



## Tapping in: A Step-by-Step Guide to Activating Your Healing Resources Through Bilateral Stimulation

By Laurel Parnell

SOUNDS TRUE INC, United States, 2008. CD-Audio. Book Condition: New. abridged edition. 146 x 134 mm. Language: English . Brand New. Never has it been so effortless to activate your inner power and resiliency than with the remarkable technique known as resource tapping. Dr. Laurel Parnell s book and companion audio programme Tapping In make available for the first time self-guided instruction in this revolutionary EMDR-based tool. With step-by-step instruction in bilateral stimulation (a core principle of EMDR), Tapping In teaches this clinically recognized system for tapping both sides of the body to release emotional and physical distress, build resilience, aid in healing, and calm the body on a deep physiological level. A world-renowned expert in the field of EMDR (Eye Movement Desensitization and Reprocessing), Dr. Parnell guides students through a series of practical methods to access latent positive resources for building internal strength and increasing the sense of safety. Tapping In uses personal accounts and innovative principles that show how to: - Cope more effectively with anxiety, creative blocks, insomnia, and other stressful situations- Lift the spirit by finding joy, gratitude, and freedom within- Return to wholeness by supporting the body s ability to heal- Dialogue with your inner...



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