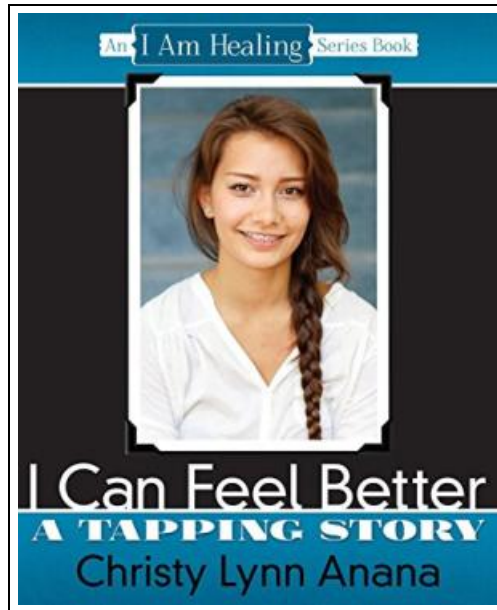


I Can Feel Better: A Tapping Story: An I Am Healing Series Book (Paperback)



Filesize: 3.33 MB

Reviews

This is actually the best ebook we have read till now. Indeed, it can be enjoy, nevertheless an interesting and amazing literature. You will not feel monotony at whenever you want of the time (that's what catalogs are for regarding should you question me).
(Jamar Stracke)

I CAN FEEL BETTER: A TAPPING STORY: AN I AM HEALING SERIES BOOK (PAPERBACK)**DOWNLOAD**

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 themselves, tapping as described and as often as needed to feel better. Christy Anana is passionate about helping children and teens. Using knowledge from her professional education experience, the national board-certified counselor, yoga instructor, healing facilitator, and mother of two created this book as a simple and effective tool to help youth and adolescents feel better. I Can Feel Better: A Tapping Story is the result of her effective calming and relaxation technique successes.

[Read I Can Feel Better: A Tapping Story: An I Am Healing Series Book \(Paperback\) Online](#)[Download PDF I Can Feel Better: A Tapping Story: An I Am Healing Series Book \(Paperback\)](#)

Other Kindle Books



Depression: Cognitive Behaviour Therapy with Children and Young People

Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 174 mm. Language: English . Brand New Book. In recent years there has been an increase in research into childhood depression, and it...

[Download ePub](#)

»



I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It s vital that we support young children s reading in ways that nurture healthy...

[Download ePub](#)

»



ESV Study Bible, Large Print (Hardback)

CROSSWAY BOOKS, United States, 2014. Hardback. Book Condition: New. Large Print. 249 x 178 mm. Language: English . Brand New Book. The ESV Study Bible, Large Print edition transforms the content of the award-winning ESV...

[Download ePub](#)

»



ESV Study Bible, Large Print

CROSSWAY BOOKS, United States, 2014. Leather / fine binding. Book Condition: New. Large Print. 257 x 190 mm. Language: English . Brand New Book. The ESV Study Bible, Large Print edition transforms the content of...

[Download ePub](#)

»



The Frog Tells Her Side of the Story: Hey God, I m Having an Awful Vacation in Egypt Thanks to Moses! (Hardback)

Broadman Holman Publishers, United States, 2013. Hardback. Book Condition: New. Cory Jones (illustrator). 231 x 178 mm. Language: English . Brand New Book. Oh sure, we ll all heard the story of Moses and the...

[Download ePub](#)

»

**31 Moralistic Motivational Bedtime Short Stories for Kids: 1 Story Daily on Bedtime for 30 Days Which Are Full of Morals, Motivations Inspirations**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Reading to children is a wonderful activity and past time that both parents

[Download Book](#)

»

**The Voice Revealed: The True Story of the Last Eyewitness**

World Bible Publishers Inc, United States, 2007. Paperback. Book Condition: New. 175 x 107 mm. Language: English . Brand New Book. For God expressed His love for the world in this way: He gave His

[Download Book](#)

»

**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

[Download Book](#)

»

**Instrumentation and Control Systems**

Elsevier Science & Technology. Paperback. Book Condition: new. BRAND NEW PRINT ON DEMAND., Instrumentation and Control Systems, William Bolton, In a clear and readable style, Bill Bolton addresses the basic principles of modern instrumentation and

[Download Book](#)

»

**Edible Bible Crafts: 64 Delicious Story-Based Craft Ideas for Children**

BRF (The Bible Reading Fellowship). Paperback. Book Condition: new. BRAND NEW, Edible Bible Crafts: 64 Delicious Story-Based Craft Ideas for Children, Sally Welch, If you're looking for child-friendly Bible-themed cooking activities, this is the book

[Download Book](#)

»