

## Gorilla Thumps And Bear Hugs A Tapping Solution Children S Story

*The Science Behind Tapping offers readers a deeper understanding of Emotional Freedom Techniques—what it is, and how it can help with a host of issues. "I loved reading this book because it provided answers to some of my own personal questions about the relationship between the mind and the body." -- Dr. Joe Dispenza, New York Times best-selling author of You Are the Placebo Emotional Freedom Techniques, or simply EFT, is a powerful way to deal with unresolved issues, transform beliefs, and reprogram yourself for greater happiness and success. Commonly called "tapping," EFT has been utilized by thousands of people worldwide. If you're holding this book, you've probably tried it at least once--or heard about it from a friend. EFT researcher and author Peta Stapleton, Ph.D., brings together the history and cutting-edge research of tapping. She also shows how tapping can be used for a whole host of ailments, including anxiety, weight issues, depression, trauma, and more. Dr. Stapleton's own groundbreaking study involving food cravings in overweight adults helped establish EFT as an effective, valid form of therapy. In The Science behind Tapping, you'll come away with a deeper understanding of what EFT is and how it can help you. The book starts with a beginner's guide to EFT, which includes tapping statements and phrases, as well as helpful charts showing the location of tapping acupoints on the face and upper body. After taking you through its many uses, Dr. Stapleton also explores the common obstacles to success with EFT--and how to combat them. Get ready to learn more about EFT and its incredible possibilities.*

*This heartwarming tale tells of Danny Morgan, who learns the meaning of courage and friendship when he is confronted by, and befriends, the schoolyard bully. With dignity, wit, and compassion, Danny's mentor shows him that he cannot solve his problems by running away — or by becoming a bully himself. Dealing with grades, bullying, friendships, parents, crushes . . . it'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 can—except it's not "snapping" but "tapping"! 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 "stress backpack" you may not even know you'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 author's teen consultant, keep it real with helpful perspectives on how this tapping thing works—and it does work! In these pages, you'll discover that a super effective tool for dealing with*

***stress is literally at your fingertips. 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 GRINNY GRANNY DONKEY is the third book from Craig Smith and Katz Cowley, the creative team behind the Scottish Granny internet sensation, THE WONKY DONKEY! Meet the latest addition to the phenomenal donkey family and get ready to hee haw with laughter! A brilliantly funny story by Craig Smith and beautiful illustrations by Katz Cowley guarantee that THE GRINNY GRANNY DONKEY will become your new favourite picture book.***

***Tapping for Kids***

***The Wizard's Wish***

***The Time Traveler's Wife***

***The Red Beast***

***Shifting from Chaos to Calm With Eft***

***Curious George in the Big City***

***The Grinny Granny Donkey***

From New York Times bestselling author Nick Ortner comes a beautiful picture book that will help children discover calm through the magic of mindful breathing: Do YOU have the magic breath? Let 's see... Take a deeeeeeep breath in... and BLOW it out... ..and like magic, you can feel better just by breathing! Sometimes it 's hard to feel happy. But with this interactive picture book, children breathe along as they learn how to make angry or sad thoughts disappear. In a world that is sometimes too busy, with too many things going on, My Magic Breath will help steer children into a serene space of mindfulness, self-awareness, and balance. A wonderful classroom and naptime story, this book is perfect for fans of Susan Verde 's I Am Yoga and I Am Peace, Mariam Gates 's Good Night Yoga, and Deborah Underwood 's The Quiet Book.

What if the thoughts that trigger your child's anxiety were neutralized? What if the butterflies in their stomach, the sweat on their palms, and the desperate look in their eyes for help were transformed? And what if they had the skills to affect this transformation themselves? This book provides a pathway to do just that. In this story, you'll meet Nelly Moon who gets extremely nervous before riding the bus to school. Just thinking about the bus makes Nelly jittery! Fortunately, she's befriended by a sweet alien named Neutrino who takes her on an international adventure to learn something called the Emotional Freedom Technique (EFT) or tapping. Nelly uses tapping to ease her anxiety and boost her confidence. Tapping is a technique backed by mounting scientific evidence to calm the nervous system to restore balance in the mind and body. Your child can read this beautifully illustrated story and workbook to learn the simple yet powerful anxiety relief technique of tapping. Ready to get started? As Neutrino says, "Come on, youthlings, let's GoTapping!"

The "brilliantly realized" (The New York Times Book Review) modern classic that coined the term "metaverse" —one of Time 's 100 best English-language novels and "a foundational text of the cyberpunk movement" (Wired) In reality, Hiro Protagonist delivers pizza for Uncle Enzo 's CosoNostra Pizza Inc., but in the Metaverse he 's a warrior prince. Plunging headlong into the enigma of a new computer virus that 's striking down hackers everywhere, he races along the neon-lit streets on a search-and-destroy mission for the shadowy virtual villain threatening to bring about infocalypse. Snow Crash is a mind-altering romp through a future America so bizarre, so outrageous . . . you 'll recognize it immediately.

The teenage years hold all the promise of adulthood, as well as being a transition from childhood.

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Yet they ' re also full of challenges; for teens themselves, for their parents, siblings, communities and friends. A story in Examiner.com calls Emotional Freedom Techniques (EFT): "one of the most successful psychology self-help techniques ever developed." It ' s a powerful stress-reduction method that combines elements of proven psychotherapy methods with acupressure, fingertip tapping on acupuncture points. Over 100 scientific studies have shown that EFT is effective for many physical and psychological challenges, including anxiety, depression and stress. Studies with teens show that just a few minutes of EFT can erase stress related to:

- Taking exams
- Peer pressure
- Family conflicts
- The body changes associated with puberty
- Social phobias
- Sports performance
- Weight management
- Eating disorders...

and much more. For teens needing a quick and simple method of navigating their life challenges, as well as for their parents and siblings, EFT for Teens will be a cherished resource.

A Novel

Coconuts and Kettlebells

The Rapture of the Nerds

How to Stop Freaking Out and Keep Being Awesome

The Children's Book: The Boy Who Never Gave Up

Snow Crash

A Woman's Guide to Stressing Less, Weighing Less, and Loving More

"The Tapping Solution for Weight Loss and Body Confidence may just go down in history as a game-changer when it comes to leading women out of weight loss hell." — Cheryl Richardson, New York Times best-selling author of *The Art of Extreme Self-Care*

Placing conditions on our lives and our happiness has become the norm. We see it all the time: We must establish a career before looking for a relationship. We must find love before feeling fulfilled. We must feel stressed out until we finish everything on our to-do list. But by far, the most common conditions we put on ourselves revolve around our weight—no love until we lose the weight, no pursuing a dream until we lose the weight, no happiness until we lose the weight. But now there's a better option. Using tapping, also known as EFT, Jessica Ortner walks you through a process that helps you drop stress so you can drop pounds—without dieting, deprivation, or extreme exercise. Tapping, a tool that is based on the principles of both ancient acupressure and modern psychology, helps you address the underlying issues that make your body hold on to weight and gives you the ability to overcome some of the most common weight loss obstacles. Say good-bye to the cravings, panic, and self-doubt that keep you in a constant fight against your body! Using her own struggles with weight loss, along with success stories of some of the thousands of women she's worked with, Jessica teaches you not only the basics of tapping but also how to use it to address the deeper facets of your weight and self-worth challenges. This proven process is based on extensive research into the effects of tapping on stress hormones, and it provides simple, step-by-step instructions throughout and easy tapping meditations at the end of each chapter. With this loving and supportive guidance you can learn to create a more empowering relationship with food, find pleasure in exercise, and implement self-care into your life. So join Jessica and learn to love yourself and your body!

The Boy Who Never Gave Up is the inspiring true story of NBA superstar Stephen Curry. This Fully illustrated picture book biography tells the story of a young boy who many said was too short to play in high school, too weak to play in college and not good enough to play in the NBA. Against all odds, this small boy who follows his

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dream, not only makes it to the NBA, but becomes one of the greatest players to ever play the game of basketball. Children's/Kids Picture Book Biography K-3 Be sure to check out the new release: NFL All Stars 2017: Coloring and Activity Book for Adults and Kids featuring 30+ of today's hottest stars including Ezekiel Elliott, Tom Brady, Julio Jones, Aaron Rodgers, Russell Wilson and so many more! Offers an introduction to EFT told through story, activities and rhyme, enhancing children's learning and capturing their interest in EFT. This book is suitable for reading and sharing with your children and can be used as a teaching resource in the classroom or as a tool in therapy.

From Chaos to Calm, Tapping for Teens provides basic information about Emotional Freedom Techniques/Tapping for use in response to the challenges teens face in their everyday lives. This book is intended to enable teens to move beyond the worries, concerns, and difficult memories that can block their success in personal relationships and at school. In this book, teens can learn to transform challenges into moments of personal growth. Teens who are in touch with their thoughts and feelings about their inner lives and relationships with family members, friends, and the larger world will find a sense of comfort, a process, tools, and resources designed to help them step more into the lives they want to have. Dr.

Greenbaum's "coach approach" is full of understanding and encouragement. Dr. Jill Greenbaum's academic background and experience as a teacher, curriculum developer, and coach to teens and parents informs her work. She is an alchemist at heart. While Jill has a doctorate in education and is a certified EFT practitioner, she is not a psychologist, psychotherapist, or other licensed health care provider. A Personalized 4-Week Food and Fitness Plan for Long-Term Health, Happiness, and Freedom

The Tapping Solution for Manifesting Your Greatest Self

How One Village Celebrates the Birth of Every Girl

111 Trees

The Big Book of Hugs

Voices from the Ancestors

**A tale set at the end of the twenty-first century finds the planet's divided hominid population subjected to the forces of a splintery metaconsciousness that inundates networks with plans for cataclysmic technologies, prompting an unwitting jury member to participate in a grueling decision.**

**Voices from the Ancestors brings together the reflective writings and spiritual practices of Xicanx, Latinx, and Afro-Latinx womxn and male allies in the United States who seek to heal from the historical traumas of colonization by returning to ancestral traditions and knowledge. This wisdom is based on the authors' oral traditions, research, intuitions, and lived experiences—wisdom inspired by, and created from, personal trajectories on the path to spiritual *conocimiento*, or inner spiritual inquiry. This *conocimiento* has reemerged over the last fifty years as efforts to decolonize lives, minds, spirits, and bodies have advanced. Yet this knowledge goes back many generations to the time when the ancestors understood their interconnectedness with each other, with nature, and with the sacred cosmic forces—a time when the human body was a microcosm of the universe. Reclaiming and reconstructing spirituality based on non-Western epistemologies is central to the process of decolonization, particularly in these fraught times. The wisdom offered here appears in a variety of forms—in reflective essays, poetry, prayers, specific guidelines for healing**

**practices, communal rituals, and visual art, all meant to address life transitions and how to live holistically and with a spiritual consciousness for the challenges of the twenty-first century.**

**Annabel dreams of one day being a scientist, but teasing from other kids at school has hurt her confidence and left her feeling sad and alone. Join her as she learns how to use the Magical Tapping Technique to quickly release her sadness and regain her confidence. Through the book, you'll learn about the scientifically proven technique commonly known as "Tapping" and how you can use it for both yourself and your child to overcome stress, anxiety, negative emotions, and much more. Your child will love the fun descriptions and illustrations for each point, such as the Super Eagle Eye Point, Lion Cry Point, Dragon Fire Point, Wolf Point, and more. Your child will be having a blast as they howl, hug, thump on their chest, act like a monkey, and more . . . all while learning how they can use Tapping to help themselves in real life!**

**The first book on "TFT" by its founder Thought Field Therapy (TFT) has already changed the way thousands of people have overcome emotional problems. Now, in Tapping the Healer Within, the founder of TFT shows readers how to harness its healing power on their own, to overcome phobias, anxieties, addictions, and other common psychological problems. The process combines principles of Western and Eastern healing methods, using energy points in the body to release emotional distress.**

**The Hug Who Got Stuck**

**The Little Book of Big Feelings**

**My Magic Breath**

**The Tapping Solution for Teenage Girls**

**Gorilla Thumps and Bear Hugs**

**Finding Calm Through Mindful Breathing**

**Tapping for Teens**

The author uses two unique therapies called Energy Therapy and Emotion Freedom techniques (EFT) to help your children achieve instant freedom from negative emotions and limiting beliefs.

#1 New York Times bestseller · Seven starred reviews · Boston Globe-Horn Book Award Honor Book "For all the struggle in this book, Thomas rarely misses a step as a writer. Thomas continues to hold up that mirror with grace and confidence. We are lucky to have her, and lucky to know a girl like Bri."—The New York Times Book Review This digital edition contains a letter from the author, deleted scenes, a picture of the author as a teen rapper, an annotated playlist, Angie's top 5 MCs, an annotated rap, illustrated quotes from the book, and an excerpt from Concrete Rose, Angie's return to Garden Heights. Sixteen-year-old Bri wants to be one of the greatest rappers of all time. Or at least win her first battle. As the daughter of an underground hip hop legend who died right before he hit big, Bri's got massive shoes to fill. But it's hard to get your come up when you're labeled a hoodlum at school, and your fridge at home is empty after your mom loses her job. So Bri pours her anger and frustration into her first song, which goes viral . . . for all the wrong reasons. Bri soon finds herself at the center of a controversy, portrayed by the media as more

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menace than MC. But with an eviction notice staring her family down, Bri doesn't just want to make it—she has to. Even if it means becoming the very thing the public has made her out to be. Insightful, unflinching, and full of heart, *On the Come Up* is an ode to hip hop from one of the most influential literary voices of a generation. It is the story of fighting for your dreams, even as the odds are stacked against you; and about how, especially for young black people, freedom of speech isn't always free. Don't miss *Concrete Rose*, Angie Thomas's powerful prequel to her phenomenal bestseller, *The Hate U Give!*

They call Gabriela Tree Girl. Gabi climbs trees to be within reach of the eagles and watch the sun rise into an empty sky. She is at home among the outstretched branches of the Guatemalan forests. Then one day from the safety of a tree, Gabi witnesses the sights and sounds of an unspeakable massacre. She vows to be Tree Girl no more and joins the hordes of refugees struggling to reach the Mexican border. She has lost her whole family; her entire village has been wiped out. Yet she clings to the hope that she will be reunited with her youngest sister, Alicia. Over dangerous miles and months of hunger and thirst, Gabriela's search for Alicia and for a safe haven becomes a search for self. Having turned her back on her own identity, can she hope to claim a new life? Ages 12+

Life as a bird can be stressful! From worrying about airplanes, windows, and getting enough worms to eat, it is clear that birds can be anxious beings. Through a light-touch, quizzical depiction of bird behaviour, *All Birds Have Anxiety* uses colourful images and astute explanations to explore with gentle humour what it means to live with anxiety day-to-day, and how to begin to deal with it. Following the style of the best-selling *All Cats Have Asperger Syndrome* and *All Dogs Have ADHD*, wonderful colour photographs express the complex and difficult ideas related to anxiety disorder in an easy-to-understand way. This simple yet profound book validates the deeper everyday experiences of anxiety, provides an empathic understanding of the many symptoms associated with anxiety, and offers compassionate suggestions for change. The combination of understanding and gentle humour make this the ideal introduction to anxiety disorder for those diagnosed with this condition, their family and friends and those generally interested in understanding anxiety.

Tree Girl

I'm Going to Give You a Bear Hug!

Tapping Your Way to a Great Big Smile!

Using Thought-Field Therapy to Instantly Conquer Your Fears, Anxieties, and Emotional Distress

Accelerando

Gotapping! Nelly Learns the Emotional Freedom Technique (Eft) for Kids

An Illustrated Exploration of Life's Many Emotions

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*Mary Henrietta Kingsley was an English ethnographic and scientific writer and explorer whose travels throughout West Africa and resulting work helped shape European perceptions of African cultures and British imperialism. After a preliminary visit to the Canary Islands, Kingsley decided to travel to the west coast of Africa. The only non-African women who regularly embarked on (often dangerous) journeys to Africa were usually the wives of missionaries, government officials, or explorers. Exploration and adventure were not seen as fitting roles for women in the Victorian era. Yet, when Mary Kingsley's invalid parents died within six weeks of each other, she followed in her explorer father's footsteps and traveled to Africa against her society's every convention. Here is her lively and witty account of that journey, an immediate bestseller when it first came out in 1897 and every bit as gripping today. Kingsley's complicated and indomitable character shines through in each sentence, as she describes hacking, marching, and climbing her way through the continent. After more than a century, she remains a feminist icon and a most remarkable woman.*

*Presents techniques and strategies that young children who suffer from Asperger's syndrome can use when they find themselves becoming angry.*

*A most untraditional love story, this is the celebrated tale of Henry DeTamble, a dashing, adventuresome librarian who inadvertently travels through time, and Clare Abshire, an artist whose life takes a natural sequential course. Henry and Clare's passionate affair endures across a sea of time and captures them in an impossibly romantic trap that tests the strength of fate and basks in the bonds of love. "Niffenegger's inventive and poignant writing is well worth a trip" (Entertainment Weekly).*

*Children can learn a safe, simple way to deal with uncomfortable emotions. The solution is right at your fingertips! By tapping points on your body, a process done in the clinically proven EFT, together with guided responses, the wizard demonstrates how you can feel better in minutes!*

*Stephen Curry*

*21 Days to Releasing Self-Doubt, Cultivating Inner Peace, and Creating a Life You Love  
Tapping for Zapping Anxiety Away*

*Tapping the Healer Within*

*The Tapping Solution*

*A Barkley the Bear Story*

*The Science Behind Tapping*

*A blizzard is coming, but Jasmine loves snow! So off she goes to school, as the snow gets deeper, and deeper, and deeper...*

*This sweet children's picture book presents a moving story, set in a fragile Arctic world threatened by global warming. A little polar bear wakes up alone after a furious storm. With his mother nowhere in sight, he makes friends with a mysterious little girl and various animal companions. All of the friends come together in the magnificent polar sky. In the end the little bear sits peacefully, enjoying a winter day lit up by beautiful northern lights. Featuring exceptional illustrations from talented Vietnamese illustrator Khoa Le, The Lonely Polar Bear offers an accessible way to introduce children to climate change issues.*

*I'm Going to Give You a Bear Hug!, written by bestselling author Caroline B. Cooney and illustrated by Tim Warnes, is a playful and comforting bedtime book that helps your child imagine all the wonderful and silly ways someone might give and receive a hug.*

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And the lively text and illustrations show the special connection between a parent and a child. I'm Going to Give You a Bear Hug!: Has sweet, whimsical rhymes that encourage playful interaction between a caretaker and child Helps kids 4-8 wind down and drift off to sleep Features all the ways kids love to snuggle with the ones they love with humor and whimsy Celebrates the special bond parents, grandparents, and loved ones have with the children in their lives Is perfect for bedtime and lap reading, as well as a gift for birthdays, Valentine's Day, Easter, and Christmas Whether it's a big bear, gasp for air, knock over a chair hug or a wet and drippy, slimy, slippery fish hug, children will giggle their way through all the imaginative examples of hugs we can give and receive. If you enjoy I'm Going to Give You a Bear Hug!, be sure to check out I'm Going to Give You a Polar Bear Hug! for more hugging fun!

The Singularity. It is the era of the posthuman. Artificial intelligences have surpassed the limits of human intellect. Biotechnological beings have rendered people all but extinct. Molecular nanotechnology runs rampant, replicating and reprogramming at will. Contact with extraterrestrial life grows more imminent with each new day. Struggling to survive and thrive in this accelerated world are three generations of the Macx clan: Manfred, an entrepreneur dealing in intelligence amplification technology whose mind is divided between his physical environment and the Internet; his daughter, Amber, on the run from her domineering mother, seeking her fortune in the outer system as an indentured astronaut; and Sirhan, Amber's son, who finds his destiny linked to the fate of all of humanity. For something is systematically dismantling the nine planets of the solar system. Something beyond human comprehension. Something that has no use for biological life in any form...

A Guide to Emotional Freedom Techniques for Kids and Their Parents

Tap Into Joy

So Much Snow!

Just Me and My Little Brother

The Tapping Solution for Weight Loss & Body Confidence

A Tapping Solution Children's Story

Xicanx and Latinx Spiritual Expressions and Healing Practices

From the author of the popular Introvert Doodles and Kind of Coping, Maureen "Marzi" Wilson is tackling all kinds of big feelings with over 175 relatable, supportive, and light hearted comics in her signature style. We've been conditioned to think that the most acceptable response to "How are you?" is, "I'm fine." But our emotions are much more complicated than that! Sometimes we feel a little annoyed, or elated, or afraid. And you know, that's okay! In The Little Book of Big Feelings, Maureen "Marzi" Wilson takes us on a journey of self-acceptance and validation. After all, our emotions are our reactions to experiences that we can learn from; there's no such thing as a "bad" emotion. It's okay to be scared, it's alright to feel hopeful, and it's perfectly fine to feel both at the same time. There is a wide range of human emotions, and it's time we start embracing each one!

Tap Your Way to a Great, Big Smile: A Practical Guide for Kids to Learn Emotional Freedom Technique, EFT Tapping and Develop Emotional Intelligence Are you a parent looking for a simple and fun activity to help your kids improve their physical and emotional well-being? Would you like your kids to develop emotional intelligence through a simple, mindful exercise that can be practiced anytime, anywhere? If so, it's

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time to learn about EFT Tapping! Emotional Freedom Technique, or EFT for short, is a therapeutic practice that combines ancient Chinese Acupressure with techniques of modern psychology. Tapping uses meridian points to relieve tension and stress throughout the body. While people of all ages can benefit from EFT tapping, this technique is especially effective for kids. The repetitive rhythm of tapping is a powerful method for calming them down. Positive affirmations are used along with tapping to help kids improve their self-confidence. So, if your kids have had a rough day at school (or at home during COVID), or if they have been feeling anxious, it is time to introduce them to EFT tapping! And what better way is there, than through rhythmic movement and positive affirmations? Inside this book, you will find: Simple and kid-friendly instructions on how tapping works, step by step A great tool to help kids learn to identify different emotions, even if they are not fully verbal Simple and powerful affirmations help kids build self-confidence Kid-friendly diaphragmatic breathing exercise to help them calm down and relax, instantly AND SO MUCH MORE! Kids are undoubtedly faced with different stress triggers throughout the day. This is why EFT tapping is so important to their emotional well-being. This book will teach your kids how to calm down when they're having a difficult time, and help them build emotional intelligence at an early age. So Scroll Up, Click, 'Buy Now' and Start "Tapping your way to a great big smile!"

The adventurous monkey is all alone in the big city! Can he find the man in the yellow hat? When the man with the yellow hat promises to buy George a holiday surprise during their trip to the city, George decides he wants to give his friend a surprise too. But it isn't long before the little monkey's curiosity gets him into trouble and he gets separated from his friend. Though he has fun seeing the tourist sites and all the sparkling decorations, what he really wants most is to find his best friend again—and enjoy the city together . . . Includes new bonus activities!

Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of *The Tapping Solution*, is at the forefront of a new healing movement. In his upcoming book *The Tapping Solution*, he gives readers everything they need to successfully start using the powerful practice of tapping – or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. 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. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias and addictions. Because of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In *The Tapping Solution*, Ortner describes not only the history and science of tapping but also the practical application. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that

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hold them back from creating the life they want.

The Lonely Polar Bear

Controlling Anger in Children with Asperger's Syndrome

A Proven Stress Management Technique for the Mind and Body

A Tale of the Singularity, Posthumanity, and Awkward Social Situations

Travels in West Africa

Teaching Children to Access Their Heart and Get Free from Sticky Thoughts

Emotional Freedom Technique (EFT) Tapping for Little Fingers

This exceptional bedtime story for ages 3 to 6 follows the adventures of Hug, a hero who got stuck as he was headed for the heart for which it was made. Will Hug navigate past The Web of Sticky Thoughts to deliver love and care to the one special heart for which it was intended? Wonderfully illustrated, this book, which is part of the Conscious Bedtime Story Club collection, is a sure-fire winner for parents seeking conscious parenting tools, as it helps kids to learn that sometimes it takes surrender for everything to get better. The book ends with Your Daily Hug Meter, a short set of questions to help children open to giving and receiving love, and the value of surrender as an antidote to Sticky Thoughts.

Created by the expert hosts of the popular Well-Fed Women Podcast, a step-by-step food and fitness plan for women, that teaches them how to improve their health by changing the quality—not the quantity—of the food they eat. To eat your way to better health, you don't need to limit your calorie intake, or cut out carbs or fat. You don't need to count "points." Better health doesn't come from limits. It comes from focusing on the quality of food that you eat—not the quantity. Instead of limiting your food intake you should be enriching it, argue Noelle Tarr and Stefani Ruper. The popular hosts of the Well-Fed Women Podcast want you to focus on the good things you eat. They want to make sure you get enough food so that your body has the fuel and nourishment it needs to support a healthy, long, and energetic life. Noelle and Stefani know about eating for health firsthand. They, too, struggled with confusing and frustrating medical conditions, including infertility, digestive issues, acne, polycystic ovarian syndrome, hypothyroidism, and anemia. They discovered that the secret to improving wellness was actually more food: they ditched the diet books, calorie counters, and scales, and started eating their way to health. In *Coconuts and Kettlebells*, you'll eat at least 2,000 calories a day thanks to a delicious selection of dishes that are all gluten-free, grain-free, and paleo. Within those 2,000 calories, setting a minimum intakes of protein, fat, and carbohydrates instead of the usual maximums will ensure that your diet is full of nutrients, while also providing flexibility to enjoy what

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you're eating. Noelle and Stefani identify the Big Four foods—grains, dairy, vegetable oils, and refined sugar—that cause the most health problems among women. While many diets require you to eliminate these foods entirely, *Coconuts and Kettlebells* provides an easy-to-follow step-by-step program to test these foods and determine which you need to cut back on—and which you don't—to feel better. To help you discover how your body responds to the Big Four, you'll choose from two simple 4-week meal plans: one for the Butter Lover (people who tend to feel more satisfied eating higher ratios of fats) and one for the Bread Lover (people who tend to feel more satisfied eating higher ratios of carbs). Each meal plan comes with a weekly shopping list, a guide to kitchen tools and equipment, and instructions on how to batch cook, meal prep, and stock the pantry. In addition, you'll have access to over 75 gluten-free and paleo-friendly flavor-packed recipes (free of the Big Four foods) for every meal of the day, including: Coconut Chai Latte Kale and Bacon Breakfast Skillet Apple Pie Smoothie Thai Coconut Curry Shrimp Moroccan Lamb Meatballs Shrimp and Cabbage Stir Fry Parsnip and Carrot Fries Mango Jalapeno Salsa Chocolate Cherry Energy Bites Lemon Raspberry Mini Cheesecakes To go along with the meal plans, Noelle and Stefani also provide three 4-week fitness plans tailored to three experience levels: beginner, intermediate, and advanced. All of the workouts can be done anywhere—at your home or on the road—and take no more than thirty minutes. A comprehensive whole body program to get and keep you healthy inside and out, *Coconuts and Kettlebells* provides the knowledge and tools you need to heal in a way that is effortless, rewarding, confidence-boosting, and everlasting. *Coconuts and Kettlebells* is illustrated with color photos throughout.

A boy grows up to make positive change in his community. After suffering much heartache, Sundar decides change must come to his small Indian village. He believes girls should be valued as much as boys and that land should not be needlessly destroyed.

Sundar's plan? To celebrate the birth of every girl with the planting of 111 trees. Though many villagers resist at first, Sundar slowly gains their support, and today, over a quarter of a million trees grow in his village. A once barren, deforested landscape has become a fertile, prosperous one where girls can thrive. Sure to plant seeds of hope in children. Improving the world is within everyone's reach.

The little critter describes all the things he will be able to do with his little brother, from picking apples to getting in snowball fights and hunting Easter eggs

Or, How He Made the Yuckies Go Away ~ A Story about the Magic in

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You

The Tapping Solution for Parents, Children & Teenagers

How to Let Go of Excessive Stress, Anxiety and Worry and Raise Happy, Healthy, Resilient Families

On the Come Up

Secret of the Peaceful Warrior

I Love You to the Moon and Back

All Birds Have Anxiety

Gorilla Thumps and Bear Hugs A Tapping Solution Children's Story Hay House, Inc

The New York Times best-selling creator of the Tapping Solution offers a three-week program of practical self-inquiry and hands-on work designed to unlock your life's full potential. Have you ever had the feeling your life just isn't working? That no matter how much you push and direct, or sit back and let go, the square peg you're holding just won't fit into the round hole that is your life? What if, instead, the roadblocks went away? What if you could experience more ease and flow in your life, banish self-doubt, fear, and anxiety, and live your greatest life? Can you imagine what that would look like--and more important, what it would feel like? Now Tapping Solution creator and New York Times best-selling author Nick Ortner helps you not only imagine it but make it a reality. The Tapping Solution for Manifesting Your Greatest Self guides you through a 21-day process of self-discovery and self-development using the simple, proven practice called Tapping (also known as Emotional Freedom Techniques). Each of the 21 stages includes a Daily Challenge and a Tapping Meditation to help the changes you're making take root. And you can work through the program at your own pace--doing one stage every day, every three days, every week, or whatever you like--with exclusive e-mail reminders from Nick to support you throughout the process. Drawing on wisdom sources from Aristotle to Dr. Seuss, along with Nick's own deep well of insight and stories from his daily life, this book is terrific fun to read. It's also a powerful tool for transformation. "We're going to work together to let your light shine brighter than ever before," Nick writes, "to create the life experiences you most deserve and desire." Ready? Then let's get tapping!

Raising children is life's greatest gift and accomplishment, but it can also come with an overwhelming amount of stressors, anxiety and self-doubt. Am I modeling the type of person I want my child to become? Am I doing enough to prepare my child to thrive in an ever-changing world? Are my children happy and confident in themselves? In The Tapping Solution for Parents, Children & Teenagers, Nick Ortner encourages readers to first take a look at their own stressors and worry as parents, reminding readers that self-care is vital to helping others. In the first section of the book, parents are guided on using the revolutionary technique known as EFT (Emotional Freedom Techniques) Tapping to release parental overwhelm, quiet worry, manage conflict and transform their experience of parenthood. In the second section, Nick explores specific uses for Tapping with children, ranging from releasing negative emotions like anger, fear and phobias, sadness, grief, guilt, and shame, to overcoming specific challenges such as anxiety disorders, sleep, nightmares, performance anxiety, bullying, school jitters, divorce and much more. Through the use of diagrams, links to videos, and Tapping tips, The Tapping Solution for Parents, Children & Teenagers is an easy-to-use resource to solve everyday issues taking place in our homes.

Barkley the Bear is now ready to continue his family's business, which involves taking care of everyone in the forest. What a job! Barkley worries that he will not be able to provide the care necessary for everyone, but he soon finds out how easy it is to help others, and how much you can get in return. New York Times best-selling author Nick Ortner, along

## Read Online Gorilla Thumps And Bear Hugs A Tapping Solution Children S Story

with Alison Taylor, take you on a memorable journey of what's most important in life: Kindness, hugs, and a little bit of work.  
EFT for Teens