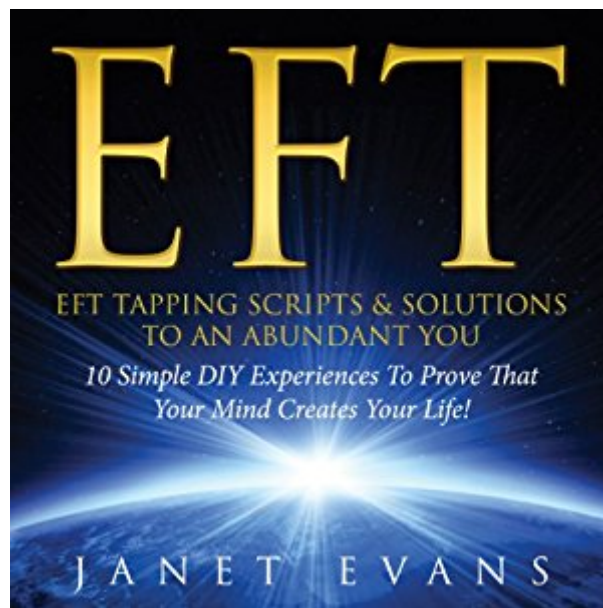


The book was found

EFT: EFT Tapping Scripts & Solutions To An Abundant YOU: 10 Simple DIY Experiences To Prove That Your Mind Creates Your Life!



Synopsis

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 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. In *EFT: EFT Tapping Scripts & Solutions To An Abundant YOU 10 Simple DIY Experiences To Prove That Your Mind Creates Your Life!*, the audiobook 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 chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Janet Evans opens readers' eyes to just how powerful this practice can be. Throughout the audiobook, listeners will be provided with EFT tapping scripts to overcome the top ten fears they face in life.

Book Information

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Customer Reviews

As an executive coach and someone who helps clients every day to work through challenging emotional situations and issues, I have explored EFT as a potential modality to assist my clients. However, in the past, my opinion has been that it may work psychosomatically, but only for a brief period of time. As a result, I remained skeptical. I was interested in this book because I wondered if it might have better techniques than other books I've read on the subject. What I found was a

deeper understanding of what EFT actually is and what it's about, and a greater respect for EFT overall. To demonstrate the tapping points, this book uses photos as well as diagrams, which I found very helpful. However, I still find it somewhat confusing exactly where some of the points are. For example, in one photo, the gentleman is shown tapping the underarm area, but his hands are not in identical spots on both sides of his body, and both areas where he seems to be tapping seem considerably lower than the "under arm" area that is indicated in the diagram (the book says this area on men should be found "on the side of the nipples," so I'm just thinking that the dude in this photo is either wrong or anatomically awkward). I found the pros and cons discussion of tapping quite interesting. I would have liked to have seen this section fleshed out more. For example, that the "practice of tapping may take a longer time before any effects can be seen," was an interesting point. How long do tapping and EFT typically take to become effective? What happens if you stop? Are there any negative results from starting a tapping program and then ending it?

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