



The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain

By Nick Ortner

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain, Nick Ortner, Do you suffer from chronic pain? Have you tried all the normal 'solutions' - doctors, injections, medications and surgeries - yet still found no relief? In this ground-breaking book, Nick Ortner presents a startling alternative to reduce or eliminate chronic pain: tapping, also known as EFT (Emotional Freedom Techniques). Looking at the scientific research surrounding pain, stress and tapping, he opens your eyes to just how powerful tapping can be, and then outlines tips and techniques to address pain in both the short and long terms. Nick guides you 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 associate with chronic pain, such as: creating personal boundaries; dealing with toxic relationships; clearing resistance to change; understanding the power of a diagnosis; and working through anger. After reading...



READ ONLINE
[3.92 MB]

Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e book. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- Cathrine Larkin Sr.

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

-- Mark Bernier

See Also



[Anything You Want: 40 Lessons for a New Kind of Entrepreneur](#)

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Anything You Want: 40 Lessons for a New Kind of Entrepreneur, Derek Sivers, Anything You Want is Derek Sivers' iconic manifesto on lessons learned while becoming an entrepreneur. You don't need a visionary...



[Environments for Outdoor Play: A Practical Guide to Making Space for Children \(New edition\)](#)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how to go about it ideas' coupled with...



[Readers Clubhouse Set B What Do You Say](#)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Ann Losa (illustrator). 142 x 13 mm. Language: English . Brand New Book. This is volume six, Reading Level 2, in a comprehensive program (Reading Levels 1 and 2)for beginning readers.Two...



[Do Monsters Wear Undies Coloring Book: A Rhyming Children s Coloring Book](#)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Mark Smith (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A #1 Best Selling Children s Book Is Now A Coloring Book! Parents and...



[A Year Book for Primary Grades; Based on Froebel s Mother Plays](#)

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original...



[Boost Your Child s Creativity: Teach Yourself 2010](#)

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. 196 x 130 mm. Language: English . Brand New Book. Every parent wants their child to achieve their full potential. Whatever your child s interest or inclination, from art to music,...