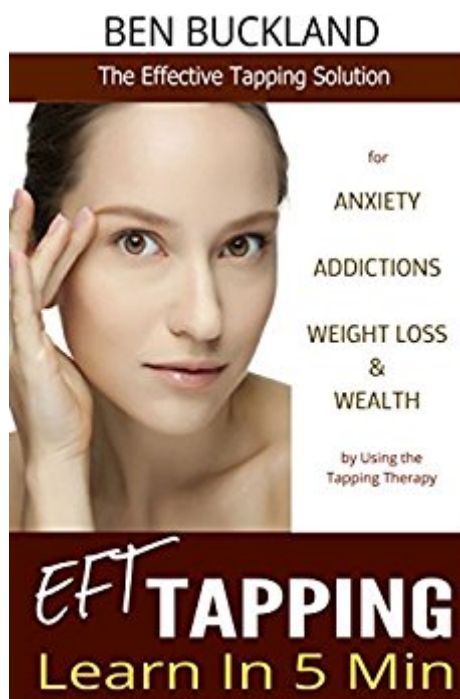


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# Tapping: Learn EFT In 5 Min - The Effective Tapping Solution For Anxiety, Addictions, Weight Loss & Wealth By Using The Tapping Therapy



## Synopsis

How To Learn The Eft Tapping Therapy In 5 Minutes? Learn In 5 Minutes How To Overcome Fear, Anxiety, Stress, Addictions, Food Cravings And Other Emotional Problems! Learn Tapping for Wealth & Financial Abundance! What if there was a faster and easier solution to overcome pain & emotional problems as phobias, anxiety, stress, addictions, food cravings and much more? Well, now you can! The Eft tapping therapy has been streamlined and made much more efficient. Eft Tapping - Emotional Freedom Technique - is a fast evolving treatment that works by releasing energy blockages within the energy system that is the source of emotional problems. The Eft tapping solution uses the natural healing abilities of the mind and body, providing opportunities to achieve physical and emotional well-being in a faster time. With the Eft tapping therapy, health, weight loss, wealth and happiness are at your fingertips! Eft Tapping Works With Astounding Results! You are about to learn the Eft tapping solution which works with astounding results. Emotional & physical healing is not a problem when you know this simple technique. You'll find it easy to do and receive immediate success. It works that well. Using the Eft tapping should be fun. It's your way of communicating with your emotional body. Forget Complicated Methods! This tapping guide shows the easiest and fastest way to get emotional Eft tapping therapy done. Forget complicated methods, you won't need them after reading this book. There are many long books about the tapping solution that contain strategies, techniques, tips for getting things done and how to increase healing. I didn't find 'Eft Tapping - Learn in 5 Minutes' in any of those books. Anyone Can Learn The Eft Tapping Therapy In 5 Minutes By Following These Steps: Understanding What Is The Eft Tapping Solution. The Preliminary Steps And Why Is It So Important To Use Them Before The Eft Tapping Therapy. The Four Steps Of Basic Eft Script For Emotional Problems. The Final Critical Steps For Physical And Emotional Illnesses. The Four Steps Of Basic Eft Script For Emotional Problems. Get Your Food Control Back - Tapping for Weight Loss. Eft for Wealth & Financial abundance. Eft for Improving Relationships, Manifesting and Attracting Romantic Relationship You Desire. Eft for other common issues - Kids, Sports Performance, Sleep Problems. The Stress Release Tapping Challenge - BONUS: EFT TAPPING and other strategies on how to overcome stress using natural and practical EFT Therapy. Clearing Of Psychological Reversal... and much, much more. Thousands of people around the world found Eft tapping therapy - helpful! They've already implemented it and they are seeing some good results with anxiety. They said this guide doesn't waste any of the readers' time with unnecessary 'fluff' or filler, and instead gets right to the point through a concise and straightforward writing style that does a great job of expressing the practical information in a way that can be applied right after finishing

the book. Many decided to give it a try. Strangely enough, it seemed to successfully reduce their food cravings. About The Author Ben Buckland studied Positive Psychology with a special interest in health psychology and the way the mind and body interact as a whole system. Buckland's books give clear insights, identify your strengths and blind spots, and help implement a plan to work toward the balanced life you've always dreamed of. Scroll up and grab a copy today. Read on your PC, Mac, smart phone, tablet or Kindle device. Tags: tapping, eft, eft tapping, tapping therapy, tapping solution, tapping for weight loss, tapping for wealth, eft scripts

## **Book Information**

File Size: 1104 KB

Print Length: 262 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 18, 2014

Sold by: Â Digital Services LLC

Language: English

ASIN: B00J42S9L2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #69,017 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4 in Â Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Acupuncture #5 in Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #35 in Â Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure

## **Customer Reviews**

Right from the start, the book jumps right into the information in a very straightforward and easy to understand style. Buckland uses a lot of simple analogies that really drive home his points, and it's presented in a way that forgoes fluff for easy to understand concepts and step-by-step methods. It's a great way for beginners to start utilizing the tapping technique in their daily lives. Though I can't personally speak for physical illnesses, I noticed a significant improvement in stress, anxiety, and general emotional wellbeing when using the techniques listed in the book. It

seems odd at first, but the principles presented in this book are quite similar to (and even draw from) well-founded practices such as accupressure, self-affirmation, and holism (the practice of healing the whole body, rather than focusing on one aspect or symptom alone). Whether you intend to utilize these techniques in your own life, or are simply studying the methods of holistic wellness, this book is certainly an interesting read.

I am a licensed therapist TFT (Thought Field Therapy) and I know therefore that tapping therapy is effective. This book is well written and instructions are easy to follow. Recommend this book to everyone.

Even though I downloaded this when it was free, I would have paid for it. It's worth the time to learn tapping and it's not as complicated as it first appears to be. I've recently eliminated sugar from my life through tapping and am starting to work on another behavior. This book reinforces the technique.

The subtitle hooked me because I have kept my phobia anxiety. I have found a solution and The Tapping Therapy Technique seems to be a solution. I found good leads in this chapter: "The Four Basic Steps of EFT Application". I will practice these solutions now.

I've been doing tapping (EFT) for almost a year now, and have found it to be incredibly helpful in my life. This book provides a quick and informative introduction into the concept of tapping. If you are at all interested in learning this technique, I strongly recommend this book as your starting point.

This was a very unprofessional book, did not include the pictures it referred to in the text, it badly needed editing, and I bought it as a gift for someone else. I'm very disappointed. It was like they took the text from a video, but did not describe the things shown in the video. Useless for learning EFT techniques. Terrible. I'd like a refund, but I don't have access to the physical book in order to return it.

I really like this guide to EFT (emotional freedom technique ) because it's easy to understand and therefore get started! You can use the tapping technique to help with physical and emotional issues and change your life in just a few minutes a day. The theory behind this system is clearly explained and as promised you can start practising EFT within 5 minutes. It's certainly helped me and I

recommend you read this book and see what it can do for you.

The author does an awesome job on explaining EFT, it's benefits and how easy it is to learn. The best part about EFT is you can do it yourself and it's free! Relieving stress, anxiety, depression, obesity, etc. without using drugs or needles (acupuncture) is always a big plus. The author not only gives you the techniques for tapping he also prepares you for the therapy. It is also great to know that this method does not have any side effects. I recommend this book to anyone who wants to change their way of living and thinking.

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