

Eft For Self Acceptance 10

Juliet Dinkha,Nathasha S. Sharma,Nourah Al Enezi

The Tapping Solution Nick Ortner,2013-04-02 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.

The Tapping Solution for Manifesting Your Greatest Self Nick Ortner,2019-02-19 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!

The Tapping Solution for Weight Loss & Body Confidence Jessica Ortner,2015-10-27 “The Tapping Solution for Weight Loss and Body Confidence may just go down in history as a game-changer when it comes to leading women out of weight loss hell.” — Cheryl Richardson, New York Times best-selling author of The Art of Extreme Self-Care Placing conditions on our lives and our happiness has become the norm. We see it all the time: We must establish a career before looking for a relationship. We must find love before feeling fulfilled. We must feel stressed out until we finish everything on our to-do list. But by far, the most common conditions we put on ourselves revolve around our weight—no love until we lose the weight, no pursuing a dream until we lose the weight, no happiness until we lose the weight. But now there’s a better option. Using tapping, also known as EFT, Jessica Ortner walks you through a process that helps you drop stress so you can drop pounds—without dieting, deprivation, or extreme exercise. Tapping, a tool that is based on the principles of both ancient acupressure and modern psychology, helps you address the underlying issues that make your body hold on to weight and gives you the ability to overcome some of the most common weight loss obstacles. Say good-bye to the cravings, panic, and self-doubt that keep you in a constant fight against your body! Using her own struggles with weight loss, along with success stories of some of the thousands of women she’s worked with, Jessica teaches you not only the basics of tapping but also how to use it to address the deeper facets of your weight and self-worth challenges. This proven process is based on extensive research into the effects of tapping on stress hormones, and it provides simple, step-by-step instructions throughout and easy tapping meditations at the end of each chapter. With this loving and supportive guidance you can learn to create a more empowering relationship with food, find pleasure in exercise, and implement self-care into your life. So join Jessica and learn to love yourself and your body!

80 EFT Tapping Statements for Self Esteem Tessa Cason,2013-11-28

Eft Tapping: An Effective Tapping Solution to Build Self-confidence (Transformation Through Emotional Freedom Therapy Tapping) Jeffrey Crocker,2022-07-18 The most important relationship we will ever have will be with ourselves. It is the basis of who we are, our foundation. The beliefs we have about ourselves dictate what happens in our lives, how we are treated, and what we can expect out of life. If we do not believe we have any worth that energy will be sent out to everyone we interact with. This energy will determine our posture, the words we speak, and our reaction to what is spoken to us. Here is a preview of what you'll learn inside... What the emotional freedom technique is The basic setup of the emotional freedom technique A clear key to locating the tapping points How eft/tapping scripts work Effective eft/tapping scripts to greatly boost self-confidence. Understanding the link between fear, anxiety, action and self-confidence. Much, much more! Tapping statements are the words we speak as we tap. Tapping statements can be combined to make tapping scripts. Take the doubt out of whether your statements will heal your issue. Anxiety is a combination of four things: unidentified anger, hurt, fear, self-pity. We expect error, rejection, and humiliation. Worry is a mild form of anxiety. Get the book today!!

Healing Through Tapping Renee Millman,2019-03-25 If you've ever tried tapping but weren't sure what to say, this book is your solution! This book contains 50 tapping scripts on a variety of subjects. Whether you're trying to avoid overeating, want to learn how to set healthy boundaries, let go of criticism for yourself or others, or if you simply want to uplift your energy, this book will have a script for you. Tapping, also known as Emotional Freedom Technique or EFT, is a simple and effective technique that can be used to shift fears, phobias, long-held limiting beliefs and behavior patterns that no longer serve us. Tapping involves lightly tapping with the fingertips on different points on the face and body. Tapping is a tool you can use to empower yourself and create a shift in your behavior and thinking. As we tap on the different points, we state the issue and feelings that are troubling us. After we get everything out about the issue, the next step is to take ownership and acknowledge that we have the power within ourselves to change. Lastly, we describe the new behavior, attitude or action that will take the place of the old way. The result is liberation of the old way and empowerment into what serves us. When in doubt, tap it out and feel better!

Heal Yourself with Emotional Freedom Technique: Teach Yourself John Freedom,2013-05-31 Emotional Freedom Technique is a new and innovative alternative therapy that is rapidly becoming a phenomenon. It is a safe and non-invasive healing method, based on tapping acupuncture points while you focus on a particular issue. It has been shown to be effective in treating fears and phobias, performance anxiety, guilt, shame, self-sabotage, and other emotional conditions. It is also being used to enhance and improve academic and athletic performance, psychic and intuitive abilities, confidence and self-esteem, and overall health and well-being.

Radical Self-Love Gala Darling,2016-02-09 Have you ever dreamed of a life full of laughter, love, and sequins ... but felt totally clueless about how to make it happen? You’re not alone. Best-selling author and speaker Gala Darling spent years in soul-sucking jobs, battling depression, an eating disorder, and a preference for chaos and disaster—simply because she didn’t know how to create the life she dreamed about. In Radical Self-Love, you’ll discover exactly what makes you so magnificent, and you’ll gain a litany of tools and techniques to help you manifest a life bursting with magic, miracles, bliss, and adventure! Featuring fun homework exercises and cool illustrations, this book will take you from learning to fall madly in love with yourself, to loving others, to making your world a more magical place through style, self-expression, and manifestation. When

you love yourself, life is limitless. You can do anything you want. It's time to throw off the shackles of expectation and judgment, and start living from your heart. It's time to astound yourself with how beautiful your life can be. It's time to treat every single day like a celebration! I believe that radical self-love can go hand in hand with a ruby-red lip. . . . that learning how to love yourself can be a party: streamers, disco balls, helium balloons, and all! xo, Gala Radical Self-Love should be on every woman's bookshelf. —Gabrielle Bernstein

Why Self Acceptance is So Powerful Barbra White,2011-08-26 When you welcome your feelings into your heart, you decalre to your Self, “No-nothing is separate from Love.” You can know Love. But feeling with self-compassion...is to BE Love. Everything can be alchemized into Love through feeling, because Love IS. Love IS ALL things. Fear is Love. Anger is Love. By feeling the emotions, pain, or wound you have deemed unlovable, you anchor the LOVE YOU ARE within your being. Such is the power of self-acceptance. Declare to yourself: I am ready to feel. I am willing to feel...thus healing the pains of my past. God supports my healing. When I simply feel with compassion, my Soul, God does the healing. I allow this healing to happen with grace and ease. Feeling IS healing. Once you give an emotion full permission, it will spontaneously, organically release. Don't try to 'fix' or educate the feeling. Embrace it, feel it, let it dance in your heart. Bring all the things into your heart. As you love your feelings, you give your wounded inner child the love he or she so desperately needed. You SHOW him or her LOVE. When you FEEL with self-acceptance and non-judgment, you are healing the wounded child (pain body, emotional body, Mud, etc.) and giving yourself lasting inner peace. By loving your feelings, you anchor in your consciousness.... YOU ARE LOVE.

Gorilla Thumps and Bear Hugs Alex Ortner,2016-12-06 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!

The Ultimate in Self Confidence Christa Graves,2012-06-29 Imagine being confident in any situation you find yourself in. How would your life differ from now? What would you be able to achieve? The tools and techniques described in this book will help you to discover the roots of why you feel the way you do and show you how with Emotional Freedom Techniques you can neutralize the past, so that it no longer has any negative effect on you. As you unleash the blockages that have held you back thus far, you will notice a positive shift in the way you feel. You will feel more in control of your life and the confidence with which you conduct it. As you change from the inside out so will your life. All you have to do is to apply the tools within. It only works! Emotional Freedom Techniques is a variation of energy psychology which lends itself particularly well to a Do It Yourself approach to personal self development. By simply tapping a few key acupuncture points, while simultaneously repeating certain phrases the body starts releasing the blockages that have stopped you from living your full potential.

Matrix Reimprinting using EFT Karl Dawson,2010-08-02 For readers of The Tapping Solution: Discover the science behind Matrix Reimprinting—a revolutionary technique rooted in EFT tapping—to improve your health and wellbeing Matrix Reimprinting is a completely new personal development technique which dramatically improves health and wellbeing. It was developed from the popular self-help technique EFT (emotional freedom techniques), a meridian tapping therapy which has shown outstanding results with both physical and emotional issues. In this book you will learn: • The science behind this technique and why it works, including the latest information on the Matrix, the New Biology, the body-mind connection, and the physiology of stress and trauma • New protocols for working with trauma, relationships, addictions, phobias, allergies, birth, and the early years • New ways of accessing blocked memories • Considerations for working with long-term illness or serious disease Whether you are new to EFT or a seasoned practitioner, this book contains a wealth of resources that will enable you to rewrite your past and transform your future—and that of your family, friends, or clients.

Eft Constellations Mary Llewellyn,2018-02-26 I wrote EFT Constellations after becoming acutely aware of how much my clients desperately wanted to open their hearts to meaningful living. The pressures some of them felt on a daily basis meant they were often running on empty. Others said they needed to unplug and then reconnect to their inner wisdom of joy and wonder. The content of this book offers a clear path to explore many rich techniques. You will find simple yet life-changing energy psychology techniques and so much more. The reflection points will bring you confidence and healthy independence (Sasha Allenby). EFT Constellations will open your eyes to the real magic of energy medicine. Mary takes us on a journey to meet some of the pioneers in this field who have developed the modalities, which will help you connect with your true self. When you can be your true authentic self, that is when you come alive and are able to show up in the world as nature intended (James Gardner, author of How to Heal from Trauma and PTSD: Your Ultimate Guide to Becoming the Person You Want to Be and life coach at Live Your Greatness, www.liveyourgreatness.life). My therapy with Mary followed the methods in the book. Using a journal allowed me to become in control of my thoughts, as I began to understand how the inner chatter in my head worked. And it allowed me to start to balance the negative voices with positive, proactive ones. The EFT worked as a physical act of taking back control. By saying something out loud and with purpose, I could retrain myself to be strong minded. I was no longer victimized by my own thoughts or sabotaged by my past (Kay Leggott). This empowering read explores how mind and body connect and provides simple, practical, and effective strategies to remove blocks, treat pain, aid sleep, improve relaxation, and guides you toward enjoying a sense of achieving more balance, harmony, and purpose in your life. A must read for anyone who feels stuck and who wants to move forwards in life (Wendy Fry, author of Find YOU, Find LOVE and Mothers and Daughters)

Parents, Children, Teens, and Psychological Viewpoints on Parenting Practices in Kuwait and Greece Juliet Dinkha,Nathasha S. Sharma,Nourah Al Enezi,2023-05-08 Through the voices of 25 diverse individuals and their experiences, the authors examine childhood, parenting practices, traumatic incidents, generational and cultural disparities that influence family units in Greece and the Middle East, alongside significant literature to bring readers into the inimitable worlds of individuals and their stories.

Tapping Into Wealth Margaret M. Lynch,Daylle Deanna Schwartz M.S.,2014-12-26 EFT (Emotional Freedom Techniques), also known as Tapping, has become a popular tool for realizing goals. For many of us, one of our main aspirations is to flourish in our careers and, by extension, in our finances. Yet limiting beliefs and fears keep people stuck in their current financial states. EFT uses the fingertips to tap on acupuncture points while emotionally tuning into negative attitudes and past experiences, allowing people to transform their thoughts and feelings. Margaret M. Lynch teaches people how to harness the power of Tapping to identify and clear blocks to prosperity. Book jacket.

EFT for Introverts Peta Stapleton,Celina Tonkin,2018-09-18 Introversion is not a condition from which you need to recover. Many introverts try to become extroverts and in the process lose themselves and lose sight of the powerful positive traits introverts possess. If you are an introvert, you are in good company: the list includes Leonardo da Vinci, Gandhi, Einstein, and Charles Darwin. Self-proclaimed introverts of today include Warren Buffet, Bill Gates, and Barack Obama. EFT for Introverts, by psychologist Peta Stapleton, PhD, and EFT practitioner Celina Tonkin, offers a quick and easy technique for: Reducing the discomfort of typical situations that are stressful to an introvert Overcoming the limiting beliefs you have about being an introvert Releasing the innate talents and abilities of your introversion, and ... Elevating you to embracing yourself as an introvert. By using EFT (Emotional Freedom Techniques, or tapping), you harness the power of one of the most potent self-help tools ever developed. This frees you to be more effective in every area of your life, from career to relationships to health to money to well-being.

Self-Acceptance Harry Barry,2019-05-02 In an age where self-esteem is seen as essential to mental health, we are seeing unprecedented rises in mental health difficulties from depression anxiety, eating disorders

and many others. Is there not a dichotomy at play here? Is Self - Esteem (ie 'I live for my rating') a reality at all or simply a myth we are all buying into. In this book bestselling author Harry Barry challenges the conventional wisdom and explores why the terms self-acceptance, self-respect and self-actualization are more helpful in developing positive mental health. In his trademark style he also provides practical examples of what we should all be doing instead to build confidence and reach our full potential. Part 1: The myth of self-esteem Part 2: Debunking the myth of 'low self-esteem' Part 3: Debunking the myth of 'high self-esteem' Part 4: Debunking the myth 'others can dictate my self-esteem'

EFT: EFT Tapping Scripts & Solutions To An Abundant YOU: 10 Simple DIY Experiences To Prove That Your Mind Creates Your Life! Janet Evans,2013-11-02 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.

The Strength of Self-Acceptance Michael E. Bernard,2014-07-08 Self-acceptance is recognized in diverse schools of Christian and Eastern theology as well as in various schools of counseling and psychotherapy (e.g., Humanistic, Rational-Emotive Behavior Therapy, Cognitive Behavior Therapy, Acceptance Commitment Therapy) as a major contributor to mental health, life satisfaction and wellness. A review of the professional literature reveals there is no text that spells out how different theologies, theories of personality and approaches to counseling and therapy conceptualize self-acceptance and how this concept is interrelated to other aspects and constructs of spirituality and psychological functioning (e.g., flexibility, mindfulness). Additionally, the field of positive psychology, which studies the character strengths and virtues that help individuals to experience well-being and to flourish, has largely ignored the concept of self-acceptance.

Holistic Treatment in Mental Health Cheryl L. Fracasso,Stanley Krippner,Harris L. Friedman,2020-09-04 The first of its kind, this guidebook provides an overview of clinical holistic interventions for mental-health practitioners. Submissions from 21 contributors examine the validity of different methods and provide information on credentialed training and licensure requirements necessary for legal and ethical practice. Chapters covering a range of healing modalities describe the populations and disorders for which the intervention is most effective, as well as the risks involved, and present research on the effectiveness of treatment, with step-by-step sample clinical sessions.

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