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The EFT Tapping Revolution: cure anxiety, stress, addictions, pain, and attract love and wealth with the ultimate tapping solution (English Edition)



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Description :

Prsentation de l'diteurIn this exciting and accessible book, brand new for 2016, best-selling author Randal

Lawrence delivers the most complete, easy to use, and easy to understand explanation of a new movement for healing and well-being that is transforming people's lives worldwide. Inside this book, you will learn everything you need to know to begin applying the powerful therapeutic technique known as Emotional Freedom Therapy tapping to improve your own life. Tapping is an easy-to-use therapy that has a wide variety of applications in healing mental, emotional, and physical distress. Based on the classic Eastern understanding of the body's natural energy meridians, readers can apply the knowledge they learn in this book to tap on specific parts of the body while focusing on the fundamental causes of their troubles or unfulfilled desires. Following specific tapping sequences can restore the body's natural energy equilibrium, facilitating transformations in body and mind. Because tapping works on a fundamental physiological level, it can be applied to tackle challenging problems, including anxiety, addictions, weight loss, habits, and attracting the wealth, people, and relationships into your life that you want and deserve. This book lays out both the basic practice of tapping as well as the science and theoretical underpinnings of Emotional Freedom Therapy. Those who have never tapped before can pick up this book and be tapping on their most challenging problems in minutes. Those who are experienced with tapping will find the tools and guidance they need to go beyond the basics and unlock the most powerful and dramatic applications of EFT tapping. With specific chapters on addressing common problems in life, such as weight loss, relationships, anxiety, and making money, as well as inspiring and uplifting real life success stories, Randal Lawrence shows you how simple it is to harness the power of this amazing therapeutic technique and put it to work to improve your own life starting today! Purchase your copy today and you can immediately begin reading about: How to tap, how tapping changes the brain, how to target your tapping and develop your own tapping scripts, mindfulness, affirmations, chakras and chakra clearing, tapping for children and teens, increasing self-esteem, losing weight, controlling cravings and addictions, reduce stress, how to cure anxiety, the law of attraction, how to make money, fall in love, improve relationships, tapping for pain relief, and more. This book is the tapping solution you've been waiting for! Praise for The EFT Tapping Revolution: I believe Randal Lawrence is at the forefront of a new healing method that will radically redefine the concept of wellness and the next generation of health care professionals. His simple and methodical approach has helped me to reshape my life around healthy habits and to break the pattern of negative thoughts and self-destructive actions that I used to struggle with. This book will change your life I know it changed mine! -Ernesto Delviro, Ph.D, professor of biology What a breath of fresh air The EFT Tapping Revolution is! In a world teeming with misery, selfishness, and pessimism, Randal Lawrence delivers a relentlessly positive take on life and getting everything you want out of it. Lawrence comes across as an experienced and knowledgeable friend who is there to guide you through your minor struggles or your darkest hour. -Ann Mayfair, school teacher It is a phenomenal day when you discover something as simple and powerful as tapping works for you. This is the book that helped me to finally lose the excessive weight I carried for years. -Nick Sinclair, accountant I have personally used tapping to cure myself of the debilitating anxiety that I have suffered from since childhood. Nothing else worked and I thought I would live with this condition forever until I read The EFT Tapping Revolution! -Jessica Craig, web design Presentation de l'diteur In this exciting and accessible book, brand new for 2016, best-selling author Randal Lawrence delivers the most complete, easy to use, and easy to understand explanation of a new movement for healing and well-being that is transforming people's lives worldwide. Inside this book, you will learn everything you need to know to begin applying the powerful therapeutic technique known as Emotional Freedom Therapy tapping to improve your own life. Tapping is an easy-to-use therapy that has a wide variety of applications in healing mental, emotional, and physical distress. Based on the classic Eastern understanding of the body's natural energy meridians, readers can apply the knowledge they learn in this book to tap on specific parts of the body while focusing on the fundamental causes of their troubles or unfulfilled desires. Following specific tapping sequences can restore the body's natural energy equilibrium, facilitating transformations in body and mind. Because tapping works on a fundamental physiological level, it can be applied to tackle challenging problems, including anxiety, addictions, weight loss, habits, and attracting the wealth, people, and relationships into your life that you want and deserve. 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inspiring and uplifting real life success stories, Randal Lawrence shows you how simple it is to harness the power of this amazing therapeutic technique and put it to work to improve your own life starting today! Purchase your copy today and you can immediately begin reading about: How to tap, how tapping changes the brain, how to target your tapping and develop your own tapping scripts, mindfulness, affirmations, chakras and chakra clearing, tapping for children and teens, increasing self-esteem, losing weight, controlling cravings and addictions, reduce stress, how to cure anxiety, the law of attraction, how to make money, fall in love, improve relationships, tapping for pain relief, and more. This book is the tapping solution you've been waiting for! Praise for The EFT Tapping Revolution: I believe Randal Lawrence is at the forefront of a new healing method that will radically redefine the concept of wellness and the next generation of health care professionals. His simple and methodical approach has helped me to reshape my life around healthy habits and to break the pattern of negative thoughts and self-destructive actions that I used to struggle with. This book will change your life I know it changed mine! -Ernesto Delviro, Ph.D, professor of biology What a breath of fresh air The EFT Tapping Revolution is! In a world teeming with misery, selfishness, and pessimism, Randal Lawrence delivers a relentlessly positive take on life and getting everything you want out of it. Lawrence comes across as an experienced and knowledgeable friend who is there to guide you through your minor struggles or your darkest hour. -Ann Mayfair, school teacher It is a phenomenal day when you discover something as simple and powerful as tapping works for you. This is the book that helped me to finally lose the excessive weight I carried for years. -Nick Sinclair, accountant I have personally used tapping to cure myself of the debilitating anxiety that I have suffered from since childhood. Nothing else worked and I thought I would live with this condition forever until I read The EFT Tapping Revolution! -Jessica Craig, web design

Biographie de l'auteur Randal Lawrence is an best-selling author and renowned EFT practitioner. His background in science and energy physiology led to his interest and research into Emotional Freedom Therapy tapping. Randal is a passionate educator, dedicated life coach, sought-after speaker, and respected authority on natural healing techniques both new and old. He enjoys sharing his latest insights into overcoming challenges and living the good life on his website: <http://www.randallawrence.com>