



## How to Free Yourself from Anxiety and Phobias: Be Set Free Fast Tapping for Health

By Mrs Rosemary Newton Harper Msw

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How to Free Yourself from Anxiety and Phobias is an instruction manual for using tapping therapy in a simple way to treat for anxiety, phobic blockages and any factors that limit a person's normal functioning. If there is fear of flying, this method can assist. Perhaps you cannot immerse yourself in water, or even enter a crowded room. The methods in this book can have immediate benefit, and there are exercises to practice for on the spot help. These Tapping methods were derived from the idea of the body containing meridians of connective energy (like acupuncture energy lines) that can at any time become blocked. Tapping in certain areas relieve the blockages and results can be quite instant and lasting, so much so that it seems normal to have very fast relief. The method outlined in this book can assist the phobic person, the anxious and depressed person back towards optimal functioning. For people wishing to improve performance, on the golf course, in a race, playing tennis, this tapping secret is able to enhance functioning. Many...

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