



DOWNLOAD



## Tapping Away My Worries: A Book for Children, Parents, and Teachers (Paperback)

By Heather Todd

Trafford Publishing, Canada, 2012. Paperback. Book Condition: New. 212 x 206 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children of all ages face situations where they may feel angry, frustrated, sad, frightened, nervous, humiliated, or embarrassed. They can find themselves in situations where they may face peer pressure, bullying, test anxiety, parental separation, sadness from the death of a pet, fear of the dark, fear of dogs, teasing, hostility or ridicule from class mates. Tapping Away My Worries is a two part book about the Emotional Freedom Techniques for children, parents, and teachers. EFT is a remarkably easy and effective tool for children and adults to self apply for emotional and physical problems. The first part of the book is a story about a boy called Ryan who gets teased at school and how his Auntie teaches him EFT and what the result of that is. The second part of the book is an EFT manual for parents, teachers, and caregivers to learn and use this remarkable technique. Teachers can tap with students at the beginning of class, parents can tap with children as part of their bed time routine and best of all children can...



READ ONLINE  
[ 4.17 MB ]

### Reviews

*This book may be really worth a read through, and a lot better than other. It is really basic but excitement inside the 50 % in the pdf. I realized this pdf from my dad and i encouraged this publication to learn.*

-- **Curtis Bartell**

*The book is straightforward in study better to comprehend. It is really simplistic but unexpected situations in the fifty percent of the ebook. Its been written in an exceptionally simple way which is simply after i finished reading through this ebook in which basically altered me, affect the way i really believe.*

-- **Letha Corwin**