



## I Can Feel Better: A Tapping Story: An I Am Healing Series Book (Paperback)

By Christy Lynn Anana

Dog Ear Publishing, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. I Can Feel Better: A Tapping Story helps parents, teachers, counselors, and others bring calmness and relaxation to children and teens through a series of simple techniques. These methods can be applied to reduce stress that is often the result of anger, fear, sadness, disappointment, feeling overwhelmed, or anxiety of the unknown. This book uses the Emotional Freedom Technique (EFT), or tapping, to calm children in as little as five minutes. It is based on the traditional Chinese medicine belief that a person's energy runs through rivers in the body called meridians. When meridians are open, their energy flows and they feel good; when energy is blocked, flow stops and they feel bad. The tapping technique outlined in this book clears the obstructions and helps children feel good again. Parents, teachers, and counselors can read I Can Feel Better: A Tapping Story to children, walking them through a series of simple exercises that combine affirmations and gentle tapping motions to bring calmness. The technique can help young people take control of their own emotions by reading this book to...



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### Reviews

*The most effective publication i ever study. I am quite late in start reading this one, but better then never. You wont sense monotony at whenever you want of your time (that's what catalogs are for concerning in the event you ask me).*

-- Prof. Erin Larson I

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