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## Tapping for Teachers: Eft-Relieve the Stress and Go for Success

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By Elizabeth Solana Calabro Cht

Elizabeth Solana Calabro, United States, 2014. Paperback.  
Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Tapping for Teachers-- This workbook is for you. Elizabeth knows what s it s like to have lesson plans to create and write, a classroom to organize and manage, materials to make ready and to be mentally and physically prepared to facilitate a group of children, every day. Although you love what you do and have a passion for sharing your knowledge, the amount of energy you expend and receive from your students can be overwhelming at times. Did you know that your energy sets the tone for everything you do and what happens around you? How would it feel to: walk into that interview, conference, presentation or evaluation calm and relaxed? feel in control and running on the highest energy possible? think clearly under stressful circumstances? be able to handle any of a multitude of daily interactions, events, personalities and crisis calmly and confidently? let go of limiting beliefs and mental roadblocks? be more effective in your work and in your relationships ? Wouldn t it be fantastic? Wonderful? A relief? And it s so...



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