

Tapping Solution for Pain Relief: a Step-by-Step Guide to Reducing and Eliminating Chronic Pain (Paperback)



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Reviews

Thorough manual for pdf lovers. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Kaycee McGlynn)

TAPPING SOLUTION FOR PAIN RELIEF: A STEP-BY-STEP GUIDE TO REDUCING AND ELIMINATING CHRONIC PAIN (PAPERBACK)



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Hay House Inc, United States, 2016. Paperback. Book Condition: New. 229 x 179 mm. Language: English . Brand New Book. Do you suffer from chronic pain? If so, you re not alone. In fact, millions of people deal with this life-changing issue every day. And if you re like most of them, you ve 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 people 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 readers 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 readers 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...



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