



The Tapping Solution: A Revolutionary System for Stress-free Living (8th)

By Nick Ortner

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, The Tapping Solution: A Revolutionary System for Stress-free Living (8th), Nick Ortner, Do you have things in your life that you wish were different .but you don't know how to change? The Tapping Solution offers a new technique to deal with seemingly impossible situations. Tapping, also know as EFT, is a powerful tool for improving your life on multiple levels: from anxiety, chronic pain, addiction, and fear, to weight control, financial abundance, stress relief, and so much more. It's also one of the easiest and fastest practices to learn. You can learn it in minutes, do it anywhere and on virtually any issue, and often times experience immediate results. How does it work? Based on the principles of both ancient acupressure and modern psychology, tapping concentrates on specific meridian endpoints while focusing on negative emotions or physical sensations. Combined with spoken word, tapping helps calm the nervous system, to restore the balance of energy in the body and rewire the brain to respond in healthy ways. In this book, you'll not only learn how to start tapping, you'll also get the history and cutting-edge science behind it. Featuring step-by-step instructions, exercises,...



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