



## Tapping Away My Worries: A Book for Children, Parents, and Teachers

By Heather Todd

Trafford Publishing, Canada, 2012. Paperback. Book Condition: New. 212 x 206 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children of all ages face situations where they may feel angry, frustrated, sad, frightened, nervous, humiliated, or embarrassed. They can find themselves in situations where they may face peer pressure, bullying, test anxiety, parental separation, sadness from the death of a pet, fear of the dark, fear of dogs, teasing, hostility or ridicule from class mates. Tapping Away My Worries is a two part book about the Emotional Freedom Techniques for children, parents, and teachers. EFT is a remarkably easy and effective tool for children and adults to self apply for emotional and physical problems. The first part of the book is a story about a boy called Ryan who gets teased at school and how his Auntie teaches him EFT and what the result of that is. The second part of the book is an EFT manual for parents, teachers, and caregivers to learn and use this remarkable technique. Teachers can tap with students at the beginning of class, parents can tap with children as part of their bed time routine and best of all children can...



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