

Tapping The Healer Within Using Thought Field Therapy To Instantly Conquer Your Fears Anxieties And Emotional Distress

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Release your natural powers for healing, endurance, and longevity With this revolutionary guide, you will learn four simple and remarkably effective techniques to release your natural powers for healing. The methods—gentle movement, self-applied massage, breathing exercises, and meditation—are drawn from the ancient Chinese healing system of Qigong (Chi Kung) and are easily adaptable to every lifestyle. You can practice them almost anywhere—in the car, in line at the bank, at your desk, while walking, even in bed. Using these methods for as little as ten minutes a day can dramatically increase your endurance, vitality , and longevity. Self-care has never been so easy!

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 his upcoming book, The Tapping Solution, 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.

All across the country, a groundbreaking movement is forming in the field of health care: art and medicine are becoming one, with remarkable results. In major medical centers such as the University of Florida, Duke, University of California, and Harvard Medical School, patients confronting life-threatening illness and depression are using art, writing, music, and Dance to heal body and soul. -A woman with breast cancer who has never made art before finds healing and empowerment by creating sculpture. -A man with AIDS uses journaling to overcome feelings of despair and helplessness. -A woman suffering from depression following her divorce learns to dance for the first time in her life--and in he body's movement she rediscovers a sense of play and joy. -A musician gives meaning to his art by helping people with illness transform their life through music. -Physicians and nurses are beginning to use creativity to complement and enhance their medical practice. Creative Healing presents readers with the inspiring ways in which the arts (painting, writing, music, and dance) can free the spirit to heal. In one volume, the authors detail the transformative power of a diverse range of artistic activity. Michael Samuels, MD, has over twenty-five years of experience working with cancer patients and is the best-selling author of Seeing with the Mind's Eye and The Well Baby

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Book. He teams up with fellow pioneer Mary Rockwood Lane, RN, PhD, to share their extraordinary findings on the healing powers of the arts. Through guided imagery, personal stories, and practical exercises, they teach you how to find your "inner artist-healer," enabling you to improve your health, attitude, and sense of well being by immersing yourself in creative activity. Both Samuels and Lane offer invaluable insight through their personal journeys and extensive groundbreaking research, noting that "prayer, art, and healing come from the same source--the human soul." Because there lies an artist and healer within each of us, Creative Healing is an invaluable resource for anyone wishing to discover the beauty of music, dance, writing or art and connect with a deeper part of oneself. Filled with inspiration and guidance, it will help you make changes in your life and the lives of others and gain access to the sacred place where inner peace exists.

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For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

Top Customer Reviews 4.0 out of 5 stars Nice short introductory book on EFT By Jed Shlackman VINE VOICE on February 20, 2016 Format: Kindle Edition Verified Purchase This book provides a nice overview of what the energy psychology practice of EFT is, how it functions, and how it can help improve your life. The author explains the concepts of how our mind and energy system function and why tapping on key points while addressing particular issues can help support a healing shift. The book has some examples to get you started with practicing EFT. This book is fairly short, and is a nice companion to materials originally published freely online by Gary Craig, the creator of EFT. It's not a comprehensive guide to working with EFT, while it does explain it fairly well and provides enough basics to get you started. As a psychotherapist and energy healer myself, I have sometimes used EFT as well as other energy psychology protocols with clients, so I am familiar with how it works and with the range of response seen from people who work with EFT. I was provided a free sample of this book for my honest, unbiased review.

Energy psychology is a scientifically validated body of research and core set of treatment techniques that conceptualizes thoughts, feelings, emotions, and other psychological phenomena as manifestations of energy working through the system of the human body. If some psychological phenomenon is causing pain, distress, or a lack of function to an individual, the somatic techniques of energy psychology work to disrupt the flow of energy causing that phenomenon. One of the more common techniques in the energy psychology repertoire is called energy tapping, a practice, similar to acupuncture, that involves manipulating and tapping certain points along the body's energy meridians to influence psychological events. In this new book, author Fred Gallo applies energy psychology techniques specifically to recovering from acute trauma and post-traumatic stress symptoms. Some techniques in this book are adapted from Energy Tapping by Fred Gallo and Harry Vincenzi. Energy Tapping for Trauma offers a concise overview of how trauma affects us and why certain aspects of traumatic experience can linger as post-traumatic stress. The book adapts energy psychology techniques into simple, effective strategies for 'short-circuiting' the emotional problems associated with trauma. Throughout, the book advocates for a balanced and sensible 'whole-person' approach to dealing with and recovering from a traumatic event. For more information about Energy Tapping please visit the authors: Harry Vincenzi: www.energytapping.org Fred Gallo: www.energypsych.com Note: The book Energy Tapping was a joint development of Fred Gallo and Harry Vincenzi. Any statements to the contrary in print or on the web are false.

Describes the characteristics of phobias, discusses how to test for a phobia, and recommends a method for overcoming a variety of fears

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