

Tapping Into Wealth How Emotional Freedom Techniques Eft Can Help You Clear The Path To Making More Money

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Unblocked - Margaret Lynch Raniere

2022-04-12

A practical, step-by-step program for healing the four lower chakras—the empowerment chakras—using EFT/tapping. Noted empowerment coach Margaret Lynch Raniere introduces the hidden power of the four lower “empowerment” chakras—root, sacral, solar plexus, heart—and the groundbreaking healing techniques she created to heal them using Emotional Freedom Technique (EFT), also known as “tapping.” These four chakras are the source of the exact rising empowerment energy you need to feel, speak, and act with confidence, courage, and deeply felt belief in yourself and your value. However, these are the chakras that get blocked with long-buried fears and pain that create self-doubt, procrastination, playing small, and years of trying to prove you’re good enough. Healing these lower chakras will help you reclaim your inner power so you can stop proving and start being your most powerful,

passionate, and authentic self.

Tapping for Kids - Angie Muccillo 2008-12

Offers an introduction to EFT told through story, activities and rhyme, enhancing children's learning and capturing their interest in EFT. This book is suitable for reading and sharing with your children and can be used as a teaching resource in the classroom or as a tool in therapy.

EFT for the Highly Sensitive Temperament -

Rue Hass 2009

Are you very sensitive to your own feelings and the feelings of those around you? Do you get overwhelmed by external stimuli, such as crowds, loud sounds and hectic environments? Are you deeply affected by the beauty of art, literature, music and nature? Do you get stressed easily? Do you suffer from feelings of inadequacy and sadness? Do you always seek deep and meaningful relationships? If so, you may have a highly sensitive temperament (HST). HSTs are a recently-recognized personality type and face many challenges in a world that is full

of overwhelming stimuli. Yet HSTs can learn to survive and be successful. The breakthrough techniques of EFT (Emotional Freedom Techniques) are a powerful resource for HSTs. They teach you how to immediately and routinely reduce the intensity coming at you, how to set personal guidelines that work for you. EFT for the Highly Sensitive Temperament is an invaluable survival guide for HSTs, their loved ones and their families. It shows how to turn sensitivity into a gift for yourself and the world. *Tapping Into Wealth* - Margaret M. Lynch 2014-12-26

Following in the footsteps of New York Times bestseller *The Tapping Solution* by Nick Ortner, this book from renowned Tapping expert Margaret Lynch teaches us how to use Tapping (Emotional Freedom Techniques) to clear the blocks to achieving greater wealth. Emotional Freedom Techniques (EFT), also known as Tapping, have become a popular tool for realizing personal goals. For many of us,

increasing our wealth is one of our greatest ambitions, but also an area where we feel the most stuck because we have limiting fears and beliefs that sabotage our success. EFT uses the fingertips to tap on acupuncture points while emotionally tuning in to negative attitudes and past experiences, thereby clearing the inner blocks to attracting and managing wealth. *Tapping Into Wealth* includes QR codes that link to video demonstrations of Tapping techniques. Discover how Tapping can help you release your old views of money and open the door to more wealth than you ever imagined.

[Heal Yourself with Emotional Freedom Technique: Teach Yourself](#) - John Freedom 2013-05-31

Emotional Freedom Technique is a new and innovative alternative therapy that is rapidly becoming a phenomenon. It is a safe and non-invasive healing method, based on tapping acupuncture points while you focus on a particular issue. It has been shown to be

effective in treating fears and phobias, performance anxiety, guilt, shame, self-sabotage, and other emotional conditions. It is also being used to enhance and improve academic and athletic performance, psychic and intuitive abilities, confidence and self-esteem, and overall health and well-being.

Tapping Solution to Create Lasting Change - Jessica Ortner 2019-09-03

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.

Personal Peace Procedure - Faith B. Bushby 2016-10-15

A workbook for Faith Bushby's Personal Peace

Procedure (PPP) course - a simple, yet life-altering process to be used with Emotional Freedom Techniques (EFT) that can make regular tapping a snap.

Transform Your Beliefs, Transform Your Life -

Karl Dawson 2014-09-01

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.

Matrix Reimprinting Using EFT - Karl Dawson 2010

Matrix Reimprinting is a completely new personal development technique that dramatically improves health and wellbeing by allowing you to access and transform painful memories that may be holding you trapped in the past. It was developed from the popular self-help technique EFT, a meridian tapping therapy that has shown outstanding results with both physical and emotional issues. Matrix Reimprinting advances EFT by incorporating all the latest developments in the New Sciences and quantum physics. This technique can be self-taught and can help you to overcome a variety of

health and emotional challenges, including negative beliefs, addictions, phobias and traumas, allergies, relationship issues... and many more. Whether you are brand new to EFT and Matrix Reimprinting or are a seasoned practitioner, this book contains a wealth of techniques and protocols that you can use on yourself, your family, your friends or your clients.

Tapping Into Abundance - Sandra Inman
2020-04-15

If you want the Law Of Attraction to work for you without all of those limiting beliefs holding you back then keep reading...Are you trying to manifest more money, a better career or love relationships into your life but can't get past what seems to be an invisible wall of resistance?If so, you're not alone. In fact, most people who try to bring the principles of co-creation and manifestation into their lives struggle to make it happen. And if you're like most of them, you've tried all the normal mindset "hacks and re-frames": affirmations,

positive thinking and creative visualisation. While these all have a place in manifestation, they have fallen short in dealing with the main cause of most of your failures. So, what can you do about it all?In *Tapping Into Abundance: How to use EFT Tapping With The Law of Attraction to Change Your Mindset and Turn Your Life Around*, Sandra Inman presents a very simple process. She guides you through a step-by-step program that teaches you how to use EFT (Emotional Freedom Technique) or Tapping, to release and eliminate limiting mindset blocks once and for all. Looking at how your beliefs affect your behaviour and the quantum research surrounding energy and emotions Sandra opens your eyes to just how transformative tapping can be. She then provides you with processes that can lead to real change. Sandra takes you on a journey that begins with what you want to manifest into your life right now. She teaches you how to use tapping to address the limiting beliefs and emotional discomfort that come up

for you when you think about your dreams, goals and desires. As the journey continues, she helps you move to the deeper issues that created that invisible wall of resistance in the first place. With easy-to-follow exercises and tapping scripts, Sandra helps you break down the walls of emotional pain and the underlying beliefs and vows that are causing this pain. She also addresses key blockages that you may not think you have. At the end of this program you will: - Understand your own magnetic ability and how to increase its effectiveness. - Discover your blocks to manifestation and skilfully eliminate them. - Access the power within you that directs the universal energy toward your goals. - Know yourself and what you really want from life. - Fast track your ability to live the life you were born to live by following a simple 5 Step method. After reading this book, you'll not only understand what's been preventing you from successful manifestation but also how to achieve complete and lasting freedom from those unpleasant

beliefs that have been holding you back from fully stepping into your power.

The Tapping Solution for Pain Relief - Nick Ortner 2016-09-06

More than 100 million Americans deal with chronic pain every day. And if you're one of them, you've probably tried all the normal "solutions": doctors, injections, medications, and surgeries. While these all have a place in healing, they have fallen short in dealing with the pain epidemic. So what can you do? In *The Tapping Solution for Pain Relief*, Nick Ortner presents a startling alternative. He lays out a step-by-step plan that teaches you how to use tapping, or EFT (emotional freedom techniques), to reduce or eliminate chronic pain. Looking at the scientific research surrounding pain, stress, and tapping, he opens your eyes to just how powerful tapping can be, and then outlines tips and techniques to address pain in both the short and long term. Nick guides you on a journey that begins on the surface—tapping to address the

pain itself—and moves to the deeper issues that often affect pain. With easy-to-follow tapping scripts and exercises, Nick helps you heal the emotional pain and underlying beliefs that often keep people stuck. He also addresses topics that you may not think of as associated with chronic pain, such as:

- Creating personal boundaries
- Dealing with toxic relationships
- Clearing resistance to change
- Understanding the power of a diagnosis
- Working through anger

There are many ways the brain and body can create, increase, and prolong pain. After reading this book, you'll not only understand what's causing your pain but also how to achieve complete and lasting relief. But let's face it; this is about more than just pain relief. It's about empowering yourself to take back your body in order to live the life you want.

The Book of Tapping - Sophie Merle

2017-03-16

A step-by-step guide to the simple acupuncture self-care technique of tapping for acute and

chronic emotional, psychological, and physical ailments

- Effective for emotional conditions such as panic attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of flying, providing immediate results in many cases
- Shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and nightmares; encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration
- Offers the full tapping protocol as well as a shortened version for acute situations
- Illustrates easily accessible points to tap and in what order

Tapping, or Emotional Freedom Technique (EFT), is a simple form of acupuncture that treats the energetic roots of emotional and physical suffering. By tapping on specific meridian points you can quickly and easily dissolve blockages in the body's energy system, caused by past traumas and suppressed emotions such as grief and anger, and restore the natural flow of energy in your body, the key

to optimal health and overall well-being. In this step-by-step guide to EFT, Sophie Merle details the practice of tapping, illustrating the easily accessible points on the face, hands, and torso to tap and in what order. Explaining how to open your energetic system to EFT treatment for fast and long-lasting results, she reveals how the energy psychology practice of tapping can be applied to any area of your life but is particularly effective for emotional and psychological conditions, including panic attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of flying, providing immediate results in many cases. She also shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and nightmares; assist physical healing from illness; encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration. The author explains how tapping can be done anywhere, offering both the full tapping protocol, which

only takes a few minutes, and a short-form version, which takes less than a minute, for acute issues. Including remarkable success stories of EFT in practice, this comprehensive guide to tapping shows how the solution to many of life's problems is at your fingertips.

E.F.T. in Your Pocket - Isy Grigg 2007

The Wim Hof Method - Wim Hof 2020-10-20
INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." —Wim Hof Wim Hof has a message for each of us: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation." With *The Wim Hof Method*, this trailblazer of human

potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as “The Iceman” for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including:

- Breath—Wim’s unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- Cold—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body’s untapped strength
- Mindset—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living
- Science—How users of this method have

redefined what is medically possible in study after study

- Health—True stories and testimonials from people using the method to overcome disease and chronic illness
- Performance—Increase your endurance, improve recovery time, up your mental game, and more
- Wim’s Story—Follow Wim’s inspiring personal journey of discovery, tragedy, and triumph
- Spiritual Awakening—How breath, cold, and mindset can reveal the beauty of your soul

Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. “This is how we will change the world, one soul at a time,” Wim says. “We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction.” If you’re ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

[Tapping Into Wellness](#) - Kathilyn Solomon
2015-12-08

Imagine experiencing vibrant health, peace, abundance, and optimism every day. Tapping Into Wellness shares an innovative tool called Emotional Freedom Technique® (EFT), which allows you to have all this and more, literally at your fingertips. Join Kathilyn Solomon as she shares simple instructions, powerful and practical exercises, and real-life case studies from this world of miracles. EFT (also known as tapping) is a fast-spreading, easy-to-learn, and effective approach for men, women, children, and animals. This guide draws on the latest EFT Gold Standard™, showing you how to work through physical or emotional problems and challenges. Often referred to as acupuncture without needles, tapping can help you: Resolve chronic pain and illness, cravings, and addictions Overcome stress, anxiety, and phobias Activate your body's own natural healing system Gain relief from haunting memories and trauma Experience resilience, positive energy, and improved health Praise: "An

excellent resource for you to tap into the rich treasure of your mind-body system and release your fears, resolve your past traumas, heal your sicknesses, and far more . . . This book is a fabulous and engaging read, and highly recommended."—Eric B. Robins, MD, mind-body healing expert and co-author of *Your Hands Can Heal You* "Tapping into Wellness is an excellent resource for anyone wishing to move beyond the troubling thoughts and feelings that limit their experience of life."—Brad Yates, author of *Freedom at Your Fingertips* and featured expert in *The Tapping Solution*

Tapping Into Wealth - Margaret M. Lynch
2013-10-10

Following in the footsteps of New York Times bestseller *The Tapping Solution* by Nick Ortner, this book from renowned Tapping expert Margaret Lynch teaches us how to use Tapping (Emotional Freedom Techniques) to clear the blocks to achieving greater wealth. Emotional Freedom Techniques (EFT), also known as

Tapping, have become a popular tool for realizing personal goals. For many of us, increasing our wealth is one of our greatest ambitions, but also an area where we feel the most stuck because we have limiting fears and beliefs that sabotage our success. EFT uses the fingertips to tap on acupuncture points while emotionally tuning in to negative attitudes and past experiences, thereby clearing the inner blocks to attracting and managing wealth. Tapping Into Wealth includes QR codes that link to video demonstrations of Tapping techniques. Discover how Tapping can help you release your old views of money and open the door to more wealth than you ever imagined.

Instant Emotional Healing - George Pratt
2008-12-18

The revolutionary, highly effective technique that allows you to free yourself from emotional hang-ups—forever! Does your fear of flying make travel with friends and family impossible? Are you having trouble coping with the loss of a

loved one or forgiving yourself for a mistake you made long ago? For the millions of people who suffer from phobias, anxieties, or distressing emotions such as anger, guilt, and grief, the breakthrough science of Thought Field Therapy—an easy-to-use practice often referred to as “acupressure for the emotions”—can make a remarkable difference. In this groundbreaking book, psychologists Peter Lambrou and George Pratt make their highly successful techniques available to everyone through simple exercises that anyone can use to treat everyday emotional roadblocks with immediate and permanent results. A blend of Western psychotherapy and Chinese medicine, Thought Field Therapy (or TFT) uses the body’s meridian energy systems to treat emotional issues that can take years to unravel through traditional, talk-based therapy. A combination of breathing and relaxation exercises, affirmations, and tapping on specific pressure points on the body, TFT can instantly eliminate problems such as a fear of flying or

public speaking, addictive urges, or painful emotions such as embarrassment or regret. Used on thousands of people with a 95 percent success rate, the step-by-step methods in Instant Emotional Healing now allow you to master this amazingly simple, astonishingly effective practice for yourself—and open the door to a lifetime of emotional control and well-being.

Clinical EFT Handbook - Dawson Church
2013-05-30

EFT (Emotional Freedom Techniques or "tapping") is used by an estimated 10 million people worldwide. Yet a lack of standardization has led to a field in which dozens of forms of EFT, with varying degrees of fidelity to the original, can be found. This led to the establishment of Clinical EFT, the form of EFT taught in the original EFT Manual and associated materials, and validated in over 20 clinical trials. In this volume, the most noted scholars, researchers and clinicians in the field compile a definitive outline of the EFT protocol,

as it is applied in medicine, psychiatry, psychotherapy, and life coaching. This first volume covers • Biomedical and Physics Principles • Psychological Trauma • Fundamental Techniques of Clinical EFT. This series of handbooks is essential reading for anyone wishing to understand EFT as validated in research, science, and best clinical practice. *Tapping Into Ultimate Success* - Jack Canfield
2013-03-15

A book and DVD combine to explain a new technique—called Meridian Tapping or Emotional Freedom Techniques—designed to help remove fears, doubts and other upsetting feelings that prevent one from living to the fullest. Co-written by the creator of the Chicken Soup for the Soul series. Reprint.

Emotional Freedom Techniques and Tapping for Beginners: EFT Tapping Solution Manual: 7 Effective Tapping Therapy Techniques for Overcoming Anxiety and - Paul Rogers 2019-12-02

EFT, or Emotional Freedom Technique, is a holistic therapy that can help you reduce stress and anxiety. In this beginner's guide, you'll find scripts for phobias and anxiety, together with 7 tapping techniques you can start using right away.

The Heart & Soul of Eft and Beyond - Phillip Mountrose 2005-07

EFT (the Emotional Freedom Techniques) has been called a modern miracle in healing. As growing numbers of people know, it works quickly and can be used on virtually any issue, and no previous training or experience is needed to succeed. Building on the Mountroses' popular paperback Getting Thru to Your Emotions with EFT, this e-book has hundreds of practical and transformational tips and strategies for using EFT and holistic healing for creating the life you truly desire. "It is a kind of encyclopedia of knowledge in EFT and energy and spiritual healing, written in an easy-to-understand manner. Moreover, the tables and diagrams

alone convey many wonderful ideas, methods, and approaches." --Philip Friedman, PhD, author of Creating Well-Being Included are 12 leading EFT Experts' proven tips and strategies for making EFT even easier and more effective in all aspects of your life. Here are highlights of what you will receive in this multi-purpose e-book: * Dozens of practical and transformational tips and strategies for EFT. You can put these into practice immediately, as well as be able to refer to them time and time again.* A pragmatic and spiritual approach to healing that addresses the body-mind-spirit. The Magic Question that can quickly provide clarity when the tapping sequences are not working. * How to use Kinesiology (muscle testing) to pinpoint any issue. Recognize sabotaging beliefs that psychologically reverse you. *15 quick-reference charts and diagrams to make EFT and muscle testing easier and more understandable. * How to center yourself to increase healing and live life more fully. * The Holistic Process, a

Mountrose Getting Thru Technique (GTT), which elegantly finds the deeper issues that EFT can then clear. * How to treat being "switched," an energy imbalance that can create a tremendous barrier to healing. Included is information and charts on how to overcome fears of success and fears of getting well. * Knowing your chief defense pattern; application of this knowledge alone can transform and uplift your entire life. * Dealing with energy toxins, which can be behind any symptom or problem. * Three positive installations to greatly enhance EFT. Also find out a technique to create a dynamic future. * An in-depth analysis of the common missing ingredient in healing: forgiveness. Learn the exact misconceptions that hold people back. In addition to using EFT to forgive, included is a powerful easy-to-use forgiveness technique. * Dozens of transformational tips and insights on different key subjects from 12 leading EFT experts, and much, much more...

12 Rules for Life - Jordan B. Peterson 2018-01-23

#1 NATIONAL BESTSELLER #1 INTERNATIONAL BESTSELLER What does everyone in the modern world need to know? Renowned psychologist Jordan B. Peterson's answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. Humorous, surprising and informative, Dr. Peterson tells us why skateboarding boys and girls must be left alone, what terrible fate awaits those who criticize too easily, and why you should always pet a cat when you meet one on the street. What does the nervous system of the lowly lobster have to tell us about standing up straight (with our shoulders back) and about success in life? Why did ancient Egyptians worship the capacity to pay careful attention as the highest of gods? What dreadful paths do people tread when they become resentful, arrogant and vengeful? Dr. Peterson journeys broadly, discussing discipline, freedom, adventure and responsibility, distilling

the world's wisdom into 12 practical and profound rules for life. 12 Rules for Life shatters the modern commonplaces of science, faith and human nature, while transforming and ennobling the mind and spirit of its readers.

Emotional Freedom Techniques-EFT for Christians - Sherrie Rice Smith 2016-09-30

"Scripture tells us that we comfort others with the comfort we ourselves have received (2 Corinthians 1:3-5). To the degree that we are healed and comforted, we can offer those same gifts much more freely to others. Emotional Freedom Techniques, EFT, is a God-created physiological technique that allows us to experience liberty and choice about our feelings and how we experience them. It involves tapping gently on acupressure points of the face and upper body. This tapping can release pent up emotional stress, via the neurological system, of daily and long-term events and memories. Hundreds of university research projects now show why EFT works so well in releasing various

traumas, including anxiousness, fears, and persistent sadness. Learn how to experience emotional freedom by tapping into God's peace and joy today!"

The Tapping Solution for Weight Loss & Body Confidence - Jessica Ortner 2015-10-27

"The Tapping Solution for Weight Loss and Body Confidence may just go down in history as a game-changer when it comes to leading women out of weight loss hell." — Cheryl Richardson, New York Times best-selling author of *The Art of Extreme Self-Care* Placing conditions on our lives and our happiness has become the norm. We see it all the time: We must establish a career before looking for a relationship. We must find love before feeling fulfilled. We must feel stressed out until we finish everything on our to-do list. But by far, the most common conditions we put on ourselves revolve around our weight—no love until we lose the weight, no pursuing a dream until we lose the weight, no happiness until we lose the weight. But now

there's a better option. Using tapping, also known as EFT, Jessica Ortner walks you through a process that helps you drop stress so you can drop pounds—without dieting, deprivation, or extreme exercise. Tapping, a tool that is based on the principles of both ancient acupressure and modern psychology, helps you address the underlying issues that make your body hold on to weight and gives you the ability to overcome some of the most common weight loss obstacles. Say good-bye to the cravings, panic, and self-doubt that keep you in a constant fight against your body! Using her own struggles with weight loss, along with success stories of some of the thousands of women she's worked with, Jessica teaches you not only the basics of tapping but also how to use it to address the deeper facets of your weight and self-worth challenges. This proven process is based on extensive research into the effects of tapping on stress hormones, and it provides simple, step-by-step instructions throughout and easy tapping meditations at the

end of each chapter. With this loving and supportive guidance you can learn to create a more empowering relationship with food, find pleasure in exercise, and implement self-care into your life. So join Jessica and learn to love yourself and your body!

The EFT Manual - Dawson Church 2017-06-01

This is a new and completely revised edition of the original manual for Emotional Freedom Techniques (EFT), one of the most successful psychology self-help techniques ever developed. Thousands of people tell amazing stories of how it has helped them with psychological problems like anxiety, depression, phobias, and PTSD, as well as physical problems like pain and stress. Author Dawson Church is the best-known researcher in the field, and this manual is based on Clinical EFT, the only version of EFT to be validated in dozens of scientific studies. Step by step, you will learn the "evidence-based" form of EFT used in those studies. You'll discover how you can identify the hidden roots of emotional

problems, and how to alleviate them using EFTs "Basic Recipe" as well as advanced techniques. This book shows you how to use Clinical EFT for a variety of common conditions, including pain, fears, addictions and cravings, weight issues, insomnia, and guilt. With the healing keys of EFT, you'll be surprised at how many problems that hold you back can be quickly and easily relieved, opening up new possibilities for your life.

EFT for Weight Loss - Dawson Church

2013-05-01

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.

The Return of the Little Prince - Ysatis DeSaint-Simon 2004-01-26

My book, The Return of The Little Prince, is a sequel to the marvelous and whimsical story of my uncle Antoine De Saint-Exupery, The Little Prince, where myth and poetry mix with reality and speak to us of the eternal in such an innocent manner. Both his story and mine are true. They are real stories of a quest to find that invisible spark of life which gives meaning to all there is. I learned the story from within, it was my aunt Consuelo De Saint-Exupery, an extraordinary person and the inspiration of Saint-Ex, the Rose of his story, who taught me to read, not only French in The Little Prince, but the essence of it as well. She talked to me about Saint-Ex, his dream world, of his airplane flights, of his moonstruck reveries, his airplane falls and the spirit that helped him survive them! Everything in that book was an integral part of what later happened to me and helped me to find that secret that now illumines my life. I

remember. . . when I was a little girl, maybe six years old, I learned to read. . . know. . . and love the Little Prince. Later on, I learned that many others also did; it was, I believe, the bedside book of James Dean. I never knew him personally, but I read in an interview of a movie magazine that he said The Little Prince was his Bible. . . and I wondered if what drew him to it was the same thing that I loved about it? What I loved best was the invisible hidden in between such simple words and its childlike drawings, for concealed behind the fairytale there was a road map to a true spiritual experience. Whenever I read the last page of my uncle's book, I was moved by his sadness and felt a sense of urgency within me to find that lonely star landscape. So, I promised myself that one day I would find the Little Prince and let Saint-Ex know that he was back. Consequently, since early in life, I learned to close my eyes, open my heart and. . . began my quest. This tale is the fruit of my search. It has a happy ending as all good fairy tales have,

for it happened that one day. . . when I least expected it. . . I found the Little Prince! Thus, I wrote this book, both as a direct answer to my uncle's plea, to share the good news with all those who love The Little Prince and as an invitation to quest to all those who long to find their reality. I have followed the same format of my uncle's book and also utilized the same style of drawings, wrapping my own story of how I searched and found the Little Prince with as much similarity as possible to that of his book, for a very good reason: I couldn't have done it in any other way, for I have loved The Little Prince since I was a child. My reason has been one of love, not arrogance, so please exempt me from the harshness of comparison if you are inclined to do so.

Tap Into Success - Susan Jeffrey Busen
2008-12

The author uses two unique therapies called Energy Therapy and Emotion Freedom techniques (EFT) to relieve stress and negative

thoughts.

[The Tapping Solution for Manifesting Your Greatest Self](#) - Nick Ortner 2019-02-19

The New York Times best-selling creator of the Tapping Solution offers a three-week program of practical self-inquiry and hands-on work designed to unlock your life's full potential. Have you ever had the feeling your life just isn't working? That no matter how much you push and direct, or sit back and let go, the square peg you're holding just won't fit into the round hole that is your life? What if, instead, the roadblocks went away? What if you could experience more ease and flow in your life, banish self-doubt, fear, and anxiety, and live your greatest life? Can you imagine what that would look like--and more important, what it would feel like? Now Tapping Solution creator and New York Times best-selling author Nick Ortner helps you not only imagine it but make it a reality. The Tapping Solution for Manifesting Your Greatest Self guides you through a 21-day process of self-

discovery and self-development using the simple, proven practice called Tapping (also known as Emotional Freedom Techniques). Each of the 21 stages includes a Daily Challenge and a Tapping Meditation to help the changes you're making take root. And you can work through the program at your own pace--doing one stage every day, every three days, every week, or whatever you like--with exclusive e-mail reminders from Nick to support you throughout the process. Drawing on wisdom sources from Aristotle to Dr. Seuss, along with Nick's own deep well of insight and stories from his daily life, this book is terrific fun to read. It's also a powerful tool for transformation. "We're going to work together to let your light shine brighter than ever before," Nick writes, "to create the life experiences you most deserve and desire." Ready? Then let's get tapping!

Fair Play - Eve Rodsky 2021-01-05

AN INSTANT NEW YORK TIMES BESTSELLER
A REESE'S BOOK CLUB PICK Tired, stressed,

and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the "shefault" parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family--and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is *Fair Play*: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation

starters for you and your partner, Fair Play helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. "Winning" this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space--the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try Fair Play? Let's deal you in.

Eft for Positive Living - Christa Smith

2013-01-03

Are you in a constant struggle with money? Whether it's spending too much, never having enough, or being buried in debt, your thoughts, beliefs and emotions around money are the driving force behind your financial woes. When you are dealing with money problems, EFT (Emotional Freedom Technique) Tapping can help to release your stress and worry when

you're facing money challenges, and set you on a path of emotional stability. Although EFT is simple to learn and apply, many find it challenging to formulate set-up statements and reminder phrases. This book has been created to take the guesswork out of tapping by providing 52 EFT Tapping scripts that cover the most common money issues. With EFT Tapping you can end your money struggles and literally tap your way to financial ease. The scripts in this book will help you to neutralize triggers that cause money anxiety, change patterns of behavior and negative habits, release limiting beliefs that keep you stuck, improve confidence, and open you up to a new approach to achieving true financial health and happiness.

The Science behind Tapping - Peta Stapleton, Ph.D. 2019-04-16

This book presents the research and evidence behind Emotional Freedom Technique in an easy-to-read manner and also offers client stories of their experiences. What is EFT, and

what happens when you use it? Emotional Freedom Techniques, or simply EFT, is a powerful way to deal with unresolved issues, transform beliefs, and reprogram yourself for greater happiness and success. Commonly called "tapping," EFT has been utilized by thousands of people worldwide. If you're holding this book, you've probably tried it at least once--or heard about it from a friend. EFT researcher and author Peta Stapleton, Ph.D., brings together the history and cutting-edge research of tapping. She also shows how tapping can be used for a whole host of ailments, including anxiety, weight issues, depression, trauma, and more. Dr. Stapleton's own groundbreaking study involving food cravings in overweight adults helped establish EFT as an effective, valid form of therapy. In *The Science behind Tapping*, you'll come away with a deeper understanding of what EFT is and how it can help you. The book starts with a beginner's guide to EFT, which includes tapping statements and phrases, as well as

helpful charts showing the location of tapping acupoints on the face and upper body. After taking you through its many uses, Dr. Stapleton also explores the common obstacles to success with EFT--and how to combat them. Get ready to learn more about EFT and its incredible possibilities.

The EFT Manual - Gary Craig 2011

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.

The Tapping Diet - Carol Look 2014-11-18

Finally--a weight loss approach with results that last! Forget fad diets and spending hours at the gym--The Tapping Diet shows you how to shed excess pounds with the power of Emotional Freedom Techniques (EFT). This cutting-edge therapy uses tapping to move past the mental roadblocks that stand in the way of your weight loss. In this revolutionary book, author and EFT

master Carol Look guides you through tapping scripts and daily exercises that help you turn reconditioned thoughts into action and make lifestyle changes that last. You'll also learn how to use tapping to increase your confidence and take control of the impossible cravings, sabotaging notions, and self-imposed limitations that prevent you from reaching your health goals. Complete with 50 delicious, easy-to-make recipes, The Tapping Diet will help you tap your way to incredible weight loss and a lifetime of healthy living!

[Tapping for Wealth and Abundance](#) - Lisa Townsend 2014-07-23

In "Tapping for Wealth and Abundance: The Beginners Guide To Clearing Energy Blocks and Manifesting More Money Using Emotional Freedom Technique," you'll discover how to use the powerful self-healing technique known as EFT, or "tapping," to create greater wealth and abundance in your life. With this simple "Tap and Release" method, you'll remove the energy

blocks that are preventing the Law of Attraction from helping you manifest the money you desire in your life. You'll be able to open the energetic channels that will allow more wealth and abundance to flow to you. Here's a bit of what we'll cover:

- The Theory and Practice of Emotional Freedom Technique (EFT), and why it is one of the most freeing and powerful techniques you can use to clear your energy blocks
- Using EFT to address blocks to attracting, receiving, and having money and experiencing abundance. Most people don't have just 1 block, it's usually an entire network of related patterns, attitudes and beliefs, so we address the BIG ones and show you how to identify and address the others you may have
- Sample Scripts to practice with, so you can get started right away
- Tips and tricks for getting the most out of tapping and how to tell if it's working, within minutes
- How to avoid common pitfalls, so you can keep moving forward, removing blocks, and installing beneficial

patterns with speed and velocity • And much more If you're ready to experience more abundance, less stress around money, and finally get rid of the blocks that are holding you back, scroll up, grab your copy of "Tapping for Wealth and Abundance," and start taking action today...

All Things Eft Tapping Manual - Tessa Cason
2015-11-07

If we want to make changes in our lives, we have to change the destructive, dysfunctional beliefs in the subconscious EFT is a technique that allows us to change dysfunctional beliefs and emotions on a subconscious level. It involves making a statement while tapping different points along meridian paths. This Manual includes: * Beliefs * Subconscious Mind * EFT Tapping - Emotional Freedom Technique * How to Tap Short Form of EFT * Yawing and Taking a Deep Breath * Integration...What Happens After Tapping * How Does EFT Tapping Works? * Science and EFT Tapping Research * Benefits of Using EFT Tapping * When to Use EFT * We Can

use EFT Tapping to Change * Intensity Level * The Very First EFT Tapping Statement to Tap * Sort Form or Long Form of EFT Tapping? * Walking Backwards EFT (Backing Up) * EFT Tapping Statements Are More Effective When It Agrees with Current Beliefs * Using a Negative EFT Tapping Statement * What To Do if an EFT Tapping Statement Does Not Clear * One Statement per Round of EFT * Multiple Statements per Round of EFT? * Karate Chop Point (KCP) to Desensitize a Story, Situation, and/or Memory * Do I Have to Keep Tapping the Same Statements Over and Over if it Does Not Clear? * Why We Might Hold Onto Emotional Pain * Inner Critic, Negative Self-Talk? * Tapping Affirmations * I Tapped and I'm Not Better. I Cleared This Issue Before and It's Still Showing Up in My Life * EFT Tapping Doesn't Work for Me * EFT Tapping Points and the Meridians * Mind Chatter...A Value Tool * Rule #1 for Writing Your Own EFT Tapping Statements...Use Your Own words. * Rule #2 for

Writing Your Own EFT Tapping
Statements...Process Emotions before Beliefs *
Rule #3 for Writing Your Own EFT Tapping
Statements...Pay-offs For Not Creating Our
Reality * Finishing Touches...Tapping Positive *
Summary * Appendix: Pay-off for Not Creating
Our Reality What Do We Process First
Psychological Reversal/Reversed Is it Necessary
to Relieve the Pain in Order to Heal Our Pain
Present Time

The Tapping Solution - Nick Ortner

2013-04-02

Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of The Tapping Solution, is at the forefront of a new healing movement. In his upcoming book, The Tapping Solution, he gives readers everything they need to successfully start using the powerful practice of tapping - or Emotional Freedom Techniques (EFT). 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. Because of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In The Tapping Solution, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he 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, Ortner opens readers' eyes to just how powerful this practice can be.

Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want.

The Tapping Solution for Parents, Children & Teenagers - Nick Ortner 2018-02-20

Raising children is life's greatest gift and accomplishment, but it can also come with an overwhelming amount of stressors, anxiety and self-doubt. Am I modeling the type of person I want my child to become? Am I doing enough to prepare my child to strive in an ever-changing world? Are my children happy and confident in themselves? In *The Tapping Solution for Parents, Children & Teenagers*, Nick Ortner encourages readers to first take a look at their own stressors and worry as parents, reminding readers that self-care is vital to helping others. In the first section of the book, parents are

guided on using the revolutionary technique known as EFT (Emotional Freedom Techniques) Tapping to release parental overwhelm, quiet worry, manage conflict and transform their experience of parenthood. In the second section, Nick explores specific uses for Tapping with children, ranging from releasing negative emotions like anger, fear and phobias, sadness, grief, guilt, and shame, to overcoming specific challenges such as anxiety disorders, sleep, nightmares, performance anxiety, bullying, school jitters, divorce and much more. Through the use of diagrams, links to videos, and Tapping tips, *The Tapping Solution for Parents, Children & Teenagers* is an easy-to-use resource to solve everyday issues taking place in our homes.

Emotional Freedom Technique (EFT) Through the Chakras - Michael Hetherington 2014-01

Emotional Freedom Technique (EFT) through the Chakras (2nd Edition - Expanded and Updated) is a new dynamic system of healing

that combines EFT tapping with the Chakra energetic system. This book brings to light each of the 7 Chakras, their associated acupuncture meridian, the muscles governed by and the emotions directly influenced by each of these Chakras. When we include this information in the EFT tapping process it allows for a much deeper healing to occur. This technique is simple, easy and effective. When using EFT through the Chakras you can - Reduce emotional anxiety and emotional turbulence in a few minutes - Clear and reduce any muscular pain instantly and dramatically - Effectively treat all 3 levels of the human being - physical, mental/emotional, spiritual - Treat and heal yourself or use it to treat and heal others - Establish more awareness in your daily life by working with the Chakra's. When you work with the Chakras you can effectively - Reduce pain - Improve Digestion - Calm the mind (and calm others down too) - Prepare the body for quality sleep - Perform at you potential - Speak more

clearly and with ease - Feel more grounded and energised - and so much more... If you want to learn more about EFT and to work it in with the Chakras in a very easy manner within an hour or two, then this is the book for you!

Judgment Detox - Gabrielle Bernstein
2018-01-02

“Gabrielle is the real thing. I respect her work immensely.” —Dr. Wayne Dyer “A new role model.” —The New York Times “I came to one of Bernstein’s monthly lectures and got my first look at the woman I’d one day unabashedly refer to as ‘my guru.’” —Elle From #1 New York Times bestselling author Gabrielle Bernstein comes a clear, proactive, step-by-step process to release the beliefs that hold you back from living a better life. This six-step practice offers many promises. Petty resentments will disappear, compassion will replace attack, the energy of resistance will transform into freedom and you’ll feel more peace and happiness than you’ve ever known. I can testify to these results because I’ve

lived them. I've never felt more freedom and joy than I have when writing and practicing these steps. My commitment to healing my own relationship to judgment has changed my life in profound ways. My awareness of my judgment has helped me become a more mindful and conscious person. My willingness to heal these perceptions has set me free. I have been able to let go of resentments and jealousies, I can face pain with curiosity and love, and I forgive others and myself much more easily. Best of all, I have a healthy relationship to judgment so that I can witness when it shows up and I can use these steps to quickly return to love. The Judgment Detox is an interactive six-step process that calls on spiritual principles from the text A Course in Miracles, Kundalini yoga, the Emotional Freedom Technique (aka Tapping), meditation, prayer and metaphysical teachings. I've demystified these principles to make them easy

to commit to and apply in your daily life. Each lesson builds upon the next to support true healing. When you commit to following the process and become willing to let go, judgment, pain and suffering will begin to dissolve. And the miracles will keep coming. Once you begin to feel better you start to release your resistance to love. The more you practice these steps, the more love enters into your consciousness and into your energetic vibration. When you're in harmony with love, you receive more of what you want. Your energy attracts its likeness. So when you shift your energy from defensive judgment to free-flowing love your life gets awesome. You'll attract exactly what you need, your relationships will heal, your health will improve and you'll feel safer and more secure. One loving thought at a time creates a miracle. Follow these steps to clear all blocks, spread more love and live a miraculous life.