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80 EFT Tapping Statements For Anxiety And Worry



Synopsis

80 EFT Tapping Statements for Anxiety and WorryEFT 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 80 EFT Tapping Statements to say as you tap! EFT Tapping Statements Made Easy! Anxiety is a combination of 4 things: unidentified anger, hurt, fear, self-pity. We expect error, rejection, humiliation, and actually start to anticipate it. It is misplaced trust. It is an internal response to a perceived threat to our well-being. We feel threatened by an abstract, unknown danger that could harm us in the future. Worry is a mild form of anxiety. Worry is a tendency to mull over and over and over anxiety-provoking thoughts. Worry is thinking, in an obsessive way, about something that has happened or will happen. Going over something again and again and asking, "What will I do? What should I have done?" "I just can't do this anymore," said Frank to his wife Mary. "You worry about everything. When we got married, your anxiety was something you did every now and then. But now you are paranoid about everything. I leave for work and you act like you are never going to see me again. Either I'm going to be killed or I'm having an affair." Mary was having difficulty moving beyond her anxiety. This Kindle Book gives you the exact statements that Mary tapped to heal her constant anxiety and worry. Along with 80 EFT Tapping statements are thought-provoking questions to help you heal your Anxiety and Worry issues! Add to your cart today to Heal Your Beliefs, Heal Your Emotions, and Heal Your Story. What others have said about Tessa's EFT Tapping Books: "These books have helped me a lot! A+++++" "Amazing Product, Highly Recommend the Product! THANK YOU :) :) " "Repeat customer: nuff said? Perfect!!! " "Incredible, helpful, amazing EFT Tapping Workbook! Love them! " "Very informative for my classes. Thank you. " "5 STAR! Excellent book! Highly recommended! Thanks!! " "Wonderful...easy to follow wonderful book!! MUST HAVE!!! " "An EXQUISITE product. Thank you. " "Awesome workbook! A+++ " "Love the book!! A must!! " "Nice workbook. Would be good to use in a workshop. " "Very well written, well researched content. " "Great Workbook! " "AAAA+++" "Wonderful book!! " "Awesome, Tessa...thanks! " "Thank you for the wonderful book for healing! "

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Customer Reviews

Having 80 tapping statements that address many, many aspects of anxiety and worry for your EFT use is really helpful. Following each group of statements, there is a space for journaling about the ones that are most resonant with the reader. This helps to retrieve memories of causal events, thus facilitating the effectiveness of your EFT use. Tessa gives definitions of anxiety and worry that aid the reader in increasing self awareness of the possible drivers behind behaviors, other mood states, and other emotions. This aids in broadening the number of possible targets to use Tapping on which ensures thorough treatment and good results. The author also includes a section displaying the EFT tapping points and how to use them. This section includes links for those who would like additional information or explanation. All in all-- A very nice, very helpful and well thought out presentation of EFT and Anxiety and Worry.

I have had the great privilege of working with Tessa Cason and have experienced the true life changing power in her Presence, in her words, and in her books. After tapping just a few of these

statements, I went from feeling low energy and depressed to feeling a peace and love that I had not felt for quite some time. She is a remarkable person and an extremely gifted healer, counselor and writer. Reading this book and tapping these statements will change your life. It changed mine. Thank you Tessa!

What an excellent tapping statement book! The book is arranged well. It leads tappers through an easy-to-relate to story, a description of how anxiety and worry affects our life, EFT basics for those new to EFT, and then the gold, the tapping statements. There's a nice variety of relevant tapping statements offered which allows readers to go as deeply as they want into this work. Love the quotes throughout the book too. The positive statements are a nice way to end. I highly recommend this book! Thank you, Tessa.

Anxiety is such a huge topic! I think most people have anxiety to some degree. Some don't even realize it or see how it effects their lives. The statements in this book are right on! This book is going to help soooo many people. Thank you Tessa for covering such an important topic!! I highly recommend this book to EVERYONE.

I was a bit unsure about this as it is not something that I would usually look at. With the persuasion of my wife we started the journey. I must admit, it was quietly surprised. Once we tried it a few times I noticed that it began to make a difference. I found it easier to have someone to tap while is confirmed. This was a personal choice but it meant that I could focus on one thing and the other was happening automatically. Definately interested in finding out more.

Tessa is a gifted and compassionate teacher and coach. I can't think of anyone who would not benefit from time spent with her or with her writings. EFT works. You can learn from one of the best, and these short but precise books are a great way to move ahead with EFT.

Like the theory

I am new to tapping and have had some powerful experiences. I find this helpful to those who like me have trouble with what to say. I highly recommend this book to everyone. Grateful!

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& Wealth by Using the Tapping Therapy 80 EFT Tapping Statements for Anxiety and Worry EFT: EFT Tapping Scripts & Solutions To An Abundant YOU: 10 Simple DIY Experiences To Prove That Your Mind Creates Your Life! Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) EFT for Back Pain (EFT: Emotional Freedom Techniques) All Things EFT Tapping Manual Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) "Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear The Worry Trap: How to Free Yourself from Worry & Anxiety using Acceptance and Commitment Therapy The Worry Workbook for Teens: Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions 101 Ways to Conquer Teen Anxiety: Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic Attacks The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook) Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. Binding the Spirit of Fear, Worry and Depression: Divine Revelations and Powerful Prayers to Bind and Cast Out Fear, Worry, Depression & Panick Attacks from Your Life Permanently The Worry Cure: Seven Steps to Stop Worry from Stopping You

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