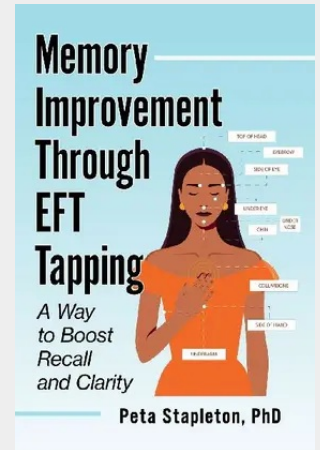


Memory Improvement Through EFT Tapping

A Way to Boost Recall and Clarity

Emotional Freedom Techniques (EFT, or "tapping") is a rapidly growing practice that involves tapping two fingers along specific acupuncture points in order to improve memory and sleep and to relieve stress, anxiety, and pain. While memory loss is a natural part of the aging process, many experience memory issues for reasons other than aging. Stress, anxiety and depression can cause forgetfulness, confusion, difficulty concentrating and other issues that disrupt daily activities, and research suggests that we can ease memory impairments caused by stress with effective coping mechanisms like tapping. Offering real client stories and outcomes from research, this is a comprehensive guide to EFT tapping. Focused on improving memory, it offers practical applications for tapping that can alleviate everyday forgetfulness (like difficulty recalling peoples' names), supercharge learning processes in people of all ages, and treat dementia.

Emotional Freedom Techniques (EFT, or "tapping") is a rapidly growing practice that involves tapping two fingers along specific acupuncture points in order to improve memory and sleep and to relieve stress, anxiety, and pain. While memory loss is a natural part of the aging process, many experience memory issues for reasons other than aging. Stress, anxiety and depression can cause forgetfulness, confusion, difficulty concentrating and other issues that disrupt daily activities, and research suggests that we can ease memory impairments caused by stress with effective coping mechanisms like tapping. Offering real client stories and outcomes from research, this is a comprehensive guide to EFT tapping. Focused on improving memory, it offers practical applications for tapping that can alleviate everyday forgetfulness (like difficulty recalling peoples' names), supercharge learning processes in people of all ages, and treat dementia.



31,90 €

31,90 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781476692937

Medium: Buch

ISBN: 978-1-4766-9293-7

Verlag: Toplight Books

Erscheinungstermin: 01.04.2023

Sprache(n): Englisch

Auflage: Erscheinungsjahr 2023

Produktform: Kartoniert

Gewicht: 400 g

Seiten: 277

Format (B x H): 152 x 229 mm

