



It Takes Two to Tango: Achieving Peak Performance in Dancing with Eft (Emotional Freedom Techniques)

By Carina Zacharias-Miller

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.For Amateur and Professional Dancers: Ballroom, Latin, Ballet, Jazz, Hip Hop and more ***** An easy-to-follow method for boosting peak performance ***** Are you a professional or amateur dancer who is passionate about dancing? Are you proud of what you do and are you continuously striving to improve your skills? ***** You know, of course, that instruction and practicing are your most important tools. There is, however, an exciting-and easy-way to boost peak performance in dancing. It is called EFT (tapping). ***** EFT (Emotional Freedom Techniques) is a body/mind healing method that uses tapping with the fingertips on specific points of your energy meridians while you are tuned in to your thoughts and feelings. In short, EFT is a form of mindful acupressure. It allows you to work with physical discomfort, limiting beliefs, and negative emotional intensity. creating the space for shifts and wellbeing to occur. ***** This book, written by a certified EFT practitioner who is a ballroom dancer herself, will teach you how to integrate EFT in your practice of dancing. It s easy,...



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