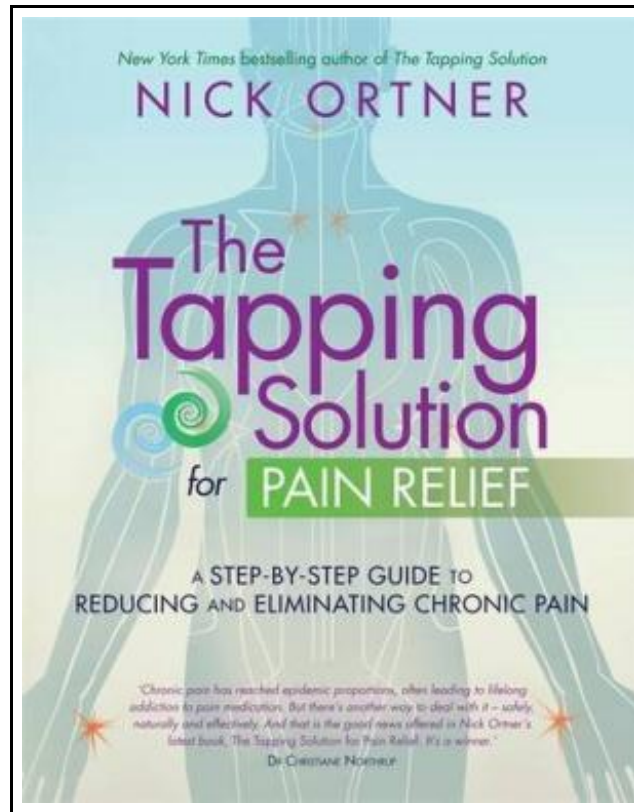


The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain



Filesize: 9.67 MB

Reviews

Complete information! Its this type of great read through. I could comprehended every little thing using this written e ebook. You will like how the writer write this ebook.
(Shaniya Schuster)

THE TAPPING SOLUTION FOR PAIN RELIEF: A STEP-BY-STEP GUIDE TO REDUCING AND ELIMINATING CHRONIC PAIN



Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain, Nick Ortner, Do you suffer from chronic pain? Have you tried all the normal 'solutions' - doctors, injections, medications and surgeries - yet still found no relief? In this ground-breaking book, Nick Ortner presents a startling alternative to reduce or eliminate chronic pain: tapping, also known as EFT (Emotional Freedom Techniques). Looking at the scientific research surrounding pain, stress and tapping, he opens your eyes to just how powerful tapping can be, and then outlines tips and techniques to address pain in both the short and long terms. Nick guides you on a journey that begins on the surface - tapping to address the pain itself - and moves to the deeper issues that often affect pain. With easy-to-follow tapping scripts and exercises, Nick helps you heal the emotional pain and underlying beliefs that often keep people stuck. He also addresses topics that you may not associate with chronic pain, such as: creating personal boundaries; dealing with toxic relationships; clearing resistance to change; understanding the power of a diagnosis; and working through anger. After reading this book, you'll not only understand what's causing your pain but also how to achieve complete and lasting relief. This is about more than just pain relief. It's about empowering yourself to take back your body in order to live the life you want.



[Read The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain Online](#)



[Download PDF The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain](#)

Related eBooks



Anything You Want: 40 Lessons for a New Kind of Entrepreneur

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Anything You Want: 40 Lessons for a New Kind of Entrepreneur, Derek Sivers, Anything You Want is Derek Sivers' iconic manifesto on lessons learned while becoming...

[Save PDF »](#)



Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how...

[Save PDF »](#)



Readers Clubhouse Set B What Do You Say

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Ann Losa (illustrator). 142 x 13 mm. Language: English . Brand New Book. This is volume six, Reading Level 2, in a comprehensive program...

[Save PDF »](#)



Do Monsters Wear Undies Coloring Book: A Rhyming Children s Coloring Book

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Mark Smith (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A #1 Best Selling Children s Book...

[Save PDF »](#)



A Year Book for Primary Grades; Based on Froebel s Mother Plays

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download...

[Save PDF »](#)



Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on

[Read Book »](#)



The Voyagers Series - Europe: A New Multi-Media Adventure Book 1

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching

[Read Book »](#)



Dom's Dragon - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner

[Read Book »](#)



My Grandma Died: A Child's Story About Grief and Loss

Parenting Press,U.S. Paperback. Book Condition: new. BRAND NEW, My Grandma Died: A Child's Story About Grief and Loss, Lory Britain, Carol Deach, This gentle story is written for the very young. It uses simple, honest

[Read Book »](#)



Comic eBook: Hilarious Book for Kids Age 5-8: Dog Farts Dog Fart Super-Hero Style (Fart Book: Fart Freestyle Sounds on the Highest New Yorker Skyscraper Tops Beyond)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.BONUS - Includes FREE Dog Farts Audio Book for Kids Inside! For a

[Read Book »](#)