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Nick Ortner's The Tapping Solution Book Review [The Tapping Solution Book](#) The Tapping Solution for Weight Loss \u0026amp; Body Confidence by

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Jessica Ortner Audiobook Excerpt

Short Book Summary of The Tapping Solution A Revolutionary System for Stress Free Living by Nick Ortner [Free Book] ~~The Tapping Solution Financial Success 7 Week Program Review~~ ☐☐

NICK ORTNER: Best EFT Tapping Technique for ANXIETY, PAIN,

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MONEY & MANIFESTING Your Greatest Life! Tapping for Weight Loss and Body Confidence - Jessica Ortner
The Tapping Solution for Financial Success and Personal Fulfillment 7 Week Program Review Tutorial

The Tapping Solution for Weight Loss and Body Confidence Book by Jessica

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Ortner

Nick Ortner's Tapping Technique to Calm Anxiety & Stress in 3

Minutes ~~Tapping for Kids with Alison~~

~~What is Tapping?~~ How to Tap with

Jessica Ortner Dr. Gabor Maté - When The Body Says No In Psychotherapy

How to Stop Worrying and Start Living

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Audiobook By Dale Carnegie 144p The go-giver full audiobook | Bob Burg | A Little Story about a Powerful Business Idea | ~~Louise Hay - You Can Heal Your Life - Full Audiobook~~ 1231 MY SECRET TAPPING TECHNIQUES I USE ON MYSELF what to do when it is big. Robert Gene shares How to

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End Sugar Cravings with EFT
~~Emotional Freedom Techniques (EFT)~~
~~Demonstration~~

Wipe Out Negative Thoughts \u0026amp; Limiting Beliefs
~~EFT Tapping for Receiving Money Now (Financial Abundance)~~
13 Problems Only Highly Sensitive People Will Understand

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~~Louise Hay Chats with Nick Ortner of The Tapping Solution How to Tap with Nick Ortner of The Tapping Solution How to Use EFT Tapping for Pain Relief - Nick Ortner - The Tapping Solution ~~HOW TAPPING CAN HELP W/ WEIGHT LOSS + BODY CONFIDENCE~~ | Book Review~~

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~~(Jessica Ortner)~~ How to Stop Cravings Fast! Tap Along with Jessica Ortner - The Tapping Solution \ "The Tapping Solution\" by Nick Ortner - Official Book Trailer What Is Tapping? with Nick and Jessica Ortner The Tapping Solution Book

As borders slammed shut across

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Europe last spring, public relations professionals representing hotels across the pond were confronted with challenges they'd likely never anticipated, including keeping ...

Promoting Travel Across Borders
Alternatively, you can read them the

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book Gorilla Thumps and Bear Hugs: A Tapping Solution Children's Story by Alex Orner. Afterwards, ask your learner what stood out to them from the video or story.

Tapping and Hugs for Managing Strong Emotions

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Tapping Trump to run again in 2024 may seem sensible, but Trump's downward political trajectory looks eerily like William Jennings Bryan's.

William Jennings Bryan Revisited
The sea is the largest museum in the world," says celebrated deep-sea

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explorer Bob Ballard, the man who discovered Titanic in 1985.

Titanic Discoverer Bob Ballard Says Deep Sea Robots Will Let Us Visit Shipwrecks In The Future
Practicing face yoga exercises can help prevent lines, wrinkles, and

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sagging skin—and potentially cure resting bitch face.

Can Face Yoga Cure Your Chronic RBF*?

With the book's help, readers can avoid devastating financial losses simply by tapping into today's biggest

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income generation and investment opportunities. Along with being an award-winning ...

Jeffrey Small of Arbor Financial to Update Successful Book Turning Financial Planning Right-Side Up Behind the velvet rope, very few of the

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social set have been following regulations on social distancing, masks, and the 'rule of six' ...

In the world of the super rich, social-distancing guidelines have already faded to irrelevance

I have very strong feelings on this, he

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said in a recent interview from the company's headquarters in El Segundo, Calif. "It's time. It's past time." Along with being the CEO, Brown is also the ...

Beyond Meat CEO Ethan Brown on a Plant-Based Future, Climate Change

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and Returning to the Office
Groupon's tapping Savored.com's reservation tech to ... Debuting on Reserve is Savored.com's reservations engine that lets customers book tables at some of the best restaurants in their city ...

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Groupon takes on OpenTable with 'Groupon Reserve,' bundles reservations with coupons

Even with the continued speculation that there is a bubble in the Jamaican real estate and construction sectors, several prominent practitioners who are involved in the space have denied

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these ...

No housing bubble

As the parent of a gifted Black child, I strive for a balance between affirming their Black identity and protecting them from the realities of racism.

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What I've learned about raising children who are young, gifted and Black

At the same time, everyone's growing a bit skeptical of traditional money rules — like prioritizing debt and never tapping your ... In her book *The Paper Solution*, organization expert Lisa ...

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11 Best Personal Finance Books of 2021

PharmEasy's acquisition of Mumbai-listed lab chain Thyrocare created a lot of buzz. We take a look at the reasons behind the deal.

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A landmark deal: The \$600m buyout by a Temasek-backed Indian e-pharmacy unicorn

At the helm of Nicholas Healthcare, Mr. Kapil Jain is instrumental in taking his company to the next level with an eye on tapping into ... We are the one-stop solution for most hospitals across

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...

Mr Kapil Jain, CEO, Nicholas
Healthcare: Ensuring a Healthier
Future for All

Solution: do what [tbladykas] did ... But
he decided to take a page from [Kerry
Wong]'s design book and go big.

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[Kerry]'s electronic load was air-cooled and capable of sinking 100 amps ...

Liquid Cooling Keeps This Electronic Load's MOSFETs From Burning
Tapping on the info button for the book took me to Bound's editing view ... it

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sound like the narrator is talking from the bottom of a well. iBooks is not a good solution for DRM-free podcasts. Bound ...

Bound is a Dropbox-Connected Audiobook Player

Trump made his fortune tapping into

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the power of these stories, as he explains in his 2004 book, *How to Get Rich ... with non-binary nonpolitical solutions*, on the now suspiciously labeled ...

Jordan Peterson: Carl Jung and America's Undiscovered Self

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The foot-tapping Motown groove was a tribute to his ... While there's heaps of reasons why this happens, there's lots of solutions for nearly every relationship crisis. Sometimes though ...

Be a warrior

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Weekend and other trips out of the city are now as easy as tapping on your app and booking ... convenient with Ola Outstation as customers can book rides to several amazing destinations and ...

Ola Outstation Is Pushing The Pedal

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With "Made-For-India" Solutions To Intercity Transport Problems

The company is tapping into the B2B payment industry by providing convenient payment solutions ... brick-and-mortar businesses like bakeries and book stores all the way to digital-focused ventures ...

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In this paperback edition of the New York Times best-selling book The Tapping Solution, Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of The Tapping

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Solution, is at the forefront of a new healing movement. In this book, he gives readers everything they need to successfully start using the powerful practice of tapping—or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and

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physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in

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turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any

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challenging issue. In *The Tapping Solution*, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With

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chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be.

Throughout the book, readers will see real-life stories of healing ranging from

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easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want.

Nick Ortner, founder of the Tapping

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World Summit and best-selling filmmaker of The Tapping Solution, is at the forefront of a new healing movement. In his upcoming book, The Tapping Solution, he gives readers everything they need to successfully start using the powerful practice of tapping or Emotional Freedom

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Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or

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physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's

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proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In *The Tapping Solution*, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use

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practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how

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Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back

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from creating the life they want.

More than 100 million Americans deal with chronic pain every day. And if you're one of them, you've probably tried all the normal "solutions": doctors, injections, medications, and surgeries. While these all have a place

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in healing, they have fallen short in dealing with the pain epidemic. So what can you do? In *The Tapping Solution for Pain Relief*, Nick Ortner presents a startling alternative. He lays out a step-by-step plan that teaches you how to use tapping, or EFT (emotional freedom techniques), to

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reduce or eliminate chronic pain. 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 term. Nick guides you on a

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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

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topics that you may not think of as associated with chronic pain, such as:

- Creating personal boundaries
 - Dealing with toxic relationships
 - Clearing resistance to change
 - Understanding the power of a diagnosis
 - Working through anger
- There are many ways the brain

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and body can create, increase, and prolong pain. After reading this book, you'll not only understand what's causing your pain but also how to achieve complete and lasting relief. But let's face it; this is about more than just pain relief. It's about empowering yourself to take back your

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body in order to live the life you want.

□The Tapping Solution for Weight Loss and Body Confidence may just go down in history as a game-changer when it comes to leading women out of weight loss hell. □ □ Cheryl Richardson, New York Times best-

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selling author of The Art of Extreme Self-Care Placing conditions on our lives and our happiness has become the norm. We see it all the time: We must establish a career before looking for a relationship. We must find love before feeling fulfilled. We must feel stressed out until we finish everything

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on our to-do list. But by far, the most common conditions we put on ourselves revolve around our weight—no love until we lose the weight, no pursuing a dream until we lose the weight, no happiness until we lose the weight. But now there's a better option. Using tapping, also

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known as EFT, Jessica Ortner walks you through a process that helps you drop stress so you can drop pounds—without dieting, deprivation, or extreme exercise. Tapping, a tool that is based on the principles of both ancient acupressure and modern psychology, helps you address the

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underlying issues that make your body hold on to weight and gives you the ability to overcome some of the most common weight loss obstacles. Say good-bye to the cravings, panic, and self-doubt that keep you in a constant fight against your body! Using her own struggles with weight loss, along with

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success stories of some of the thousands of women she's worked with, Jessica teaches you not only the basics of tapping but also how to use it to address the deeper facets of your weight and self-worth challenges. This proven process is based on extensive research into the effects of tapping on

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stress hormones, and it provides simple, step-by-step instructions throughout and easy tapping meditations at the end of each chapter. With this loving and supportive guidance you can learn to create a more empowering relationship with food, find pleasure in

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exercise, and implement self-care into your life. So join Jessica and learn to love yourself and your body!

The New York Times best-selling creator of the Tapping Solution offers a three-week program of practical self-inquiry and hands-on work designed to

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unlock your life's full potential. Have you ever had the feeling your life just isn't working? That no matter how much you push and direct, or sit back and let go, the square peg you're holding just won't fit into the round hole that is your life? What if, instead, the roadblocks went away? What if

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you could experience more ease and flow in your life, banish self-doubt, fear, and anxiety, and live your greatest life? Can you imagine what that would look like--and more important, what it would feel like? Now Tapping Solution creator and New York Times best-selling author Nick

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Ortner helps you not only imagine it but make it a reality. The Tapping Solution for Manifesting Your Greatest Self guides you through a 21-day process of self-discovery and self-development using the simple, proven practice called Tapping (also known as Emotional Freedom Techniques).

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Each of the 21 stages includes a Daily Challenge and a Tapping Meditation to help the changes you're making take root. And you can work through the program at your own pace--doing one stage every day, every three days, every week, or whatever you like--with exclusive e-mail reminders from Nick

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to support you throughout the process. Drawing on wisdom sources from Aristotle to Dr. Seuss, along with Nick's own deep well of insight and stories from his daily life, this book is terrific fun to read. It's also a powerful tool for transformation. "We're going to work together to let your light shine

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brighter than ever before," Nick writes, "to create the life experiences you most deserve and desire." Ready? Then let's get tapping!

Annabel dreams of one day being a scientist, but teasing from other kids at school has hurt her confidence and left

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her feeling sad and alone. Join her as she learns how to use the Magical Tapping Technique to quickly release her sadness and regain her confidence. Through the book, you'll learn about the scientifically proven technique commonly known as "Tapping" and how you can use it for

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both yourself and your child to overcome stress, anxiety, negative emotions, and much more. Your child will love the fun descriptions and illustrations for each point, such as the Super Eagle Eye Point, Lion Cry Point, Dragon Fire Point, Wolf Point, and more. Your child will be having a blast

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as they howl, hug, thump on their chest, act like a monkey, and more . . . all while learning how they can use Tapping to help themselves in real life!

Raising children is life's greatest gift and accomplishment, but it can also come with an overwhelming amount of

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stressors, anxiety and self-doubt. Am I modeling the type of person I want my child to become? Am I doing enough to prepare my child to strive in an ever-changing world? Are my children happy and confident in themselves? In *The Tapping Solution for Parents, Children & Teenagers*, Nick Ortner

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encourages readers to first take a look at their own stressors and worry as parents, reminding readers that self-care is vital to helping others. In the first section of the book, parents are guided on using the revolutionary technique known as EFT (Emotional Freedom Techniques) Tapping to

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release parental overwhelm, quiet worry, manage conflict and transform their experience of parenthood. In the second section, Nick explores specific uses for Tapping with children, ranging from releasing negative emotions like anger, fear and phobias, sadness, grief, guilt, and shame, to overcoming

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specific challenges such as anxiety disorders, sleep, nightmares, performance anxiety, bullying, school jitters, divorce and much more.

Through the use of diagrams, links to videos, and Tapping tips, The Tapping Solution for Parents, Children & Teenagers is an easy-to-use resource

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to solve everyday issues taking place in our homes.

A step-by-step guide to the simple acupressure self-care technique of tapping for acute and chronic emotional, psychological, and physical ailments □ Effective for emotional

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conditions such as panic attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of flying, providing immediate results in many cases □ Shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and nightmares;

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encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration □ Offers the full tapping protocol as well as a shortened version for acute situations □ Illustrates easily accessible points to tap and in what order Tapping, or Emotional

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Freedom Technique (EFT), is a simple form of acupressure that treats the energetic roots of emotional and physical suffering. By tapping on specific meridian points you can quickly and easily dissolve blockages in the body's energy system, caused by past traumas and suppressed

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emotions such as grief and anger, and restore the natural flow of energy in your body, the key to optimal health and overall well-being. In this step-by-step guide to EFT, Sophie Merle details the practice of tapping, illustrating the easily accessible points on the face, hands, and torso to tap

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and in what order. Explaining how to open your energetic system to EFT treatment for fast and long-lasting results, she reveals how the energy psychology practice of tapping can be applied to any area of your life but is particularly effective for emotional and psychological conditions, including

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panic attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of flying, providing immediate results in many cases. She also shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and nightmares; assist

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physical healing from illness; encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration. The author explains how tapping can be done anywhere, offering both the full tapping protocol, which only takes a few minutes, and a

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short-form version, which takes less than a minute, for acute issues. Including remarkable success stories of EFT in practice, this comprehensive guide to tapping shows how the solution to many of life's problems is at your fingertips.

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Following in the footsteps of New York Times bestseller *The Tapping Solution* by Nick Ortner, this book from renowned Tapping expert Margaret Lynch teaches us how to use Tapping (Emotional Freedom Techniques) to clear the blocks to achieving greater wealth. Emotional Freedom

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Techniques (EFT), also known as Tapping, have become a popular tool for realizing personal goals. For many of us, increasing our wealth is one of our greatest ambitions, but also an area where we feel the most stuck because we have limiting fears and beliefs that sabotage our success.

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EFT uses the fingertips to tap on acupuncture points while emotionally tuning in to negative attitudes and past experiences, thereby clearing the inner blocks to attracting and managing wealth. Tapping Into Wealth includes QR codes that link to video demonstrations of Tapping techniques.

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Discover how Tapping can help you release your old views of money and open the door to more wealth than you ever imagined.

Dealing with grades, bullying, friendships, parents, crushes . . . it's enough to make any teenage girl wish

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she could snap her fingers and make it all go away. The good news is, you almost can—except it's not "snapping" but "tapping"! Formally known as Emotional Freedom Techniques (EFT), this revolutionary practice can help you reduce your feelings of anxiety and overwhelm, boost your

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confidence, and unpack the "stress backpack" you may not even know you're carrying. In *The Tapping Solution for Teenage Girls*, expert EFT practitioner Christine Wheeler explains the basics of the technique (it actually involves tapping, with your fingers, on energy points on your own body, and

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you can do it anywhere, anytime). Then she gives you simple yet powerful instructions for tapping on common challenges such as:

- Schoolwork, tests, grades, and planning for college
- Appearance and body image
- Dating, breakups, and dealing with sexual feelings
- Divorce,

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siblings, and blended families Throughout the book, comments from 16-year-old Cassidy, the author's teen consultant, keep it real with helpful perspectives on how this tapping thing works—and it does work! In these pages, you'll discover that a super effective tool for dealing

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with stress is literally at your fingertips. If you're ready to be true to yourself, stop freaking out, and keep being awesome, The Tapping Solution for Teenage Girls is the perfect solution for you!

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