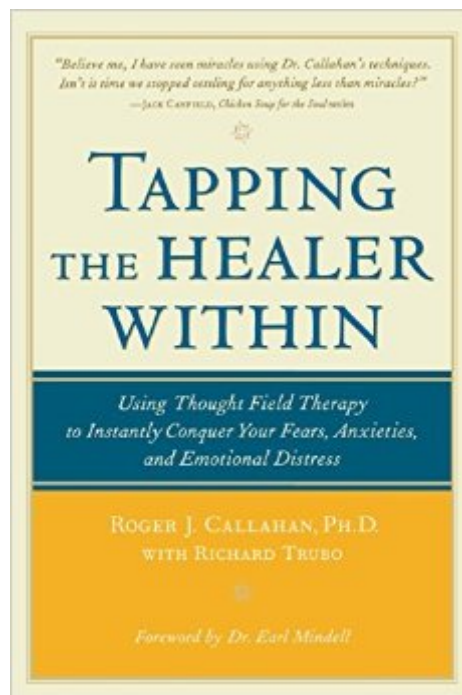


The book was found

Tapping The Healer Within: Using Thought-Field Therapy To Instantly Conquer Your Fears, Anxieties, And Emotional Distress



Synopsis

In Tapping the Healer Within, Dr. Roger Callahan shows you how to harness the healing power of Thought Field Therapy on your own, to overcome phobias, anxieties, addictions, and other common psychological problems.

Book Information

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Customer Reviews

I find it terribly sad that so many have ego problems with using and understanding these techniques. They are simple, profound, and effective IF USED PROPERLY. Roger Callahan is the "godfather" of EFT, and Energy Medicine in general. Here he shares his exciting discoveries as a practical guide for self-help of a multitude of issues confronting the average human. One of the primary steps to using this effectively for yourself is to keep your mind steadily focused on the issue you are attempting to heal. Since most of us have trouble with this type of "one pointed" focus (our minds can bounce around at lightening speed!), we may have trouble getting results, and consider this a failure. It isn't!As a suggestion to the person with the blushing problem...a focus on the "feeling" that comes before the actual blushing would most likely work. However, it sounds like this person has a lot of trouble with embarrassment in general....and may need to work on a multitude of aspects before getting relief. I find it fascinating that the idea of tapping on the accupoints would cause such traumatic embarrassment! I think we need to lighten up....and perhaps deal with the phobia of "feeling like a fool". This is not a proctological exam here. As the old saying goes...let's not throw the

baby out with the bathwater! Sometimes the spirit of playfulness works better than taking ourselves too seriously and making unrealistic demands of a technique. As a healing practitioner who now uses these techniques regularly, I would say that less than 1 in 100 do not get results. I find that "operator error" is responsible with my clients. At times they forget something...and need to be corrected.

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