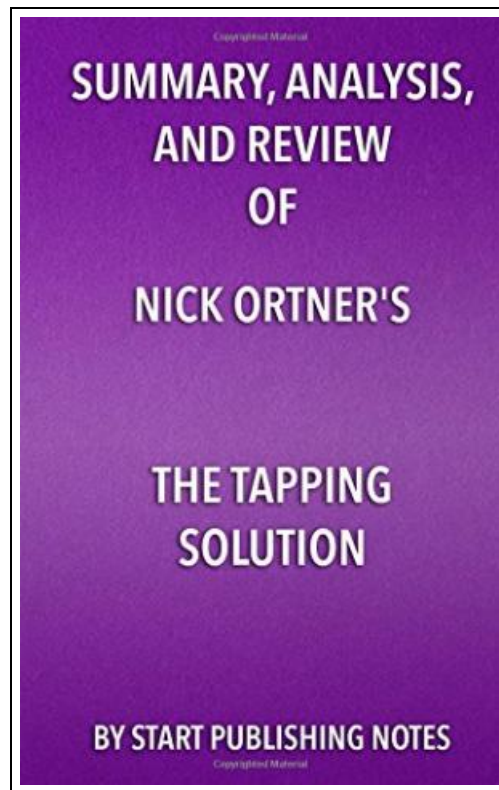


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(Mrs. Mertie Cummerata)

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Start Publishing Notes, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.PLEASE NOTE: This is a key takeaways and analysis of the book and NOT the original book. Start Publishing Notes Summary, Analysis, and Review of Summary, Analysis, and Review of Nick Ortner s The Tapping Solution: A Revolutionary System for Stress-Free Living includes a summary of the book, review, analysis key takeaways, and detailed About the Author section. PREVIEW: Nick Ortner s The Tapping Solution: A Revolutionary System for Stress-Free Living presents the basic principles and practice of tapping. Tapping, or Emotional Freedom Techniques (EFT), is a system for relieving emotional and physical stress and illness. Tapping is based on principles of Chinese acupuncture and Western psychology. It can quickly and effectively eliminate anxiety, phobias, pain, and many physical illnesses. Tapping was developed by Dr. Robert Callahan and his student Gary Craig beginning in 1979. It is based on the meridian points used in acupuncture. Meridians are energy channels for the body s life force. Meridians have end points on the body s surface, which can be manipulated with needles or fingers to unblock energy flows.

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