watzlawick offer an overview of the historical development of strategic therapy approaches, and they look at the conceptual differences of the most important authors and scholars on strategic therapy. The authors show how, as opposed to traditional therapeutic approaches, the strategic therapy intervention can be a swift, well-planned process whose initiation, direction, objectives, and duration can be fairly clear from the beginning. And they demonstrate how, to be truly effective in obtaining solutions to specific clinical problems, the therapist needs to combine a knowledge of systemic techniques with inventiveness and versatility. This book gives a detailed account of techniques and specific interventions for working with clients suffering from anxiety, phobia, and obsessive-compulsive problems. Demonstrating the efficacy and the speed of this approach, Nardone presents a systematic, thorough evaluation of the results he obtained by applying these techniques to a large and varied group of subjects over two years.

Por Qué Funciona El Tapping

New science proves that it is our core beliefs that drive the chemical changes in the body, control our thought patterns and essentially produce our reactions to the external world. If we can change what we believe about ourselves and the world around us, we can change our thoughts, and if we can change our thoughts... well, we can change anything. Seven years on from the birth of Matrix Reimprinting – a powerful technique that uses EFT to resolve traumas from our past – its creator, Karl Dawson, has adapted his revolutionary technique to ensure that practitioners focus on core beliefs to achieve lasting change in their clients' lives. This book explores how this work can help with everything from anxiety, grief, phobias and pain management, to parenting and self-image. Whether you are new to Matrix Reimprinting or have known its transformative power since the early days, this book gives you a step-by-step guide to changing core beliefs for yourself or for your clients – whatever the life issue.

The Art of Change

A handy Mandarin Chinese phrasebook and guide to the Chinese language, *Survival Chinese* contains basic vocabulary necessary for getting around. This book contains all the necessary words and phrases for speaking Mandarin Chinese in any kind of setting. Perfect for students, tourists, or business people learning Mandarin or traveling to China or Taiwan, it also contains a beginner guide to the Mandarin language, allowing for a deeper understanding of Chinese than a typical Mandarin phrasebook or Chinese dictionary. The book is broken into four basic sections: Common Chinese Expressions and Key Words, Essential Chinese Communication Tools, Chinese Travel Vocabulary, and making your own sentences. All Chinese words and phrases are written in Romanized form (pinyin) as well phonetically, making pronouncing Chinese a breeze. For example, the word for "reservation"

Amazing Secrets of Psychic Healing

Eliminating Stress, Finding Inner Peace is an important step on the healing journey. Stress kills—there's no doubt. It eats away at you, affecting your level of happiness, as well as your stomach lining. It raises your blood pressure and directly harms your cardiovascular system. It depresses your immune system and allows chronic illnesses to overwhelm you—causing pain, disability, and even death. Basically, stress prevents you from experiencing life's many pleasures. Stress is a mental state that can cause severe negative emotional and physical consequences. It can be entirely eliminated, or at least greatly lessened, by adjusting our understanding and attitudes, and by learning simple, yet very effective, relaxation techniques. This book, with its accompanying stress-reduction audio download, will help you deeply relax. It will enable you to release the acute and chronic tension you constantly carry in your body and mind. It can also help you remove the blocks and obstacles to your inner peace and contentment, and prevent stress-related illness and disease. To heal yourself in this manner is an act of self-love, because you're taking the time and expending the energy to work on yourself physically and emotionally, thereby bringing more joy into your life. You'll find that regular practice with the audio will produce profound, long-lasting results.

Transform Your Beliefs, Transform Your Life

The power of the breath has been recognized for millennia as an integral part of health and well-being. In *Awakening the Sacred Body*, teacher Tenzin Wangyal Rinpoche makes accessible the ancient art of Tibetan breath and movement practices. In clear, easy-to-understand language, he outlines the theory and processes of two powerful meditations—the Nine Breathings of Purification and the Tsa Lung movements—that can help you change your relationship to yourself, to others, and to the world. The simple methods presented in *Awakening the Sacred Body* and in the accompanying online video focus on clearing and opening your energetic centers to allow the natural human qualities of love, compassion, joy, and equanimity to arise. When sadness releases, joy is able to arise. When anger releases, love becomes available. When prejudice releases, equanimity prevails. And when lack of kindness ceases, compassion is present. These practices, which focus the mind and breath together while performing specific body movements, will help you discover your inner wisdom and express your greatest potential.

Survival Chinese

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.

Eliminating Stress, Finding Inner Peace

The first book on "TFT" by its founder Thought Field Therapy (TFT) has already changed the way thousands of people have overcome emotional problems. Now, in *Tapping the Healer Within*, the founder of TFT shows readers how to harness its healing power on their own, to overcome phobias, anxieties, addictions, and other common psychological problems. The process combines principles of Western and Eastern healing methods, using energy points in the body to release emotional distress.

Awakening the Sacred Body

Dealing with grades, bullying, friendships, parents, boyfriends . . . it's enough to make any teenage girl wish she could snap her fingers and make it all go away. The good news is, you almost can—except it's not "snapping" but "tapping"! Formally known as Emotional Freedom Techniques (EFT), this revolutionary practice can help you reduce your feelings of anxiety and overwhelm, boost your confidence, and unpack the "stress backpack" you may not even know you're carrying. In *The Tapping Solution for Teenage Girls*, expert EFT practitioner Christine Wheeler explains the basics of the technique (it actually involves tapping, with your fingers, on energy points on your own body, and you can do it anywhere, anytime). Then she gives you simple yet powerful instructions for tapping on common challenges such as: • Schoolwork, tests, grades, and planning for college • Appearance and body image • Dating, breakups, and dealing with sexual feelings • Divorce, siblings, and blended families Throughout the book, comments from 16-year-old Cassidy, the author's teen consultant, keep it real with helpful perspectives on how this tapping thing works—and it does work! In these pages, you'll discover that a super effective tool for dealing with stress is literally at your fingertips. If you're ready to be true to yourself, stop freaking out, and keep being awesome, *The Tapping Solution for Teenage Girls* is the perfect solution for you!

Oriental Scenes, Dramatic Sketches and Tales, with Other Poems

If you're ready to tap away trauma, relieve emotional distress and offer loving self-affirmations to improve your health and well-being, then this is the book for you. *EFT TAPPING THERAPY: Emotional Freedom Technique Handbook*, gives you the basics to help you easily get started on your way to wellness and a more fulfilling life. EFT is an amazingly simple technique that can reduce stress, pain, depression, anxiety and other conditions. This Handbook has been designed to help you easily get started on your way to wellness and a more fulfilling life by taking you through the basic steps to identify

the root of your problems and compose a phrase that will help trigger a healing response while tapping on specific points of your body. For many people, this type of self-help is enough. However, some of you will struggle to concentrate or get to the heart of what ails you. Author, Jennifer Michaels, urges you not to give up and says, "When I first began tapping, my affirmations were much too vague. It took a long time for me to realize I needed to be far more specific and that's when I began to see results."

The Tapping Cure

It's amazing how 100 key words and phrases provide instant communication! Do you want to speak simple Mandarin Chinese but are too busy to study it? Are you visiting China for a short time and want a Mandarin phrase book to help you communicate in the Chinese language? If so, this Mandarin phrasebook and dictionary is for you. It's tiny 0.4 x 4.1 x 5.9 inches size makes it incredibly convenient to travel with but without losing the most essential content for communication. This new, expanded edition contains 15% more content, fun manga-style illustrations, and additional information on which destinations, personalities and trends are hot in China right now! The idea of Instant Chinese is simple—learn 100 words and phrases and say 1,000 things. The trick is knowing which 100 words to learn, but the author Boye Lafayette De Mente has solved the problem, choosing only those words you'll hear again and again. Even with a vocabulary this small, you'll be surprised how quickly and fluently you too can communicate in Mandarin Chinese. Words are repeated in different combinations, building familiarity without effort. All phrases are given in both simplified Chinese characters and standard Hanoi Pinyin romanization. A brief guide to pronunciation allows the user to say the phrases correctly. An English–Chinese dictionary makes looking up a word or phrase simple and quick. Here's a sample of what you'll be able to do with this Chinese phrasebook: Meet people. Go shopping. Ask directions. Ride the subway. Order food and drinks. And much more.

Memoirs of the Rival Houses of York and Lancaster, Historical and Biographical

This beautifully illustrated, contemporary full-colour guide shows you how to use essential oils and apply different massage and aromatherapy techniques. It explains the therapeutic properties of essential oils, demonstrates how to use aromatherapy in massage, and introduces the most common types of massage - from Swedish and Chinese to deep tissue and reflexology. There are step-by-step guides to both the basic strokes and full body massage, as well as massage treatments and aromatherapy remedies for common ailments, from computer-related problems to headaches and back pain. Written for the home user by qualified teachers and practitioners, this informative volume will show you how aromatherapy and massage can help you achieve a relaxed, healthy, more vital life.

Tapping the Healer Within

A collection of inspirational, original stories, each less than two pages long, treats such subjects as love, raising children, attitude, everyday heroes, and wisdom

The Tapping Solution for Teenage Girls

It's Mother's Day, and Katie is giving her mom tap dancing lessons! Mrs. Carew really loves Katie's gift and practices all the time. But when the magic wind switcheroos Katie into her mom right before the audition, Katie panics and blows her mom's chance. Will Mrs. Carew ever put on her tap shoes again?

EFT TAPPING THERAPY

Weight loss is one of the most frustrating problems imaginable. People trying to lose weight usually fail, and most wind up weighing more than before. Not with EFT! Several studies show that by using the method in this book, called "Clinical EFT" because it's the only version of EFT validated in dozens of clinical trials, you can lose weight, and keep it off permanently. One study found that people lost an average of 11 lb. in the year after a Clinical EFT weight loss program. In this book you'll hear from dozens of people who lost weight successfully with EFT. Their deeply moving stories tell how many other parts of their lives improved too, from skin tone to marriage, from self-confidence to financial abundance. That's because EFT, also called Tapping, eliminates stress. Author Dawson Church has conducted many scientific studies of EFT. These show that Clinical EFT reduces cortisol, your main stress hormone, while lowering anxiety, depression, and pain, leading to long-term weight loss. Clinical EFT has been used successfully by thousands of people to lose those unwanted pounds without expensive drugs or risky surgery, and is your proven solution to keeping weight off permanently. When

you experience the simple, powerful, science-based solutions in these pages, you'll understand why tens of thousands of people like you have made EFT for Weight Loss the best-selling book on the subject ever published.

Instant Chinese

The teenage years hold all the promise of adulthood, as well as being a transition from childhood. Yet they're also full of challenges; for teens themselves, for their parents, siblings, communities and friends. A story in Examiner.com calls Emotional Freedom Techniques (EFT): "one of the most successful psychology self-help techniques ever developed." It's a powerful stress-reduction method that combines elements of proven psychotherapy methods with acupressure, fingertip tapping on acupuncture points. Over 100 scientific studies have shown that EFT is effective for many physical and psychological challenges, including anxiety, depression and stress. Studies with teens show that just a few minutes of EFT can erase stress related to: • Taking exams • Peer pressure • Family conflicts • The body changes associated with puberty • Social phobias • Sports performance • Weight management • Eating disorders... and much more. For teens needing a quick and simple method of navigating their life challenges, as well as for their parents and siblings, EFT for Teens will be a cherished resource.

Massage and Aromatherapy

Diva (dee-vah), noun: An unusually glamorous and powerful woman. See: Patsy "Hellcat" Walker; Felicia "Black Cat" Hardy; Angelica "Firestar" Jones; and Monica "Photon" Rambeau. What happens when you take four of the Marvel Universe's most fabulous single girls and throw them together, adding liberal amounts of suds and drama? You get the sassiest, sexiest, soapiest series to come out of the House of Ideas since Millie the Model! Romance, action, ex-boyfriends, and a revelation that changes everything! Let your inner divas out with this one, fellas, you won't regret it! Collects Marvel Divas #1-4.

A Cup of Chicken Soup for the Soul

The Paleo Autoimmune Protocol (AIP) is a diet and lifestyle program designed to reduce inflammation, heal digestion, deliver nutrition that supports health, and ultimately reverse autoimmune disease. It's not a cure, but it can make a powerful difference in how you feel. The author knows this first-hand. She uses the AIP to manage rheumatoid arthritis. This book is designed to make the transition to the AIP easier. It contains all of the essential information in a package small enough to throw in your purse or backpack. It's simple enough that even someone with brain fog can understand. And it's written like a conversation between friends.

Tip-Top Tappin' Mom! #31

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EFT for Weight Loss

A journey from Burning Man to the Akashic Field that suggest how 5-MeO-DMT triggers the human capacity for higher knowledge through direct contact with the zero-point field • Examines Bufo alvarius toad venom, which contains the potent natural psychedelic 5-MeO-DMT, and explores its entheogenic use • Proposes a new connection between the findings of modern physics and the knowledge held by shamans and religious sages for millennia The venom from Bufo alvarius, an unusual toad found in the Sonoran desert, contains 5-MeO-DMT, a potent natural chemical similar in effect to the more common entheogen DMT. The venom can be dried into a powder, which some researchers speculate was used ceremonially by Amerindian shamans. When smoked it prompts an instantaneous break with the physical world that causes out-of-body experiences completely removed from the conventional dimensions of reality. In Tryptamine Palace, James Oroc shares his personal experiences with 5-MeODMT, which

led to a complete transformation of his understanding of himself and of the very fabric of reality. Driven to comprehend the transformational properties of this substance, Oroc combined extensive studies of physics and philosophy with the epiphanies he gained from his time at Burning Man. He discovered that ingesting tryptamines unlocked a fundamental human capacity for higher knowledge through direct contact with the zero-point field of modern physics, known to the ancients as the Akashic Field. In the quantum world of nonlocal interactions, the line between the physical and the mental dissolves. 5-MeO-DMT, Oroc argues, can act as a means to awaken the remarkable capacities of the human soul as well as restore experiential mystical spirituality to Western civilization.

EFT for Teens

PUBLISHER'S NOTE: This book is no longer in print. Find the revised and updated new edition ISBN 978-1-60415-216-6 * How to apply EFT to Posttraumatic Stress Disorder (PTSD). PUBLISHER'S NOTE: This edition is no longer in print.

Death and Its Mystery ...

Post-traumatic Stress Disorder (PTSD) is a terrible burden to bear. It not only affects people psychologically, robbing them of peace of mind and inner tranquility; it damages them physically. Traumatic stress can result from negative emotional experiences during childhood. It can also arise in adults as a result of war, assault, or similarly traumatic experiences. In scientific studies of war veterans, refugees and other traumatized groups conducted by respected researcher Dawson Church, EFT has been shown to reduce or eliminate PTSD symptoms, sometimes in just a few short sessions. It is based on Clinical EFT, the only version of EFT to be validated in dozens of scientific studies. This manual is the authoritative source for using EFT for PTSD, from the most active researcher in the field. It also contains special sections that gather together the experience of many physicians, psychotherapists, social workers and coaches who have used Clinical EFT for PTSD, and presents a picture of hope and healing.

Marvel Divas

Navigate change with clarity and ease using the tools of EFT in this guide from New York Times best-selling author and Tapping expert Jessica Ortner. "The Tapping Solution to Create Lasting Change gets right down to the heart of what it takes to change and have a better, healthier, and more love-filled life." -- Christiane Northrup, M.D. Why do we fear the unknown so intensely that we're willing to shy away from our deepest desires and settle for playing small? Why do we get enthused when we first start something, only to burn out the moment things feel challenging? And why, even when we get the outcomes we desire, do we often struggle to sustain them and instead slip back into old, self-sabotaging patterns? In *The Tapping Solution to Create Lasting Change*, available for the first time in paperback, New York Times best-selling author Jessica Ortner shares the lessons she's learned about what it feels like to flow through change and how to bring about real transformation in ways that are both authentic and empowering. Her gentle, relatable guidance shows you how to use Tapping, also known as EFT, as a tool for finding the clarity and the ease you crave to move forward; how to navigate the unknown with new energy, hope and an open heart; and how to release the doubts and fears that are clouding your judgment so you can rediscover your true path. It's a new way to look at the one unavoidable constant in life--change--not as an obstacle in our path but as a doorway to joy.

A Simple Guide to the Paleo Autoimmune Protocol

Step into the power of tapping and enjoy improved health, happiness and well-being with this beautifully illustrated guide. This book can change your life. EFT or Emotional Freedom Technique is self-help in a new way. It is not about ideas, theories or positive thinking. It is a simple, easy-to-learn practical tool which works. By focusing your mind on problem areas while applying pressure with your fingertips to specific acupressure points on your body, you influence your physical and emotional well-being. You will learn to reconnect your mind with your body's messages, restoring harmony where stress and anxiety may have dominated. Understanding that the remedy really can be in your own hands is very empowering. Authors Sue Beer and Emma Roberts were two of the first ten practitioners in the world to be awarded the title EFT Master by the technique's originator, performance coach Gary Craig. Since Craig's recent retirement, no more EFT Masters can be conferred and our authors are two of only 29 in the world who are eligible to practice under the title EFT Master.

When Wendy Grew Up, an Afterthought

This fun and whimsical book is filled with powerful affirmations that remind children of all the things they can love about themselves and what they have to offer the world. The playful illustrations by bestselling illustrator Judi Abbot showcase the way characteristics such as curiosity, beauty, bravery, and thankfulness can shine through in every child, even when he or she doesn't realize it. Scientific studies prove that affirmations empower and uplift. The inspiring message of I Am helps toddlers ages 0 to 4: Build a deep sense of confidence and self-esteem Understand how much they are loved Create a foundation of positivity and self-acceptance I Am features colorful illustrations and affirmations such as I am strong, I am kind, and I am smart. The book is a great gift for baby showers, birthdays, or any time you want to help instill self-confidence (and love!) within a child.

Tryptamine Palace

Julie Clinton, author, speaker, and president of Extraordinary Women, has spoken to thousands of women across the nation and knows they are eager to break through ordinary busyness, discouragement, and distraction to embrace a meaningful life in Christ. With a practical, engaging 10-week format, Julie encourages women to experience this transforming life in and with Christ as she leads them to know God by spending time with Him and seeking His heart. Biblical and motivating, Julie awakens readers to inspired principles and life-changing priorities as they gather these and other riches of extraordinary faith: Refueled purpose and passion for their journey Healing of and release from past wounds Freedom from guilt with love and grace Relationships and connections that matter This exploration of God's Word and His desire for each woman's life reveals the remarkable, attainable picture of the godly significance she is made for. This book's content can be enhanced by the companion DVD.

EFT for Sports Performance

Guides readers through the self-healing technique of emotional freedom, using the body's natural stress-reduction points to reduce anxiety, boost vitality, and improve work performance.

EFT for PTSD

An estimated 50 million Americans suffer from some form of autoimmune disease. If you're among them, you may know all too well how little modern medicine can do to alleviate your condition. But that's no reason to give up hope. In this groundbreaking book, Sarah D. Ballantyne, Ph.D., draws upon current medical research and her own battle with an autoimmune disorder to show you how you can become completely symptom-free—the natural way. The Paleo Approach is the first book ever to explain how to adapt the Paleo diet and lifestyle to bring about a full recovery. Read it to learn why foods marketed as "healthy"—such as whole grains, soy, and low-fat dairy—can contribute to the development of autoimmune conditions. Discover what you can eat to calm your immune system, reduce inflammation, and help your body heal itself. Find out which simple lifestyle changes—along with changes in diet—will make the biggest difference for your health. There's no need to worry that "going Paleo" will break the bank or require too much time in the kitchen preparing special foods. In The Paleo Approach, Dr. Ballantyne provides expert tips on how to make the switch easily and economically. Complete food lists with strategies for the day-to-day—how stay within your food budget, where to shop for what you need, how to make the most out of your time in the kitchen, and how to eat out—take all the guesswork out of going Paleo. Simple strategies for lifestyle adjustments, including small steps that can make a huge difference, guide you through the most important changes to support healing. Do you have a complicated condition that requires medical intervention, medication, or supplements? Dr. Ballantyne also walks you through the most useful medical tests, treatments, and supplements (as well as the most counterproductive ones) to help you open a dialogue with your physician. Features such as these make The Paleo Approach the ultimate resource for anyone suffering from an autoimmune disease. Why suffer a moment longer? Reclaim your health with The Paleo Approach!

Tapping Solution to Create Lasting Change

Step-by-Step Tapping

