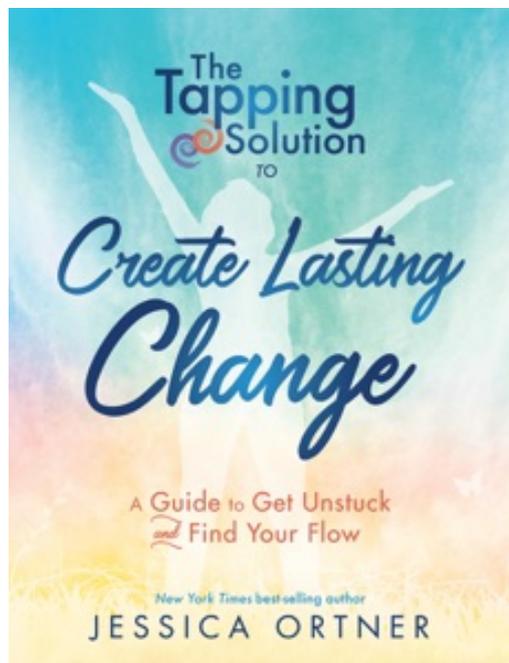


Download The Tapping Solution To Create Lasting Change Free eBook PDF/ePub/Mobi - Jessica Ortner



Download or Read Online The Tapping Solution to Create Lasting Change Jessica Ortner Free eBook PDF/ePub/Mobi/Mp3/Txt, From the New York Times best-selling author of The Tapping Solution for Weight Loss and Body Confidence, the latest book in the Tapping Solution series uses EFT as a tool for finding the clarity and the ease you need to navigate change.

Why do we fear the unknown so intensely that we're willing to shy away from our deepest desires and settle for playing small? Why do we get enthused when we first start something, only to burn out the moment things feel challenging? Why does getting what we want sometimes feel just as scary as not getting what we want? And why, even with new outcomes we desire, do we often struggle to sustain them and instead slip back into old, self-sabotaging patterns?

Jessica Ortner asked herself these question--as many of us do--

until eventually it became clear that she was really exploring our relationship with the one unavoidable constant in our lives: change. Her new book, the latest in the best-selling Tapping Solution series, shares the lessons she's learned about what it feels like to flow through change and how to create positive, lasting change in ways that feel both authentic and empowering.

Ultimately, Jessica tells us, there's profound beauty and joy in change, even when it doesn't feel that way at the start. Readers will learn how to use Tapping (also known as Emotional Freedom Techniques, or EFT) to navigate the unknown with new energy, hope, and an open heart. Topics include:

- Finding our way through fear and uncertainty
- Discerning whether our inner critical voice is friend or foe
- Learning to release the doubts and fears that cloud our judgment
- Getting past procrastination
- Letting go of "goals" and finding a new way to focus on what you desire
- And much more<

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If you realize your the tapping solution to create lasting change so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature till you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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