



The Tapping Solution: How to live a happy and Stress free life

Hung Lee

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We all have periods in our lives when we're not in the best state of mind, this could either be depression, disappointment/ no support system or worry and stress. Whatever it may be, tapping has a solution for you! In this book you'll read up on how tapping targets the root causes of these problems. For example; when you compare tapping to ordinary medicine, tapping is much more consistent and long lasting because medicine helps to heal the problem; which is just as effective as watering a dying plant, whereas tapping teaches it to thrive on its own. Including the techniques that you'll learn in the book, this will be the perfect recipe for your journey to self-improvement. You'll be happy to know that tapping not only heals emotional/mental pain but it also benefits the healing of physical pain through EFT tapping which you'll find out about in chapter 4.

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