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Learn Tapping Now Tapping is an extraordinarily simple technique and can be learned by anyone in minutes. Whatever life stress or challenge, learn how to use Tapping to release it and create the life experience you most want and deserve.

The Tapping Solution (EFT): How To Get Started

What Is Tapping and How Does It Work? TAPPING GIVES YOU THE POWER TO HEAL YOURSELF, PUTTING THE CONTROL OVER YOUR DESTINY BACK INTO YOUR OWN HANDS. The practice consists of tapping with your fingertips on specific meridian points while talking through traumatic memories and a wide range of emotions. What is a Meridian Point? ... Continue reading "What Is Tapping and How Does It Work?"

The Tapping Solution FoundationWhat Is Tapping and How ...

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Tappingjv.com: THE TAPPING SOLUTION AFFILIATE CENTER - THE ...

All Tied Up in Knots: Releasing the Worries. When our brains get all tied up in knots with worry, they can look like this rubber band ball. In small group today we talked about how it's sometimes impossible to think straight when there are all sorts of worries going on in our heads and tension in our bodies.

Rainbow of Relaxation

It's been labeled the sweetest poison, toxic, and harmful and recently in 'Hungry For Change'... a drug. Unfortunately it does seem a little extreme to label a food as a drug but when you look at how sugar (especially the highly refined and processed kinds) are metabolized by your body then you can begin to understand why.

sugar is a drug - Hungry For Change Official Home Page

Scientific Research EFT SIGNIFICANTLY LOWERS CORTISOL A study published in the Journal of Nervous and Mental Disease, the oldest peer-reviewed psychology journal in the United States, found that Emotional Freedom Techniques (EFT) lowered the major stress hormone cortisol significantly more than other interventions tested. In a randomized controlled trial 83 subjects were randomly assigned to ...

The Tapping Solution FoundationScience & Research ...

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I've invited two people from my team to share their spiritual and practical tools for dealing with anxiety. The first is my chief technology officer (and the host of a podcast about anxiety called Don't Freak Out), Allison Micco. The second is my editorial director, Katie Karlson. Alli and ...

Spiritual and Practical Tools That Help You Deal with Anxiety

15 The Tapping Solution A Revolutionary System for Stress-free Living

15 90 DVD

What's Your ACE Score? (and, at the end, What's Your Resilience Score?) There are 10 types of childhood trauma measured in the ACE Study. Five are personal -- physical abuse, verbal abuse, sexual abuse, physical neglect, and emotional neglect. Five are related to other family members: a parent who's an alcoholic, a mother who's a...

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