

Dealing with grades, bullying, friendships, parents, boyfriends . . . itâ€™s enough to make any teenage girl wish she could snap her fingers and make it all go away. The good news is, you almost canâ€™t except itâ€™s not â€œsnappingâ€• but â€œtappingâ€•! Formally known as Emotional Freedom Techniques (EFT), this revolutionary practice can help you reduce your feelings of anxiety and overwhelm, boost your confidence, and unpack the â€œstress backpackâ€• you may not even know youâ€™re carrying. In *The Tapping Solution for Teenage Girls*, expert EFT practitioner Christine Wheeler explains the basics of the technique (it actually involves tapping, with your fingers, on energy points on your own body, and you can do it anywhere, anytime). Then she gives you simple yet powerful instructions for tapping on common challenges such as: Schoolwork, tests, grades, and planning for college Appearance and body image Dating, breakups, and dealing with sexual feelings Divorce, siblings, and blended families Throughout the book, comments from 16-year-old Cassidy, the authorâ€™s teen consultant, keep it real with helpful perspectives on how this tapping thing worksâ€•and it does work! In these pages, youâ€™ll discover that a super effective tool for dealing with stress is literally at your fingertips. If youâ€™re ready to be true to yourself, stop freaking out, and keep being awesome, *The Tapping Solution for Teenage Girls* is the perfect solution for you!

Korea North Army Weapon Systems Handbook (World Strategic and Business Information Library), Inner Healing for Broken Vessels: Seven Steps to Mending Childhood Wounds, The Half Timber House, Strategic Management of Marine Ecosystems: Proceedings of the NATO Advanced Study Institute on Strategic Management of Marine Ecosystems, Nice, France, 1-11 October, 2003 (Nato Science Series: IV:), The Travelers World, Soil Chemistry, The Gluten Free Spouse Presents A Bread Making Tutorial, Nachts im Hotel - Wandkalender 2016,

â€œThe Tapping Solution for Teenage Girls: How To Stop Freaking Out and Keep Being Awesomeâ€• is a ground-breaking book that I'm so happy to be a part of, and . If you're ready to be true to yourself, stop freaking out, and keep being awesome, *The Tapping Solution for Teenage Girls* is the perfect solution for you!. *The Tapping Solution for Teenage Girls: How to Stop Freaking Out and Keep Being Awesome* Â· Other editions. Enlarge cover. Want to Read saving . 8 Jun - 5 sec Read Now kalindaphotography.com?book= [PDF] *The Tapping Solution for*. See more ideas about Awesome, The tapping solution and Daughters. *The Tapping Solution for Teenage Girls: How to Stop Freaking Out and Keep Being Awesome* . EFT Tapping Affirmations Teenage Girls Stress Anxiety Feel Better .

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