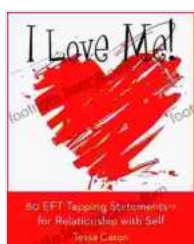


80 EFT Tapping Statements for Relationship with Self

Are you ready to embark on a journey of self-love and acceptance? 80 EFT Tapping Statements for Relationship with Self is your ultimate guide to unlocking your true potential and living a life filled with love, confidence, and joy.



80 EFT Tapping Statements for Relationship with Self

by Tessa Cason

★★★★☆ 4.5 out of 5

Language : English

File size : 6275 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 128 pages

Lending : Enabled



This book teaches you how to use EFT (Emotional Freedom Technique), a powerful energy healing technique, to release emotional blocks and negative beliefs that are holding you back from a fulfilling relationship with yourself.

Inside, you'll find 80 carefully crafted tapping statements that target the root causes of self-doubt, shame, guilt, and unworthiness. Each statement is

designed to help you shift your mindset, reprogram your subconscious mind, and create a new reality for yourself.

With regular practice, these tapping statements will help you:

- Release negative emotions and beliefs
- Boost your self-esteem and confidence
- Improve your body image and self-acceptance
- Cultivate self-compassion and forgiveness
- Attract love and healthy relationships

80 EFT Tapping Statements for Relationship with Self is more than just a book; it's a roadmap to self-discovery and transformation. It's a tool that you can use to create the life you've always dreamed of.

Free Download your copy today and start tapping into your true potential!

What is EFT Tapping?

EFT Tapping is a powerful energy healing technique that combines gentle tapping on specific meridian points on the body with positive affirmations. This process helps to release emotional blocks and negative beliefs that are stored in our energy system.

EFT Tapping has been shown to be effective for a wide range of issues, including:

- Anxiety and depression
- Trauma and PTSD

- Phobias and fears
- Chronic pain
- Weight loss
- Relationship problems

EFT Tapping is a safe and effective technique that can be used by anyone. It's a gentle and non-invasive way to release emotional blocks and create lasting change in your life.

How to Use This Book

This book is designed to be a practical guide to using EFT Tapping for relationship with self. Each chapter contains a set of tapping statements that target a specific issue or area of your life.

To use this book, simply follow these steps:

1. Choose a tapping statement that resonates with you.
2. Tap on the meridian points while repeating the statement to yourself.
3. Repeat the process for 5-10 minutes, or until you feel a shift in your energy.

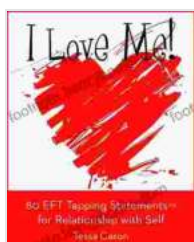
You can use the tapping statements in this book as often as you like. The more you tap, the greater the benefits you will experience.

80 EFT Tapping Statements for Relationship with Self

Here are 80 EFT Tapping statements that you can use to improve your relationship with yourself:

1. Even though I have been critical of myself in the past, I choose to love and accept myself unconditionally.
2. Even though I have made mistakes, I forgive myself and learn from my experiences.
3. Even though I am not perfect, I am worthy of love and respect.
4. I release all negative beliefs about myself and my ability to succeed.
5. I am open to receiving love and support from others.
6. I am grateful for my unique gifts and talents.
7. I am confident in my ability to achieve my goals.
8. I am worthy of a happy and fulfilling life.
9. I am enough.
10. I love and accept myself.
11. I am worthy of love and happiness.
12. I am capable of great things.
13. I am grateful for my life.
14. I am worthy of success.
15. I am a beautiful and unique individual.
16. I am strong and capable.
17. I am worthy of love and respect.
18. I am loved and accepted.
19. I am worthy of happiness.

20. I am grateful for my life.
21. I am capable of achieving my goals.
22. I am confident in myself.
23. I am worthy of success.
24. I am a beautiful and unique individual.
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- 26.



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