



EFT and Tapping for Beginners: The Essential Eft Manual to Start Relieving Stress, Losing Weight, and Healing

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Now there is a simple, effective, noninvasive, and drug-free way to use your body's own healing mechanisms to overcome physical and emotional pain.

Emotional Freedom Technique (EFT) and tapping consist of activating energy points along one's body in much the same way acupuncture relieves pain-except without the needles! Energy blockages are cleared quickly and effectively, allowing for healing and a sense of overall well-being. It is a safe and easy way to relieve stress, anxiety, and depression and to control weight gain and physical pain. With EFT and Tapping for Beginners: Practice the basic tapping sequences using helpful illustrations that show you the exact energy points to activate on your head, hands, and torso. Learn how to focus your thoughts and tapping goals with freewriting and journaling.

Begin experiencing relief from stress and everyday anxieties. Use tapping to help manage the root causes of weight gain and the physical symptoms associated with diabetes, high blood pressure, persistent pain, and more. EFT and Tapping for Beginners: The Essential EFT Manual to Start Relieving Stress, Losing Weight, and Healing not only helps you learn the tapping process, but also invites you to look at the causes of emotional and physical pain. Begin healing today with this concise guide.

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From Reader Review EFT and Tapping for Beginners: The Essential Eft Manual to Start Relieving Stress, Losing Weight, and Healing for online ebook

Sherri Obermark says

Really Great Intro to Tapping

I enjoyed this book. It helped make this self-therapeutic practice seem simple, and easy for anyone to do. I thought the Q&A at the back of the book was very informative.

Barbara says

It was interesting. But I'm not so sure it works!

Kara Blumenthal says

It is 1% tapping technique and 99% reasons to tap.

Denise Lucille says

Good book. Great if you are beginning EFT and want to learn some simple concepts. Recommend.

moxieBK says

This is supposedly a "how-to" guide, but I didn't think it was much of a how-to, but more of a this is how it's done guide. And in that way, I was disappointed. I have heard so much about tapping, that I was really looking forward to something to read understand how to try it out. If you are looking for something like that in this book, look elsewhere. It basically explains what tapping is and how it can do the things mentioned in the title. But I didn't see any step-by-step to speak of. I ended up speed-reading this book.

Two stars.

C.E. G says

Tapping! This book was pretty basic, but what bothered me more was a citation that I followed up on that

turned out to be a blatant misrepresentation of a CDC study. Ugh! I feel like a lot of alternative medicine is already unfairly discredited, so it bothers me when it does this to itself.

Kathy M. Rupe says

Very informative

I am going to try this technique. It sounds easy and beneficial. The book is easy to understand and put in simple terms.

Jessica says

Simple and easy to use reference book to use on Tapping. The diagrams and order of tapping process are very helpful and clear.

Rebecca says

Great introduction and simple beginner techniques.

Elizabeth says

not good instruction

This booklet is not a "how to" guide. It has only a brief section on teaching someone how to tap.

Paula Willis says

Helps explain tapping

I had been introduced to tapping by a friend but wanted to learn more about the history and many benefits. This book helped me understand the concept and fully explained the how's and why's of tapping. It's a little repetitive but is clearly written with examples that promote better understanding of tapping as a whole. I would suggest it to anyone wanting to learn about tapping and it's uses.

Frank Corriveau says

Excellent ideas and alternative medicine approach. I will practice the technique and hope for the best.

Stephanie Schmidt says

Before my review, I must disclose that I was a recipient of this book via Giveaways; thank you very much to those who made that happen!

First of all, this book clearly states that it is a EFT and Tapping manual for beginners, which was excellent, as I am a beginner. The book is very clearly written, and easy to read. The first six chapters are what I would consider the core of the book. These chapters briefly go into the history of tapping, explaining what it is, and they discuss the types of issues that tapping can assist you with (such as phobias, weight loss, anxiety, etc.). In preparation for the actual tapping, there is a short chapter on understanding meridians and how energy flows throughout the body. The actual process of tapping was done through a series of diagrams, one per page, that were very easy to understand and follow.

The rest of the book gave examples of success stories, with examples of affirmations that could be done. There is also a question and answer section and a glossary. The success stories and affirmations may certainly assist some people, but I felt that they were overdone and somewhat repetitive. This part of the book could have been shortened in my opinion.

As a beginner, I was not overwhelmed by technical jargon, nor did I feel as if the moves were overly complicated, which I appreciated. I understand that the book was aiming for the novice; however, some may feel the book is overly simplistic. The chapters are short and explanations are brief. This would be a good book to get the beginner started with before moving on to more serious study.

D says

I knew nothing about tapping before reading this, but a friend told me that a therapist had suggested tapping as part of treatment for anxiety and depression. This book gives, what seems to be, a decent basic overview of the practice. The book is understandable enough that one can actually try the practice after reading, however, after reading the book, and trying tapping, I remain unconvinced that this is the answer to many problems, both mental and physical. I am keeping an open mind on the practice however. If it works, then it works. There is nothing harmful in the practice that I could see from reading the book.
