



## Tapping for Teens: Shifting from Chaos to Calm with Eft (Paperback)

By Jill Greenbaum

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. From Chaos to Calm, Tapping for Teens provides basic information about Emotional Freedom Techniques/Tapping for use in response to the challenges teens face in their everyday lives. This book is intended to enable teens to move beyond the worries, concerns, and difficult memories that can block their success in personal relationships and at school. In this book, teens can learn to transform challenges into moments of personal growth. Teens who are in touch with their thoughts and feelings about their inner lives and relationships with family members, friends, and the larger world will find a sense of comfort, a process, tools, and resources designed to help them step more into the lives they want to have. Dr. Greenbaum s coach approach is full of understanding and encouragement. Dr. Jill Greenbaum s academic background and experience as a teacher, curriculum developer, and coach to teens and parents informs her work. She is an alchemist at heart. While Jill has a doctorate in education and is a certified EFT practitioner, she is not a psychologist, psychotherapist, or other licensed health care provider.



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