

[GET] The Tapping Solution to Create Lasting Change: A Guide to Get Unstuck and Find Your Flow



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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? Why does getting what we want sometimes feel just as scary as not getting what we want? And why, even with new outcomes we desire, do we often struggle to sustain them and instead slip back into old, self-sabotaging patterns? Jessica Ortner asked herself these questions - as many of us do - until eventually it became clear she was really exploring our relationship with the one unavoidable constant in our lives: change. Her new audiobook, the latest in the best-selling Tapping Solution series, shares the lessons she's learned about what it feels like to flow through change and how to create positive, lasting change in ways that feel both authentic and empowering. Ultimately, Jessica tells us, there's profound beauty and joy in change, even when it doesn't feel that way at the start. Listeners will learn how to use tapping (also known as emotional freedom techniques, or EFT) to navigate the unknown with new energy, hope, and an open heart. Topics include: Finding our way through fear and uncertainty Discerning whether our inner critical voice is friend or foe Learning to release the doubts and fears that cloud our judgment

Getting past procrastination Letting go of "goals" and finding a new way to focus on what you desire And much more PLEASE NOTE: When you purchase this title, the accompanying PDF will be available in your Audible Library along with the audio.

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