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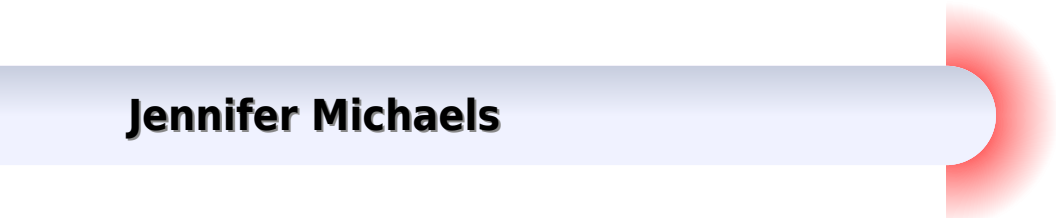
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BY DORON

Get Sober Switchwords Meridian Tapping

Jennifer Michaels



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Get Sober with Switchwords and Meridian Tapping Doron Alon,2015-11-29 Alcohol is a very powerful drug it leads many people to destruction on a daily basis I should know I used to grapple with Binge drinking which caused me to gain weight and caused major difficulties in all areas of my life It was only when I hit my bottom did I find the answer to my problem My solution is contained in this book Is alcohol consuming more and more of your life Are you looking for something that can help you in your efforts to become sober Check out my new book it combines two very powerful modalities Meridian Tapping also known as E F T and Switchwords which is a lesser known but incredibly powerful set of words that can create immediate change When used together they create a simple but incredibly powerful combination that can help you fight your cravings and lead you on a path to a healthier lifestyle To your Success *Transcending Addiction with EFT: the Simple Self-Help Tool to Thrive in Recovery* Janis Bryden,2015-01-22 Discover How to Thrive in RecoveryAre you thriving in your recovery or just surviving Are self limiting beliefs and negative emotions such as shame guilt and self loathing preventing you from enjoying the fulfilling and peaceful sober life that you deserve Learn A Self Help Tool to Release Negative EmotionsIn *Transcending Addiction with EFT* Janis describes how she discovered EFT and leant the tapping technique in the early stages of her recovery in 2004 and how she was able to use the simple yet powerful self help tool to overcome the triggers that often lead to relapse The EFT tapping technique proved to be the fastest and easiest way to clear the trauma and emotional baggage associated with her addiction to alcohol Enjoy Peace of MindThis book could easily be described as a mini course as it not only teaches the reader how to use the EFT tapping technique but also provides procedures and exercises to identify unresolved issues in every area of your life and how to systematically clear them Nick Ortner New York Times Best Selling Author of the Book *The Tapping Solution* has this to say about tapping Using the energy meridians of the body practitioners tap on specific points while focusing on particular negative emotions or physical sensations The tapping helps calm the nervous system to restore the balance of energy in the body and in turn rewire the brain to respond in healthy ways Learn how to Eliminate self limiting beliefs that hold you back from experiencing the life you dream of Reduce cravings and urges Identify and eliminate triggers that hinder your path to recovery Dissolve negative emotions such as fear doubt self loathing that keep you trapped in unhappy situations in your life Purchase the book and start using this simple but powerful and effective tool today *Tapping Scripts For Beginners* Anthony Anholt,2014-01-20 Discover how to Re Program your Brain for Success and Happiness No matter what your personal roadblocks are tapping can help you get over them Health is not a condition of matter but of Mind Mary Baker Eddy Right now take a moment and ask yourself what are the issues you are struggling with that are currently holding your back Do you experience crippling stress Are you prone to procrastination Do you want to quit smoking or lose weight Whatever it is take heart and know that you are not alone To one extent or another everyone you meet is fighting their own desperate battle What s more I m sure that you ve made many attempts to overcome

your own personal demons in the past only to come up short Why is making real positive change so difficult The problem more often than not is in your mind From the time you are born your brain is constantly trying to understand and relate to the world by way of cause and effect relationships Some cause and effect relationships such as the seemingly instantaneous urge to remove your hand from fire are obviously beneficial However as we get older these cause and effect relationships can become mixed up and confused and actually hold us back An example of this is learning to respond to stress by drinking smoking or overeating This is the problem that most of us face Often without knowing it we have constrained ourselves in invisible chains of our own creation This is what holds us back and why it can be so hard to change Breaking these invisible bonds and replacing them with positive habits is what meridian tapping is all about Not unlike acupuncture or acupressure tapping allows you to make use of the mind body connection to re program your faulty brain patterns and replace them with new ones This is what The Tapping Solution for Beginners is all about Within its pages you will learn how to Transform negative emotions into positive ones Allow new insights and options to manifest themselves to you Remove blocked energy and allow yourself to experience true happiness Make your days easier by learning to go with the flow as opposed to making everything into a fight Improve your relationships both at home and at work Experience true emotional freedom from doubt fear and worry Release your creativity Learn how to overcome issues such as weight loss insomnia shyness and more This is but a taste of what the miracle of meridian tapping can help you with In straightforward and easy to understand language The Tapping Solution for Beginners outlines the principles you need to know in order to turn your life around today What's more once you understand these principles you will have the power to create your own tapping scripts to help you overcome your own unique issues The secret to becoming all you can be is by learning how to unlock the power of your mind Order this book and get started on your own journey of self discovery and adventure today EFT TAPPING THERAPY Jennifer Michaels, 2013-11-01 If you're ready to tap away trauma relieve emotional distress and offer loving self affirmations to improve your health and well being then this is the book for you EFT TAPPING THERAPY Emotional Freedom Technique Handbook gives you the basics to help you easily get started on your way to wellness and a more fulfilling life EFT is an amazingly simple technique that can reduce stress pain depression anxiety and other conditions This Handbook has been designed to help you easily get started on your way to wellness and a more fulfilling life by taking you through the basic steps to identify the root of your problems and compose a phrase that will help trigger a healing response while tapping on specific points of your body For many people this type of self help is enough However some of you will struggle to concentrate or get to the heart of what ails you Author Jennifer Michaels urges you not to give up and says When I first began tapping my affirmations were much too vague It took a long time for me to realize I needed to be far more specific and that's when I began to see results **Tapping Scripts For Beginners** Anthony Anholt, 2014 Discover how to Re Program your Brain for Success and Happiness No matter what your personal roadblocks are tapping can help you get over them Health is not a

condition of matter but of Mind Mary Baker Eddy Right now take a moment and ask yourself what are the issues you are struggling with that are currently holding your back Do you experience crippling stress Are you prone to procrastination Do you want to quit smoking or lose weight Whatever it is take heart and know that you are not alone To one extent or another everyone you meet is fighting their own desperate battle What's more I'm sure that you've made many attempts to overcome your own personal demons in the past only to come up short Why is making real positive change so difficult The problem more often than not is in your mind From the time you are born your brain is constantly trying to understand and relate to the world by way of cause and effect relationships Some cause and effect relationships such as the seemingly instantaneous urge to remove your hand from fire are obviously beneficial However as we get older these cause and effect relationships can become mixed up and confused and actually hold us back An example of this is learning to respond to stress by drinking smoking or overeating This is the problem that most of us face Often without knowing it we have constrained ourselves in invisible chains of our own creation This is what holds us back and why it can be so hard to change Breaking these invisible bonds and replacing them with positive habits is what meridian tapping is all about Not unlike acupuncture or acupressure tapping allows you to make use of the mind body connection to reprogram your faulty brain patterns and replace them with new ones This is what Tapping Scripts for Beginners is all about Within its pages you will learn how to Transform negative emotions into positive ones Allow new insights and options to manifest themselves to you Remove blocked energy and allow yourself to experience true happiness Make your days easier by learning to go with the flow as opposed to making everything into a fight Improve your relationships both at home and at work Experience true emotional freedom from doubt fear and worry Release your creativity Learn how to overcome issues such as weight loss insomnia shyness and more This is but a taste of what the miracle of meridian tapping can help you with In straightforward and easy to understand language Tapping Scripts for Beginners outlines the principles you need to know in order to turn your life around today What's more once you understand these principles you will have the power to create your own tapping scripts to help you overcome your own unique issues The secret to becoming all you can be is by learning how to unlock the power of your mind Order this book and get started on your own journey of self discovery and adventure today

EFT Tapping Therapy Jennifer Michaels, 2015-02-22

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