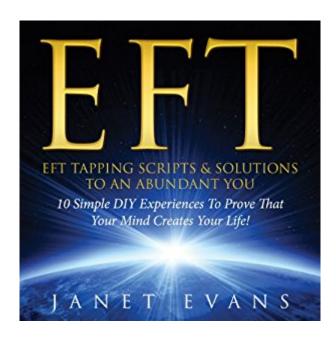
The book was found

EFT: EFT Tapping Scripts & Solutions To An Abundant YOU: 10 Simple DIY Experiences To Prove That Your Mind Creates Your Life!





Synopsis

Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. In EFT: EFT Tapping Scripts & Solutions To An Abundant YOU 10 Simple DIY Experiences To Prove That Your Mind Creates Your Life!, the audiobook lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Janet Evans opens readers' eyes to just how powerful this practice can be. Throughout the audiobook, listeners will be provided with EFT tapping scripts to overcome the top ten fears they face in life.

Book Information

Audible Audio Edition

Listening Length: 51 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Yap Kee Chong

Audible.com Release Date: November 22, 2013

Whispersync for Voice: Ready

Language: English

ASIN: B00GUA4B4U

Best Sellers Rank: #68 in Books > Self-Help > Neuro-Linguistic Programming #128 in Books >

Education & Teaching > Schools & Teaching > Education Theory > Experimental Methods #158

in Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure

Customer Reviews

As an executive coach and someone who helps clients every day to work through challenging emotional situations and issues, I have explored EFT as a potential modality to assist my clients. However, in the past, my opinion has been that it may work psychosomatically, but only for a brief period of time. As a result, I remained skeptical. I was interested in this book because I wondered if it might have better techniques than other books Iâ TMve read on the subject. What I found was a

deeper understanding of what EFT actually is and what itâ ™s about, and a greater respect for EFT overall. To demonstrate the tapping points, this book uses photos as well as diagrams, which I found very helpful. However, I still find it somewhat confusing exactly where some of the points are. For example, in one photo, the gentleman is shown tapping the underarm area, but his hands are not in identical spots on both sides of his body, and both areas where he seems to be tapping seem considerably lower than the â œunder armâ • area that is indicated in the diagram (the book says this area on men should be found â œon the side of the nipples,â • so lâ ™m just thinking that the dude in this photo is either wrong or anatomically awkward). I found the pros and cons discussion of tapping quite interesting. I would have liked to have seen this section fleshed out more. For example, that the â œpractice of tapping may take a longer time before any effects can be seen,â • was an interesting point. How long do tapping and EFT typically take to become effective? What happens if you stop? Are there any negative results from starting a tapping program and then ending it?

Download to continue reading...

EFT: EFT Tapping Scripts & Solutions to an Abundant YOU: 10 Simple DIY Experiences to Prove That Your Mind Creates Your Life! DIY: 365 Days of DIY: A Collection of DIY, DIY Household Hacks, DIY Cleaning and Organizing, DIY Projects, and More DIY Tips to Make Your Life Easier (With Over 45 DIY Christmas Gift Ideas) Tapping: Learn EFT in 5 Min - The Effective Tapping Solution for Anxiety, Addictions, Weight Loss & Wealth by Using the Tapping Therapy 365 Days of Decluttering and Organizing Your Home: DIY Household Hacks, DIY Declutter and Organize, DIY Projects, DIY Crafts, DIY Books, DIY Cookbook, ... Home Improvement (DIY Hacks Book 1) 365 Days of DIY Hacks - Home, Parenting, Pets, Gifts, Budged: (DIY Household Hacks, DIY Declutter and Organize, DIY Projects, DIY Crafts, DIY Books, DIY Gift, Do It Yourself, Home Improvement, Kids) DIY Gifts: 50 Cute And Easy DIY Gifts In A Jar That Everybody Actually Wants: (DIY Projects, diy household hacks, diy Speed Cleaning, tiny home living, ... everyday life, diy Speed Cleaning, gifts)) DIY BUNDLE: The Best DIY Projects in One Book! (diy, diy projects, indoor gardening) Quantum Hypnosis Scripts: Neo-Ericksonian Scripts that Will Superchange Your Sessions Wicked Cool Shell Scripts: 101 Scripts for Linux, OS X, and UNIX Systems Pantomime Scripts: Aladdin, Cinderella, Jack and the Beanstalk, Robin Riding Hood, Rumplestiltskin, Snow White: Easy to stage low cost scripts for amateur groups DIY Mega-Bundle. Turn On Your Imagination With These 20 Amazing Books!: (DIY Crafts, DIY Books) (How-To Books) 10 Simple Solutions to Migraines: Recognize Triggers, Control Symptoms, and Reclaim Your Life (The New Harbinger Ten Simple Solutions Series) Cheap and Functional DIY Box Set (6 in 1): Creative, Budget-Friendly Quick and

Easy DIY Prepper Projects, Household Hacks, Decorating Ideas and Outdoor Designs (DIY Projects & Household Hacks) Plumbing: DIY for Beginners - Plumbing Repair and Installation for Beginners - Plumbing for Dummies (DIY Projects - DIY Household Hacks - Plumbing tips - Plumbing Parts Book 1) The Language Instinct: How the Mind Creates Language (P.S.) The Language Instinct: How the Mind Creates the Gift of Language 10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction and Accomplish Your Goals (The New Harbinger Ten Simple Solutions Series) 101 Facts You Can't Prove Aren't Not True DIY Protein Bars: Simple & Tasty Homemade Protein Bar Recipes for Weight Loss, and Build Muscles to Replace a Properly Balanced Meal (Protein Bars, DIY Protein Bars, protein bars at home) DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn How to Make Protein Bars in No Time (diy protein bars, protein bars, high protein snacks)

Dmca