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# Tapping Success Scripts Eft Secrets To Create Wea

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Write It Down, Make It Happen  
 Quantum DNA Healing  
 African Goddess Initiation  
 Tap Into Balance  
 The Five Simple Steps to Emotional Healing  
 Self-therapy for the Stutterer  
 Tap Into Success  
 The Tapping Solution for Pain Relief  
 Launch (Updated & Expanded Edition)  
 The Tapping Solution for Weight Loss & Body Confidence  
 The Psychology of the Language Learner  
 Thursday is the New Friday  
 Deeper Dating  
 EFT Tapping  
 The Presentation of Self in Everyday Life  
 The Tapping Solution for Parents, Children & Teenagers  
 How to Manifest Your Soulmate with Eft: Relationship as a Spiritual Path  
 Unblocked  
 Tapping Into Ultimate Success  
 The Financial Wisdom of Ebenezer Scrooge  
 Tap Into Joy  
 Mind Detox  
 All Things Eft Tapping Manual  
 The Tapping Solution  
 The Emotion Code  
 The Tapping Solution for Manifesting Your Greatest Self  
 The Wizard's Wish  
 Project Me for Busy Mothers  
 The Tapping Solution  
 Tapping the Power Within  
 Hypnotic Writing  
 EFT for Cancer  
 Tapping Into Abundance  
 The Manchurian Candidate  
 The Magical Path  
 Everyday Bliss for Busy Women  
 Eft for Positive Living  
 Freedom at Your Fingertips  
 Tapping Into Wealth

*Tapping Success Scripts Eft Secrets To Create Wea*

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## KENDAL HOWARD

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*Write It Down, Make It Happen* Simon and Schuster  
 Children can learn a safe, simple way to deal with uncomfortable emotions. The solution is right at your fingertips! By tapping points on your body, a process done in the clinically proven EFT, together with guided responses, the wizard demonstrates how you can feel better in minutes!

**Quantum DNA Healing** The Tapping Solution  
 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 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 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. Because of tapping's 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 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 powerful this practice can be. 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 from creating the life they want.

**African Goddess Initiation** Simon and Schuster

*The Tapping Solution* Hay House, Inc

**Tap Into Balance** Hay House, Inc

Too often, people drift through life with a feeling of frustration,

longing to find some adventure or purpose in life, envious of those whose lives seem exciting. In *WRITE IT DOWN, MAKE IT HAPPEN*, Henriette Anne Klauser shows you how to write your own lifescipt. Simply writing down your goals in life is the first step towards achieving them. The 'writing it down' part is not about time management; it is not a 'to-do today' list that will make you feel guilty if you don't get everything done. Rather, writing it down is about clearing your head, identifying what you want and setting your intent. You can 'make it happen' purely by believing in the possibility. In *WRITE IT DOWN, MAKE IT HAPPEN*, there are stories from ordinary people who witnessed miracles large and small unfold in their lives after they performed the basic act of putting their goals on paper.

The Five Simple Steps to Emotional Healing Hay House, Inc  
Are you in a constant struggle with money? Whether it's spending too much, never having enough, or being buried in debt, your thoughts, beliefs and emotions around money are the driving force behind your financial woes. When you are dealing with money problems, EFT (Emotional Freedom Technique) Tapping can help to release your stress and worry when you're facing money challenges, and set you on a path of emotional stability. Although EFT is simple to learn and apply, many find it challenging to formulate set-up statements and reminder phrases. This book has been created to take the guesswork out of tapping by providing 52 EFT Tapping scripts that cover the most common money issues. With EFT Tapping you can end your money struggles and literally tap your way to financial ease. The scripts in this book will help you to neutralize triggers that cause money anxiety, change patterns of behavior and negative habits, release limiting beliefs that keep you stuck, improve confidence, and open you up to a new approach to achieving true financial health and happiness.

Self-therapy for the Stutterer Createspace Independent Pub  
The purpose of this book is to introduce you to one of the most simple, elegant and powerful self-help tools that you may ever come across to change your energy. It's called EFT which is short for Emotional Freedom Techniques. EFT is based on leveraging the wisdom and healing of using energy meridians which have been around for thousands of years. Unresolved negative emotions are often the cause behind many mental and physical issues. With EFT, by simply tapping with your fingertips on certain points on your face and body, while you concentrate on whatever bothers you, EFT helps clear the energy blocks of negative, uncomfortable emotions. "Freedom at Your Fingertips," is the ultimate question and answer guidebook for using Emotional Freedom Techniques to feel more energized and alive. We all have barriers, beliefs and blocks that show up in our lives as physical and emotional limitations. Now with EFT, you'll learn a breakthrough system that offers you a simple, powerful way to erase unwanted negative feelings, clearing the way to more positive ones. It's a self-help tool that you'll have at your fingertips for resolving just about any physical or emotional issue that bothers you. Using EFT, typically a problem or condition is gone or greatly diminished in just a matter of minutes. In fact, people are usually amazed. They're surprised to find that EFT often works when nothing else seems to help. "Freedom at Your Fingertips" is loaded with a wealth of ideas and information you can put to practical use in all areas of your life immediately. There are 19 topics areas, over 300 examples of specific EFT setup phrases and 50 real life cases stories of proven results for ways you can use EFT to overcome some of the most common emotional and physical issues. Of course, as you'll learn in the book, we encourage you to try EFT on everything and discover its surprisingly wondrous results for yourself. "Freedom at Your Fingertips" is the only book available that has been co-authored

by 20 World Class EFT practitioners: Gloria Arenson, Ron Ball, Gwenn Bonnell, Paul & Layne Cutright, Lindsay Kenny, Dr. Alexander R. Lees, Carol Look, Angela Treat Lyon, Rebecca Marina, Betty Moore-Hafter, Carol Solomon, Loretta Sparks, Mary Stafford, Carol Tuttle, Stacey Vornbrock, Maryam Webster, Rick Wilkes, Brad Yates and Jan Yordy. The foreword is by Dr. Joseph Mercola.

Tap Into Success Anchor

A practical, step-by-step program for healing the four lower chakras—the empowerment chakras—using EFT/tapping. Noted empowerment coach Margaret Lynch Raniere introduces the hidden power of the four lower “empowerment” chakras—root, sacral, solar plexus, heart—and the groundbreaking healing techniques she created to heal them using Emotional Freedom Technique (EFT), also known as “tapping.” These four chakras are the source of the exact rising empowerment energy you need to feel, speak, and act with confidence, courage, and deeply felt belief in yourself and your value. However, these are the chakras that get blocked with long-buried fears and pain that create self-doubt, procrastination, playing small, and years of trying to prove you're good enough. Healing these lower chakras will help you reclaim your inner power so you can stop proving and start being your most powerful, passionate, and authentic self.

The Tapping Solution for Pain Relief Routledge

Create your own schedule, maximize your leisure time, and work less while making more by following the revolutionary—yet realistic—four-day work week outlined in this groundbreaking book. In *Thursday is the New Friday*, author Joe Sanok offers the exercises, tools, and training that have helped thousands of professionals—from authors and scholars to business leaders and innovators—create the schedule they want, resulting in less work, greater income, and more time for what they most desire. Outlining the exact same strategies Joe used to go from working 60-hour weeks in the beginning of his career to now working 4 or less days a week, *Thursday is the New Friday* will help you: Understand how you too can apply these principles and customize them for your own situation to be more productive at work while enjoying more leisure time. Discard unnecessary tasks and learn efficiencies that would not have been discovered otherwise. Find inspiration in the stories and testimonials from Joe's clients and colleagues who have implemented his methodology into their own work lives with incredible results. Understand the psychological research behind the principles of the four-day workweek and why we are actually more productive with one less workday. Most importantly, *Thursday is the New Friday* empowers you with a practical, evidence-based methodology to create your own work schedule and dedicate more of your precious personal time to pursuing your hobbies and spending time with your family and friends.

Launch (Updated & Expanded Edition) Love Your Life Pub

"With decades of education, in-depth research, and knowledge, Sue Busen's experience and commitment make her and her unique processes trustworthy. Through this powerful book, she provides cutting-edge techniques to help you thrive." Marcia Wieder, CEO, Dream University How would you like to transform your life in minutes using only your fingertips? Using her breakthrough GetSet(tm) Approach (Global Emotional Tapping Scripts and Energy Therapies) and proven Emotional Freedom Techniques (EFT), Susan Jeffrey Busen, The Educated Healer™, guides you through a ninety-day program of self-discovery and growth that will change your life. The simple-to-follow program allows you to identify and release emotional baggage and limiting beliefs, in order to achieve a more joyful, balanced life. Busen guides you through self-assessment worksheets to determine the root causes of emotional upsets, negative thoughts, and self-

limiting behaviors. She walks you through her simple six-step process that involves tapping with your fingertips on acupuncture points, while reading the applicable script. Tapping is proven to release negative programming and establish new positive behavior patterns. This easy-to-use guide contains the most comprehensive set of EFT scripts published to date, with chapters on confidence and limiting beliefs, negative emotions, relationships, fears, workplace issues, financial matters, medical issues and death. Whether you are new to EFT or an advanced practitioner, Susan's insightful guidance and vast experience in research and healing makes GetSet™ a priceless tool. If this would improve your life, would you do it for five minutes per day? [www.TheEducatedHealer.com](http://www.TheEducatedHealer.com) "As a nurse for over 25 years, I am well aware of the physiologic responses to stress in the body. Tap into Balance is an effective, easy-to-use tool for eliminating stress..." Michelle Lopez, RN, BSN "...This book is a gem and is destined to bring a lot of people healing, relief and increased personal freedom." Eric B. Robins, MD

### **The Tapping Solution for Weight Loss & Body Confidence** Dragonrising

EFT Tapping: Overcome Stress, Fatigue and Emotional Problems  
Do you feel stressed out a lot of the time? Do you often feel tired and worn out? Is your mind occupied with problems and do you struggle with emotional issues? You're not alone! These are common issues that a lot of people face today. Fortunately, there are plenty of good methods that can be used to resolve these kinds of issues. There's cognitive therapy, talk therapy, meditation, yoga, etc. These methods can definitely be helpful. However, they are not always as easy to learn and seeing a therapist can get pretty expensive. This book deals with a different technique that may work better for you: EFT Tapping. It is effective, easy to learn and quick to do: you can already feel better after just a few minutes! Also, EFT is a simple self-help technique so you don't need an expensive therapist. In this book you will learn how to do a standard EFT Tapping session to work on any issue you may have. Additionally, the book focuses on a few specific issues, providing tapping sequences and scripts to help you: de-stress; re-energize; and overcome emotional problems, such as low self-esteem, depression and anxiety. Discover EFT Tapping Emotional Freedom Technique or EFT is a psychological acupressure technique that involves tapping near the end points of energy meridians in your body. EFT is an effective combination of mind-body medicine and acupressure that can help with physical, mental and emotional health issues. EFT Tapping borrows much of its healing process from the meridian system that traditional acupuncture has used for over 5,000 years. Whereas acupuncture focuses primarily on the treatment of physical ailments, EFT addresses and relieves both physical and mental issues. In essence, EFT Tapping combines the cognitive benefits of conventional therapy with the physical benefits of acupuncture. EFT is also a less invasive technique in that it stimulates meridian points by tapping with the fingertips, rather than by using needles. EFT works by tapping away negative energy blockages and disturbances. It thereby helps restore your energy flow in its natural balanced state, which is ideal for overall health and well-being. Through EFT, many people have: improved their personal performance; strengthened their relationships; freed themselves from limiting beliefs; and achieved a vibrant physical and mental health. Improve Your Life with EFT Tapping EFT Tapping has been proven useful in healing, or reducing the intensity of, physical illnesses and emotional problems. In this book you will learn the 5 basic steps of a classic EFT exercise, which you can use to work on any specific issue you may have. You will also learn an alternative tapping sequence called the EFT Heart and Soul Protocol, so that you can add

variety to your exercises and choose the tapping protocol you're most comfortable with. The book is instructive and to the point: it uses diagrams to illustrate tapping points and also includes a list of videos to practice and improve your tapping skills. Millions of people around the world already use EFT for a happier, healthier and more balanced life. Use the information you'll find in this book to improve your condition, resolve any emotional or internal conflicts you may be experiencing or any problems you may be facing. Why not give it a try? Take advantage of EFT to be more positive and happy. Use EFT Tapping to make your life better!

### **The Psychology of the Language Learner** Simon and Schuster

"I believe that the discoveries in this book can change our understanding of how we store emotional experiences and in so doing, change our lives. The Emotion Code has already changed many lives around the world, and it is my hope that millions more will be led to use this simple tool to heal themselves and their loved ones."—Tony Robbins In this newly revised and expanded edition of *The Emotion Code*, renowned holistic physician and lecturer Dr. Bradley Nelson skillfully lays bare the inner workings of the subconscious mind. He reveals how emotionally-charged events from your past can still be haunting you in the form of "trapped emotions"—emotional energies that literally inhabit your body. These trapped emotions can fester in your life and body, creating pain, malfunction, and eventual disease. They can also extract a heavy mental and emotional toll on you, impacting how you think, the choices that you make, and the level of success and abundance you are able to achieve. Perhaps most damaging of all, trapped emotional energies can gather around your heart, cutting off your ability to give and receive love. *The Emotion Code* is a powerful and simple way to rid yourself of this unseen baggage. Dr. Nelson's method gives you the tools to identify and release the trapped emotions in your life, eliminating your "emotional baggage," and opening your heart and body to the positive energies of the world. Filled with real-world examples from many years of clinical practice, *The Emotion Code* is a distinct and authoritative work that has become a classic on self-healing.

### *Thursday is the New Friday* St. Martin's Essentials

Heal the hidden cause of your symptoms with the 5-step Mind Detox method • Details an effective 5-step technique that quickly resolves the root-cause experiences and beliefs that trigger chronic conditions and negative behavior patterns • Explores the most common unhealthy beliefs that have been found to negatively impact health, wealth and happiness, and shows ways to heal them • Provides practical healing tools like Blind-Spot Busting, Decision Destroyers, and Mind Detox with EFT Do you suffer from chronic physical or emotional conditions? Feel stuck with reoccurring patterns in your life? Don't know why you react the way you do and can't seem to help it? Much of our chronic conditions, repetitive behaviors, and emotional problems can be traced to unresolved past events stuck in the unconscious mind and to unhealthy belief systems we developed in our past that are no longer serving us in the present. In *Mind Detox*, Sandy C. Newbigging reveals a deceptively simple, yet potent 5-step method for detoxing the unconscious mind and resolving physical, emotional, and life problems. The author explains how to roll back in time to discover the significant emotional event, the root-cause experience, that shaped the core beliefs that trigger your chronic condition or behavior patterns. He describes how to reflect on why this root-cause event was a problem at the time and then consider the experience in light of your more-aware, present-day self, allowing you to form new conclusions about what happened. Releasing you from your root-cause events, the past events no longer negatively impact you today,

you find peace in the present, and your body becomes more able to heal. In addition to the author's simple 5-step Mind Detox system, he offers guidance on how to use EFT in combination with the Mind Detox method, explores common major blind spots in our belief systems and how to overcome them, and offers practical healing tools like the "decision destroyer." He also explores the most common unhealthy beliefs that have been found to negatively impact health, wealth, and happiness, showing ways to heal them, and shares self-healing success stories of how the Mind Detox method has successfully cleared skin conditions, erased chronic pain, and healed digestive disorders. Providing a powerful way to let go of emotional baggage, release toxic beliefs, and clear the mental blocks to your goals, this 5-step guide empowers you to rewrite your past, find resolution for negative experiences, and use your newly cleansed mind to achieve brilliant success in all areas of life, along with happiness, wealth, and well-being.

#### **Deeper Dating Orion**

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 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 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 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 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 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 body in order to live the life you want.

*EFT Tapping* John Wiley & Sons

Malcolm Fraser knew from personal experience what the person who stutters is up against. His introduction to stuttering corrective procedures first came at the age of fifteen under the direction of Frederick Martin, M.D., who at that time was Superintendent of Speech Correction for the New York City schools. A few years later, he worked with J. Stanley Smith, L.L.D., a stutterer and philanthropist, who, for altruistic reasons, founded the Kingsley Clubs in Philadelphia and New York that were named after the English author, Charles Kingsley, who also stuttered. The Kingsley Clubs were small groups of adult stutterers who met one night a week to try out treatment ideas then in effect. In fact, they were actually practicing group therapy as they talked about their experiences and exchanged ideas. This exchange gave each of the members a better understanding of the problem. The founder often led the discussions at both clubs. In 1928 Malcolm Fraser joined his older brother Carlyle who founded the NAPA-Genuine Parts Company that year in Atlanta, Georgia. He became an important leader in the company and was particularly outstanding in training others for leadership roles. In 1947, with a

successful career under way, he founded the Stuttering Foundation of America. In subsequent years, he added generously to the endowment so that at the present time, endowment income covers over fifty percent of the operating budget. In 1984, Malcolm Fraser received the fourth annual National Council on Communicative Disorders' Distinguished Service Award. The NCCD, a council of 32 national organizations, recognized the Foundation's efforts in "adding to stutterers', parents', clinicians', and the public's awareness and ability to deal constructively with stuttering." Book jacket.

*The Presentation of Self in Everyday Life* Hay House, Inc

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

*The Tapping Solution for Parents, Children & Teenagers*

Createspace Independent Publishing Platform

This extraordinary work presents a series of simple, powerful tools that anyone can use to find a short, effortless route to success and fulfillment. You will discover tried-and-true techniques that deliver quick results. In fact, these shortcuts to success are so simple, accessible, and effective that you will quickly call them magical. Marc Allen developed these tools over several decades, and refined them over many years in a series of life-changing seminars. The results have been wonderful, even miraculous, for a great many people. Work and play with any part of this book and you'll start seeing remarkable things happening in your life and in your world.

#### **How to Manifest Your Soulmate with Eft: Relationship as a Spiritual Path** Hay House, Inc

Does your heart and soul call out for someone special with whom to share your life's path, yet you find yourself repeating the same heartbreaking dramas with the same type of people? If you are weary of the disappointment, pain, and desperation in the search for love, it's time to try a fresh approach. Annette Vaillancourt, Ph.D., has helped lovers find each other and stay together for over 24 years. In her work, she employs Emotional Freedom Technique (EFT), a simple tool that quickly and easily puts you in energetic connection with your SoulMate. Discover how to: Start your SoulMate relationship today Release old emotional baggage that weighs you down Commit to having what your heart and soul

really needs Attract new and different types of partners  
Transform yourself into the person your SoulMate finds irresistible  
"Not just a manual on how to manifest your SoulMate, but a deep work that will create transformation throughout your life...profound." Pamela Bruner, Best-Selling Author of Tapping into Ultimate Success

*Unblocked* Shambhala Publications

A sacred feminine initiation of self-love and soul care rituals, tools, and exercises. Spiritual teacher, intuitive coach, and award-winning author, Abiola Abrams invites you to activate African goddess magic to transmute your fears and limiting beliefs, so that you can create more happiness, abundance, and self-acceptance. Africa is a continent of 54+ countries, and her children are global. There is no one African spiritual tradition. Our ancestors who were trafficked in "The New World" hid the secrets of our orishas, abosom, Iwas, álúsí, and god/desses behind saints, angels, and legendary characters. From South Africa to Egypt, Brazil to Haiti, Guyana to Louisiana, goddess wisdom still empowers us. Writes Abiola, "Spirit told me, "We choose who shows up." And if you are holding this book, then this sacred medicine is meant for you. In this book, you will meet ancient goddesses and divine feminine energy ancestors, legendary queens, and mystical spirits. As you complete their powerful rituals, and ascend through their temples, you will: . Awaken generational healing in the Temple of Ancestors; . Manifest your miracles in the Temple of Conjurers; . Release the struggle in the Temple of Warriors; . Embrace your dark goddess self in the Temple of Shadows; . Heal your primal wounds in the Temple of Lovers; . Liberate your voice in the Temple of Griots; . Open your third eye intuition in the Temple of Queens; and . Surrender, meditate, and rise in the Temple of High Priestesses. Welcome to your goddess circle!

Hay House, Inc

"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-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 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 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 acupuncture and modern psychology, helps you address the 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 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 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 exercise, and implement self-care into your life. So join Jessica and learn to love yourself and your body!

*Tapping Into Ultimate Success* TarcherPerigee

With exercises, practical tools, and inspiring stories, *Deeper Dating* will guide you on a journey to find the love—and personal fulfillment—you long for Lose weight. Be confident. Keep your partner guessing. At the end of the day, this soulless approach to dating doesn't lead to love but to insecurity and desperation. In *Deeper Dating*, Ken Page presents a new path to love. Out of his decades of work as a psychotherapist and his own personal struggle to find love, Page teaches that the greatest magnet for real love lies in our "Core Gifts"—the places of our deepest sensitivity, longing, and passion. *Deeper Dating* guides us to discover our own Core Gifts and empowers us to express them with courage, generosity, and discrimination in our dating life. When we do this, something miraculous happens: we begin to attract people who love us for who we are, we become more self-assured and emotionally available, and we lose our taste for relationships that chip away at our self-esteem. Without losing a pound, changing our hairstyle, or buying a single new accessory, we find healthy love moving closer . . . *Deeper Dating* integrates the best of human intimacy theory with timeless spiritual truths and translates them into a practical, step-by-step process.

Best Sellers - Books :

- [The Seven Husbands Of Evelyn Hugo: A Novel By Taylor Jenkins Reid](#)
- [Iron Flame \(the Emyrean, 2\) By Rebecca Yarros](#)
- [The Going To Bed Book By Sandra Boynton](#)
- [My Butt Is So Christmassy!](#)
- [The Body Keeps The Score: Brain, Mind, And Body In The Healing Of Trauma By Bessel Van Der Kolk M.d.](#)
- [The Democrat Party Hates America By Mark R. Levin](#)
- [Guess How Much I Love You](#)
- [The Alchemist, 25th Anniversary: A Fable About Following Your Dream By Paulo Coelho](#)
- [Little Blue Truck's Springtime: An Easter And Springtime Book For Kids By Alice Schertle](#)
- [The Courage To Be Free: Florida's Blueprint For America's Revival By Ron Desantis](#)