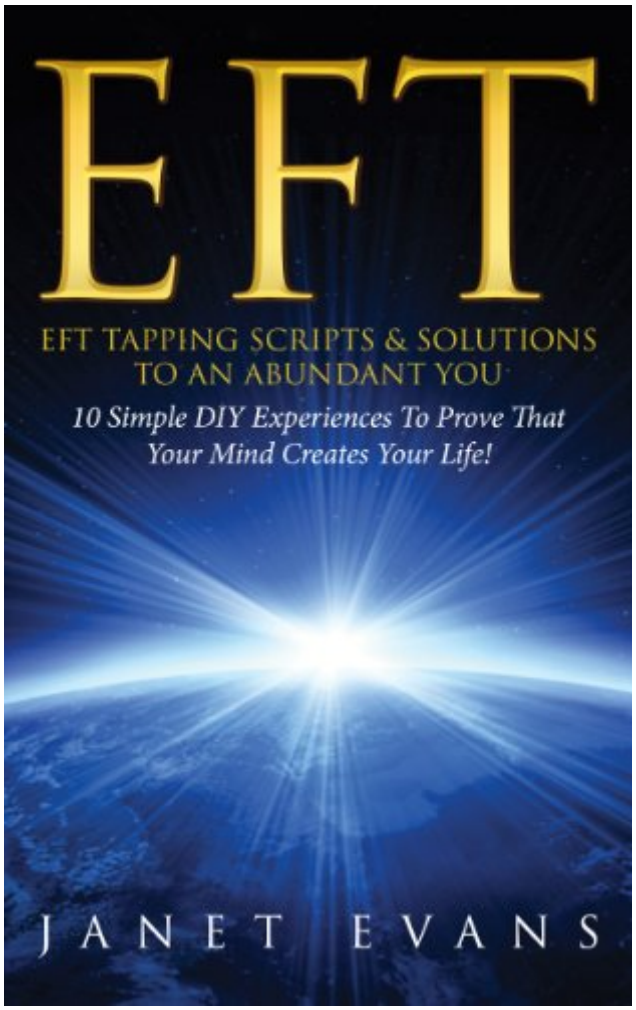
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EFT: EFT Tapping Scripts & Solutions To An Abundant YOU: 10 Simple DIY Experiences To Prove That Your Mind Creates Your Life!



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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 book 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 book, readers will be provided with EFT tapping scripts to overcome top 10 fears they face in life.

Book Information

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Customer Reviews

I had heard about EFT about a decade ago, but it was explained to me in such a confusing manner that I didn't pursue it. It made my list of things to research but was low priority because I believed it would be difficult to learn and would require a bigger financial commitment to hire experts to train me than I'd be comfortable or able tp spend. This book has proved that to be false.The writing style is easy to understand, more conversational and easy on the jargon to aid comprehension. What jargon is included, is very well explained. There's a few images to illustrate concepts or placements that is easier to understand visually. This isn't literature, but when you want something explained, literature isn't necessarily the best method. There were very few sentences I needed to read twice to completely understand, although I'll be referring back to the book as I develop this practice.There's only one thing in the book that kind of stuck in my craw and bothered me, and that's the assertion that acupuncture can be painful because of the needles. People may have phobias about needles that make it difficult to do acupuncture, however acupuncture itself isn't really painful. You might feel an electric senation or rarely a very small amount if pain and that's always been immediately resolved, in my case, by telling the acupuncturist who adjusts the needle. Every acupuncturist I've seen, and I've seen many over the years, has explained that it should not be painful and to let them know if it is, so they can adjust it. This however, is a minor squabble.Acupuncture is mentioned because EFT uses the same points, but you're tapping with your fingers as opposed to using needles. This process doesn't require technical knowledge of all the exact points on the body, you're only using a few and by using all your fingers you're hitting the meridians the points are on, which makes this very user friendly and saves the cost of acupuncture.The book is divided into clear sections, the first deals with the actual process of tapping and is extremely clearly explained. I went through the process many times, it's pretty easy to remember. Just tapping alone actually felt good. I felt a little lighter (I've been a raging ball of stress and anxiety) and my headache felt a bit better. So far so good. I was eager to read on.The next section deals with the emotional aspect. This is cool because as you've releasing the negative energy, this ultimately replaces it with positive energy. The book goes into detail about what to explore before you write your own or customize the script you'll be saying as you tap. This was fascinating to me because it's a creative way of looking at your situation, isolating the cause, remembering how you felt in that initial moment and exploring various outcomes stemming from the initial cause. Sometimes just getting that all straight and lokking at it clearly helps.The book goes on to explain that acceptance of yourself regardless of problems is vital to creating change. This reminded me of some people that've successfully lost weight-how they said the first step was

accepting themselves and only then did things come into line and finally work. The author also highlights forgiveness as a necessary step in letting things go and moving on with your life. That's a truism I've heard many times and is important to remember and implement. Also noted is the need to rate the severity of the problem so you can measure improvementThen the author gives 10 sample scripts that you can either customize or use as examples to make you own. Also included are sample affirmations to use after the severity level of the problem decreases significantly. It's suggested that you can further change the scripts as you move down the severity ladder to best address your situation. I tend to like and be successful with things that are customizable because it gives you a layer of control and ownership of the process that seems to facilitate improvement. These sample scripts are on topics that affect a lot of people, like phobias, addiction, decreasing pain, making healthy relationships, etc. This gives you a clear direction on how to begin this practice. And it is a practice-you go through the tapping regularly till it's better and then you can move on to another problem, since many of us have more than one:)I definitely recommend this book. It's a terrific intro to the topic and you'll walk away empowered to start using EFT to help resolve your problems. I did receive this book free or at a discounted rate in exchange for my honest review.

I became interested in "Tapping" or EFT after listening to a lecture by Dr Shoshana Garfield on effective parenting earlier this Summer. She spoke about her traumatic childhood and the years of psychotherapy it took to heal the emotional scars of her past. She claimed that through EFT she was finally able to "let go." I am really looking forward to starting a regular practice of the techniques shown in this book. This book is basically a beginners guide to EFT or Emotional Freedom Technique which consists of two parts. Tapping involves literally tapping your fingertips on the meridian lines of your body in order to release trapped energy. The principles of this technique are derived from acupuncture except tapping does not involve any needles. The tapping technique is couples with scripted positive affirmations to help you learn to love and forgive yourself or the things/people that hurt you. It has detailed, easy to read instructions for tapping with pictures and diagrams and guidelines for writing your own positive affirmation script. It also has many samples of pre-written scrips you can start with. I wrote mine by basically switching out a few words here and there to make it more relevant to me. This technique is definitely meant to be adjusted to every individual in a way that suits them best. The book also mentions that it is meant to be used in conjunction with traditional psychotherapy for serious addictions and disorders.We all have things in our past we aren't proud off. This book will guide me through a technique I home will help me let go

of some of mine.This book was downloaded free of charge in exchange for my honest review.

This book was simple to read and follow, with clear pictures and detailed examples on how to use the techniques described in the book. I have never suffered from chronic depression or other mental disorders, so I cannot attest that it would be a significant or lasting solution for that, but I believe anyone can benefit from these basic concepts as outlined from the easy-to-follow book, mainly because it more or less encourages you to practice more self-awareness on your thoughts and emotions. The simple techniques can be a great stepping stone on practicing to focus on yourself and identifying/acknowledging your unconscious/automatic beliefs and emotions that may be getting in the way or sabotaging you from creating the life you really want, and then replacing that limiting belief system with a more conscious outlook towards moving forward. Sort of like a gentle and healthy reprogramming. I had never heard of tapping before, so this was an interesting approach on concepts I have already looked into (using other methods), and the book did a good job of introducing it.I received this product for free in exchange for an honest and unbiased review.

I have read a bunch of books about EFT, and the one thing that I love about this book is that it includes several scripts that you can use to help with those who may not know how to word their tapping statements. I also love that this Kindle edition had pictures included, which helps those who have no experience in EFT tapping understand the tapping points on their body. Author teaches you how you can use tapping to manage several issues as well, which is a must in order for individuals to really understand how tapping works and how beneficial it can be in their lives. I have read many books on this subject and I can honestly say this one has been added to my collection and I would recommend this book to anyone who is working to enhance their life. Buyers note: I did receive this item at a discounted rate in exchange for my honest and unbiased review. Please vote if this review was helpful in any way. Thanks in advance!

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