



The Tapping Solution: A Revolutionary System for Stress-free Living (8th)

By Nick Ortner

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, The Tapping Solution: A Revolutionary System for Stress-free Living (8th), Nick Ortner, Do you have things in your life that you wish were different .but you don't know how to change? The Tapping Solution offers a new technique to deal with seemingly impossible situations. Tapping, also know as EFT, is a powerful tool for improving your life on multiple levels: from anxiety, chronic pain, addiction, and fear, to weight control, financial abundance, stress relief, and so much more. It's also one of the easiest and fastest practices to learn. You can learn it in minutes, do it anywhere and on virtually any issue, and often times experience immediate results. How does it work? Based on the principles of both ancient acupressure and modern psychology, tapping concentrates on specific meridian endpoints while focusing on negative emotions or physical sensations. Combined with spoken word, tapping helps calm the nervous system, to restore the balance of energy in the body and rewire the brain to respond in healthy ways. In this book, you'll not only learn how to start tapping, you'll also get the history and cutting-edge science behind it. Featuring step-by-step instructions, exercises,...



[READ ONLINE](#)
[3.02 MB]

Reviews

The most effective pdf i possibly read. It is amongst the most amazing publication i actually have go through. You are going to like the way the author publish this pdf.

-- **Chelsea Durgan PhD**

I actually started off looking over this pdf. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Mr. Bertrand Anderson DDS**