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# All Things Eft Tapping Manual

## English Edition

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200 EFT Tapping Statements for Sex  
The EFT Manual  
200 EFT Tapping Statements for PTSD  
Radical Self-Love  
The Tapping Solution for Parents, Children & Teenagers  
Judgment Detox  
Tapping Into Wellness  
Tapping for Kids  
Introducing Emotional Freedom Techniques  
The Tapping Solution for Pain Relief  
Energy Eft  
Freedom at Your Fingertips  
Matrix Reimprinting Using EFT  
Tapping Your Way to a Great Big Smile!  
Big Ted's Guide to Tapping  
EFT Tapping  
Tapping Into Wealth  
Tapping Solution to Create Lasting Change  
Windows 10  
The EFT Manual  
EFT Tapping Statements for Anxiety, Fear, Anger, Self Pity, Courage  
All Things Eft Tapping Manual  
80 EFT Tapping Statements for Self Esteem  
The Tapping Solution for Manifesting Your Greatest Self  
The Book of Tapping  
Heal Yourself with Emotional Freedom Technique  
Transform Your Beliefs, Transform Your Life  
Tapping Into Ultimate Success  
Eft Tapping for Beginners  
The Science behind Tapping  
Emotional Freedom Technique For Dummies  
The Tapping Solution for Weight Loss & Body Confidence  
Eft and Tapping for Beginners  
Emotional Freedom Technique (EFT) Through the Chakras  
EFT: EFT Tapping Scripts & Solutions To An Abundant YOU: 10 Simple DIY  
Experiences To Prove That Your Mind Creates Your Life!  
Gorilla Thumps and Bear Hugs  
Clinical EFT Handbook  
E.F.T. in Your Pocket  
The Tapping Solution

## Emotional Freedom Techniques and Tapping for Beginners: EFT Tapping Solution Manual: 7 Effective Tapping Therapy Techniques for Overcoming Anxiety and

*All Things Eft  
Tapping  
Manual  
English  
Edition*

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### **BRONSON MATA**

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#### *200 EFT Tapping*

*Statements for Sex Hay*  
House, Inc

"Microsoft's last Windows version, the April 2018 Update, is a glorious Santa sack full of new features and refinements. What's still not included, though, is a single page of printed instructions. Fortunately, David Pogue is back to help you make sense of it all--with humor, authority, and 500 illustrations."--Page 4 of cover.

#### *The EFT Manual*

CreateSpace

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.

#### *200 EFT Tapping*

*Statements for PTSD*

Createspace Independent Publishing Platform

A step-by-step guide to the simple acupressure self-care technique of tapping for acute and chronic emotional, psychological, and physical ailments • Effective for emotional conditions such as panic

attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of flying, providing immediate results in many cases • Shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and nightmares; encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration • Offers the full tapping protocol as well as a shortened version for acute situations • Illustrates easily accessible points to tap and in what order Tapping, or Emotional Freedom Technique (EFT), is a simple form of acupressure that treats the energetic roots of emotional and physical suffering. By tapping on specific meridian points you can quickly and easily dissolve blockages in the body's energy system, caused by past traumas and suppressed emotions such as grief and anger, and restore the natural flow of energy in your body, the key to optimal health and overall well-being. In this step-by-step guide to EFT, Sophie

Merle details the practice of tapping, illustrating the easily accessible points on the face, hands, and torso to tap and in what order. Explaining how to open your energetic system to EFT treatment for fast and long-lasting results, she reveals how the energy psychology practice of tapping can be applied to any area of your life but is particularly effective for emotional and psychological conditions, including panic attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of flying, providing immediate results in many cases. She also shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and nightmares; assist physical healing from illness; encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration. The author explains how tapping can be done anywhere, offering both the full tapping protocol, which only takes a few minutes, and a short-form version, which takes less than a minute, for acute issues. Including remarkable success stories of EFT in

practice, this comprehensive guide to tapping shows how the solution to many of life's problems is at your fingertips.

Radical Self-Love Hay House, Inc

This book presents the research and evidence behind Emotional Freedom Technique in an easy-to-read manner and also offers client stories of their experiences. What is EFT, and what happens when you use it?

Emotional Freedom Techniques, or simply EFT, is a powerful way to deal with unresolved issues, transform beliefs, and reprogram yourself for greater happiness and success. Commonly called "tapping," EFT has been utilized by thousands of people worldwide. If you're holding this book, you've probably tried it at least once--or heard about it from a friend. EFT researcher and author Peta Stapleton, Ph.D., brings together the history and cutting-edge research of tapping. She also shows how tapping can be used for a whole host of ailments, including anxiety, weight issues, depression, trauma, and more. Dr. Stapleton's own groundbreaking study involving food cravings in overweight adults helped

establish EFT as an effective, valid form of therapy. In *The Science behind Tapping*, you'll come away with a deeper understanding of what EFT is and how it can help you. The book starts with a beginner's guide to EFT, which includes tapping statements and phrases, as well as helpful charts showing the location of tapping acupoints on the face and upper body. After taking you through its many uses, Dr. Stapleton also explores the common obstacles to success with EFT--and how to combat them. Get ready to learn more about EFT and its incredible possibilities.

**The Tapping Solution for Parents, Children & Teenagers** O'Reilly Media

ANXIETY, FEAR, ANGER, SELF PITY, COURAGE(1,000 EFT TAPPING STATEMENTS)Anxiety is a combination of 4 things: Unidentified Anger, Hurt, Fear, and Self Pity. We expect error, rejection, humiliation, and actually start to anticipate it. When we are not in present time, we are either in the past or the future. Anger is the past. Fear is the future. Fear could actually be anger that we failed in the past and most likely will fail again in the

future. It takes courage on our part to heal the anxiety, identify the hurt, and to give up the self-pity. To heal, to thrive, and flourish, we need to address not only the Anxiety, but also the fear, anger, self pity, and hurt. The best method I have found to heal the anxiety is EFT Tapping. I am an EFT Practitioner and in this Workbook I have provided information about EFT Tapping as well as 1,000 EFT Tapping statements that have helped my clients heal their anxiety. HEALING IS NOT ABOUT MANAGING SYMPTOMS. IT'S ABOUT ALLEVIATING THE CAUSE OF THE SYMPTOMS.

**Judgment Detox** Hay House, Inc

Annabel dreams of one day being a scientist, but teasing from other kids at school has hurt her confidence and left her feeling sad and alone. Join her as she learns how to use the Magical Tapping Technique to quickly release her sadness and regain her confidence. Through the book, you'll learn about the scientifically proven technique commonly known as "Tapping" and how you can use it for both yourself and your child to overcome stress, anxiety, negative

emotions, and much more. Your child will love the fun descriptions and illustrations for each point, such as the Super Eagle Eye Point, Lion Cry Point, Dragon Fire Point, Wolf Point, and more. Your child will be having a blast as they howl, hug, thump on their chest, act like a monkey, and more . . . all while learning how they can use Tapping to help themselves in real life!

*Tapping Into Wellness*

Simon and Schuster

This title offers simple and effective techniques for emotional health and wellbeing. Emotional Freedom Techniques (EFT) is an energy therapy that is rapidly gaining recognition as a simple, yet very effective way to aid emotional and physical wellbeing. The techniques empower individuals to make their own changes in their thinking and feeling, by combining focus on an issue whilst tapping on the body's energy system. EFT provides highly flexible, easy-to-use and practical solutions for a huge range of emotional issues across all age groups. This book is a comprehensive information resource and 'how to' guide for health professionals and adults

to introduce EFT into their day-to-day lives. It provides an extensive exploration of how EFT can be successfully applied to a wide range of social, emotional, behavioural and health issues. It includes case examples of phobias, fears, issues around behaviour, confidence, health issues, speech problems, depression, stress, anger, addictions, abuse, performance issues and managing pain. It offers an overview of some of the latest perspectives within neuroscience and physiology which reflect the changes that occur naturally when using EFT.

**Tapping for Kids** Hay House, Inc

A book and DVD combine to explain a new technique—called Meridian Tapping or Emotional Freedom Techniques—designed to help remove fears, doubts and other upsetting feelings that prevent one from living to the fullest. Co-written by the creator of the Chicken Soup for the Soul series. Reprint.

**Introducing Emotional Freedom Techniques**

Independently Published  
EFT Tapping Statements Made Easy!!! Do you have difficulty figuring out what to say when you tap, how

to word EFT Tapping statements? This Kindle Books provides 200 EFT Tapping Statements to say as you tap! EFT Tapping Statements Made Easy! Statements can be combined to make scripts. The word "sex" evokes a vast range of emotions from love and excitement to anxiety and disappointment. Is sex just about biology and procreation, making sure the species continues? Or is it about intimacy, sharing, closeness, and tenderness? Is sex about the act or is sex about the intimacy shared by the act? Is sex about the orgasms or is it about the connection, touching, cuddling, and canoodling? Do you need intercourse for intimacy? Is intimacy only experienced in the bedroom? Intimacy is key to having a healthy, functional, and overall happy relationship. In most culture, sex/lovmaking/intercourse is not discussed, explored, or a polite topic of conversation. For a fulfilling and satisfying sexual relationship, communications is important, yet many couples find it difficult to talk about sex. Can you talk to your partner about sex? Are you comfortable with your sexuality? Do

you know your partner's sexual strategy? Our attitude, beliefs, and emotions determine our thoughts and feeling about sex. Dysfunctional beliefs can interfere with a healthy, fulfilling, satisfying sexual relationship. If we want to make changes in our lives, we have to recognize, acknowledge, and take ownership of our dysfunctional beliefs and emotions. The dysfunctional beliefs then need to be eliminated on the subconscious level. To eliminate dysfunctional beliefs we need a powerful tool to change the mis-beliefs on a subconscious level. EFT Tapping is one such tool. I have been a life coach since 1996 and an EFT Practitioner since 2000. EFT Tapping is the most powerful technique I have found to eliminate dysfunctional beliefs. *The Tapping Solution for Pain Relief* John Wiley & Sons Emotional Freedom Technique (EFT) through the Chakras (2nd Edition - Expanded and Updated) is a new dynamic system of healing that combines EFT tapping with the Chakra energetic system. This book brings to light each of the 7 Chakras, their associated acupuncture

meridian, the muscles governed by and the emotions directly influenced by each of these Chakras. When we include this information in the EFT tapping process it allows for a much deeper healing to occur. This technique is simple, easy and effective. When using EFT through the Chakras you can - Reduce emotional anxiety and emotional turbulence in a few minutes - Clear and reduce any muscular pain instantly and dramatically - Effectively treat all 3 levels of the human being - physical, mental/emotional, spiritual - Treat and heal yourself or use it to treat and heal others - Establish more awareness in your daily life by working with the Chakra's. When you work with the Chakras you can effectively - Reduce pain - Improve Digestion - Calm the mind (and calm others down too) - Prepare the body for quality sleep - Perform at you potential - Speak more clearly and with ease - Feel more grounded and energised - and so much more... If you want to learn more about EFT and to work it in with the Chakras in a very easy manner within an hour or two, then this is the book for you!

*Energy Eft* Hay House, Inc  
 Following in the footsteps of New York Times bestseller *The Tapping Solution* by Nick Ortner, this book from renowned Tapping expert Margaret Lynch teaches us how to use Tapping (Emotional Freedom Techniques) to clear the blocks to achieving greater wealth. Emotional Freedom Techniques (EFT), also known as Tapping, have become a popular tool for realizing personal goals. For many of us, increasing our wealth is one of our greatest ambitions, but also an area where we feel the most stuck because we have limiting fears and beliefs that sabotage our success. EFT uses the fingertips to tap on acupuncture points while emotionally tuning in to negative attitudes and past experiences, thereby clearing the inner blocks to attracting and managing wealth. *Tapping Into Wealth* includes QR codes that link to video demonstrations of Tapping techniques. Discover how Tapping can help you release your old views of money and open the door to more wealth than you ever imagined. [Freedom at Your Fingertips](#) Dragonrising  
 Navigate change with clarity and ease using the

tools of EFT in this guide from New York Times best-selling author and Tapping expert Jessica Ortner. "The Tapping Solution to Create Lasting Change gets right down to the heart of what it takes to change and have a better, healthier, and more love-filled life." -- Christiane Northrup, M.D. Why do we fear the unknown so intensely that we're willing to shy away from our deepest desires and settle for playing small? Why do we get enthused when we first start something, only to burn out the moment things feel challenging? And why, even when we get the outcomes we desire, do we often struggle to sustain them and instead slip back into old, self-sabotaging patterns? In *The Tapping Solution to Create Lasting Change*, available for the first time in paperback, New York Times best-selling author Jessica Ortner shares the lessons she's learned about what it feels like to flow through change and how to bring about real transformation in ways that are both authentic and empowering. Her gentle, relatable guidance shows you how to use Tapping, also known as EFT, as a tool for finding

the clarity and the ease you crave to move forward; how to navigate the unknown with new energy, hope and an open heart; and how to release the doubts and fears that are clouding your judgment so you can rediscover your true path. It's a new way to look at the one unavoidable constant in life--change--not as an obstacle in our path but as a doorway to joy.

[Matrix Reimprinting Using EFT](#) Hachette UK

A member of the Energy Therapies family - which includes, acupuncture, acupressure and shiatsu - Emotional Freedom Technique is a simple and increasingly popular self-development therapy used to treat a wide range of physical and emotional issues. Popularised by figures including Paul McKenna, EFT is based on the theory that negative emotions are caused by disturbances in the body's energy. Often referred to as acupuncture without needles, EFT involves locating and tapping on meridian points in the body while thinking of a negative emotion and using positive suggestion and thoughts to alter the body's energy flow, restore balance and reprogram thought

processes. This no-nonsense guide introduces readers to the theories and methods behind the technique and shows them how to use it to reduce the physical and emotional impact of a wide range of issues including, depression, fears, phobias, anger, addictions, sleeplessness and pain. It's simple, safe, anyone can practice it at home and with EFT For Dummies readers can banish bad habits for good. Includes information on: The path to emotional freedom - explaining EFT Understanding your emotions Basic EFT tapping routines Improving emotional health with EFT Practising EFT on yourself and others Helena Fone is a registered EFT practitioner and trainer and an advanced hypnotherapist. She has a diploma in advanced holistic hypnotherapy and practices CBT and NLP. Find out more about Helena at [www.EFTRegister.com](http://www.EFTRegister.com) [Tapping Your Way to a Great Big Smile!](#) Hay House, Inc Turn negative emotions into positive ones with BIG Ted's Guide to Tapping. Join the loveable bear as he guides you and

your child through the near miraculous Positive EFT Emotional Freedom Techniques. You'll both discover how your emotions are transformed by tapping with your magic finger on points around your face, body and hands. BIG Ted is suitable for children of all ages and adults will also benefit from joining in with the fun. This simple guide to EFT takes its lead from Silvia Hartmann's seminal books Positive EFT and Energy EFT which are both especially suited for working with children. *Big Ted's Guide to Tapping* Rockridge Press 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** Taylor & Francis

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.

*Tapping Into Wealth* Hay House, Inc

*Tap Your Way to a Great, Big Smile: A Practical Guide for Kids to Learn Emotional Freedom Technique, EFT Tapping and Develop Emotional Intelligence* Are you a parent looking for a simple and fun activity to help your kids improve their physical and

emotional well-being?

Would you like your kids to develop emotional intelligence through a simple, mindful exercise that can be practiced anytime, anywhere? If so, it's time to learn about EFT Tapping! Emotional Freedom Technique, or EFT for short, is a therapeutic practice that combines ancient Chinese Acupressure with techniques of modern psychology. Tapping uses meridian points to relieve tension and stress throughout the body. While people of all ages can benefit from EFT tapping, this technique is especially effective for kids. The repetitive rhythm of tapping is a powerful method for calming them down. Positive affirmations are used along with tapping to help kids improve their self-confidence. So, if your kids have had a rough day at school (or at home during COVID), or if they have been feeling anxious, it is time to introduce them to EFT tapping! And what better way is there, than through rhythmic movements and positive affirmations? Inside this book, you will find: Simple and kid-friendly instructions on how tapping works, step by step A great tool to



help kids learn to identify different emotions, even if they are not fully verbal. Simple and powerful affirmations to help kids build self-confidence. Kid-friendly diaphragmatic breathing exercise to help them calm down and relax, instantly AND SO MUCH MORE! Kids are undoubtedly faced with different stress triggers throughout the day. This is why EFT tapping is so important to their emotional well-being. This book will teach your kids how to calm down when they're having a difficult time, and help them build emotional intelligence at an early age. So Scroll Up, Click, 'Buy Now' and Start "Tapping your way to a great big smile!"

[Tapping Solution to Create Lasting Change](#)

Llewellyn Worldwide

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!

*Windows 10 New Vision Media LLP*

Welcome To Energy EFT - the next generation of EFT as modern energy work. Using EFT with energy in mind, you can now experience faster, more focused, more logical EFT self help treatments and go much further into the realms of empowerment, mental clarity and having all the energy you need to succeed in life.

**The EFT Manual** Kinetic Dandelions

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.