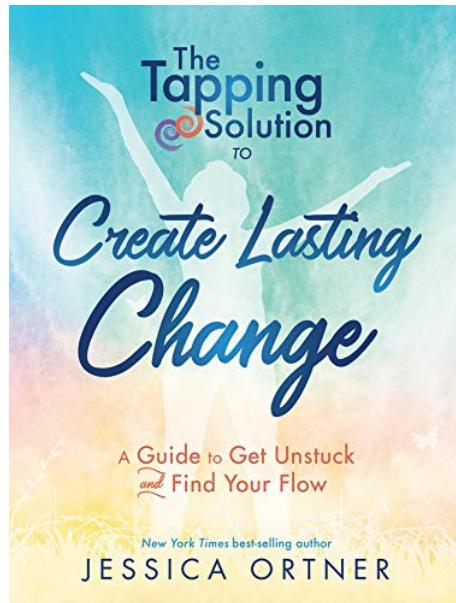


## [Download] The Tapping Solution to Create Lasting Change: A Guide to Get Unstuck and Find Your Flow



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Why does the fear of the unknown continue to hold us back from our deepest desires and inevitably pull us back into old self-sabotaging habits? The solution is finally here. In Jessica Ortner's new book, the latest in the bestselling Tapping Solution series, she shares the lessons she's learned about what it feels like to flow through change and how to create positive, lasting change. Readers 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 Releasing 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

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