

Stress
Less, Live
More

Tapping



The Tapping Project

Emotional Freedom Techniques (EFT)

TAPPING



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Educator, Author

Tapping is a brain and body-based technique that changes your stress response pattern,



reducing anxiety and increasing calm and rational thinking

Tapping

Helps you to

Stop stressing and

Think clearly.



The
Tapping
Project

The remarkable truth connects the biological functions
of the soldier, the musician of the orchestra, and the prisoner
of the North Pole. — JAMES HANCOCK, M.D.

THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY
IN THE HEALING OF TRAUMA



BESSEL VAN DER KOLK, M.D.

The Trauma Research Foundations



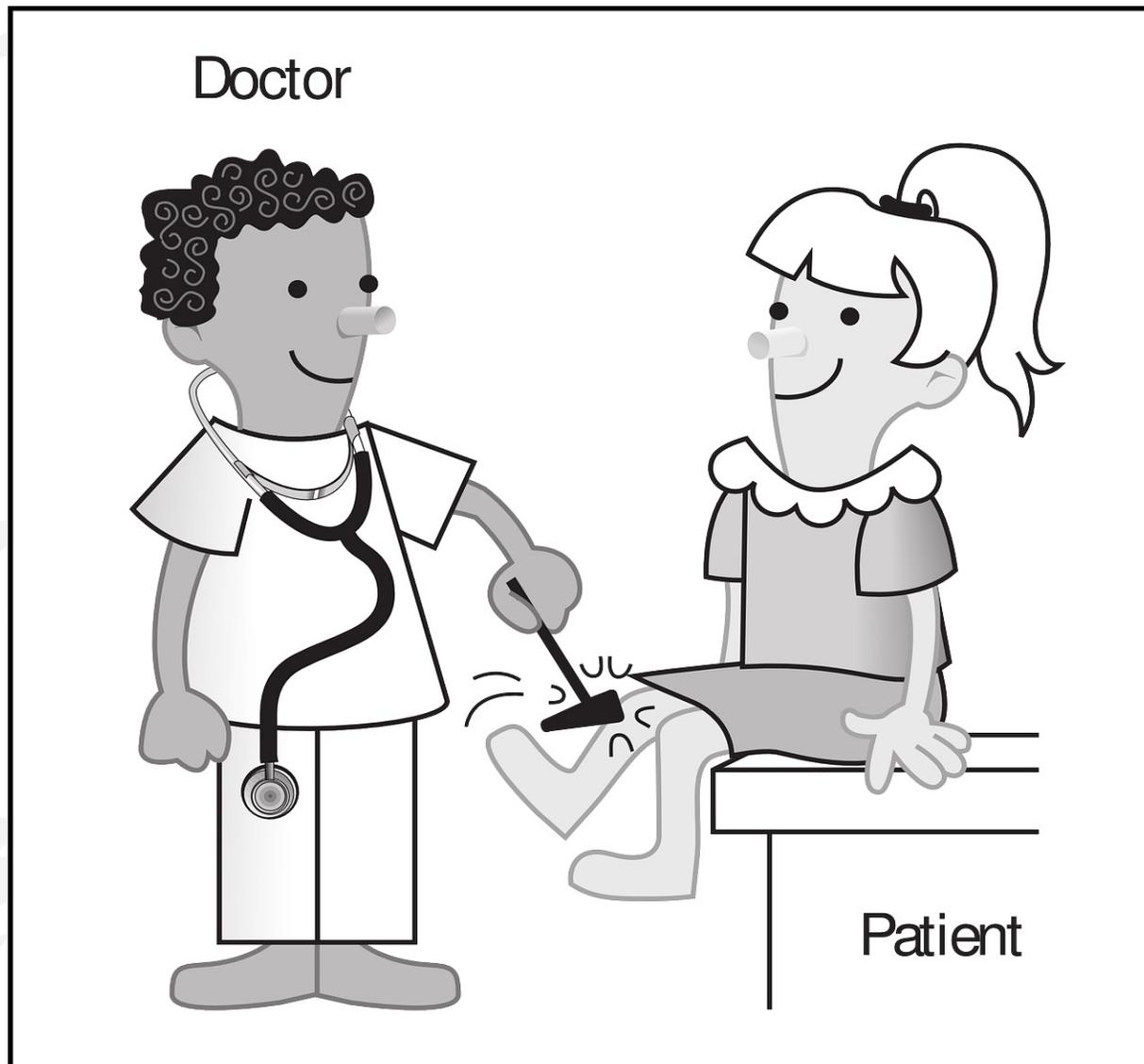
Tapping Mechanics

- On-and-off tapping pressure
- Acupuncture points

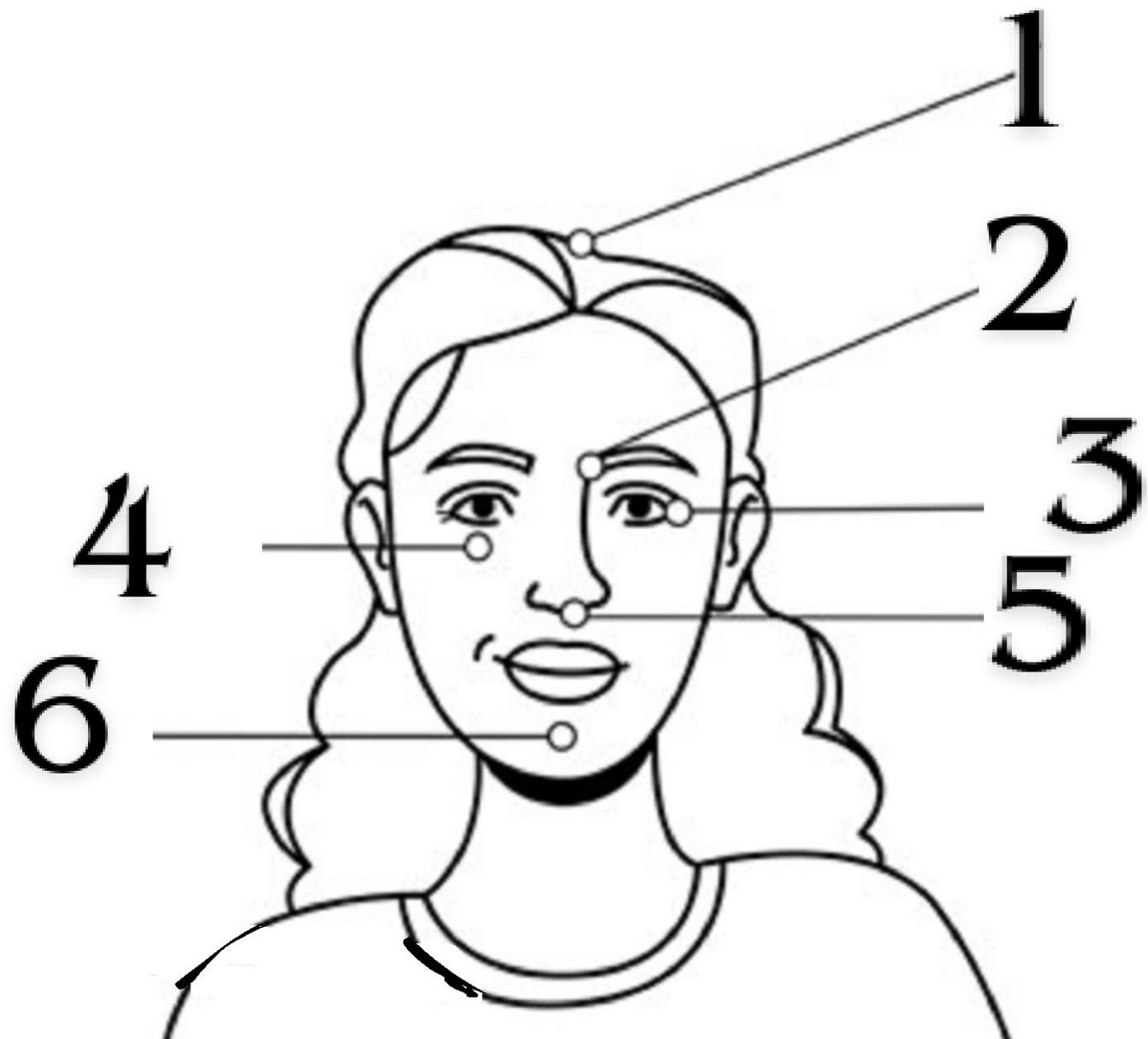


**It's
Automatic**

*It's
All
Good!*



Functional Tapping



Tap

Talk

Truth

Share, Vent, Tell the Story
Always include an emotion

Functional Tapping (FT)

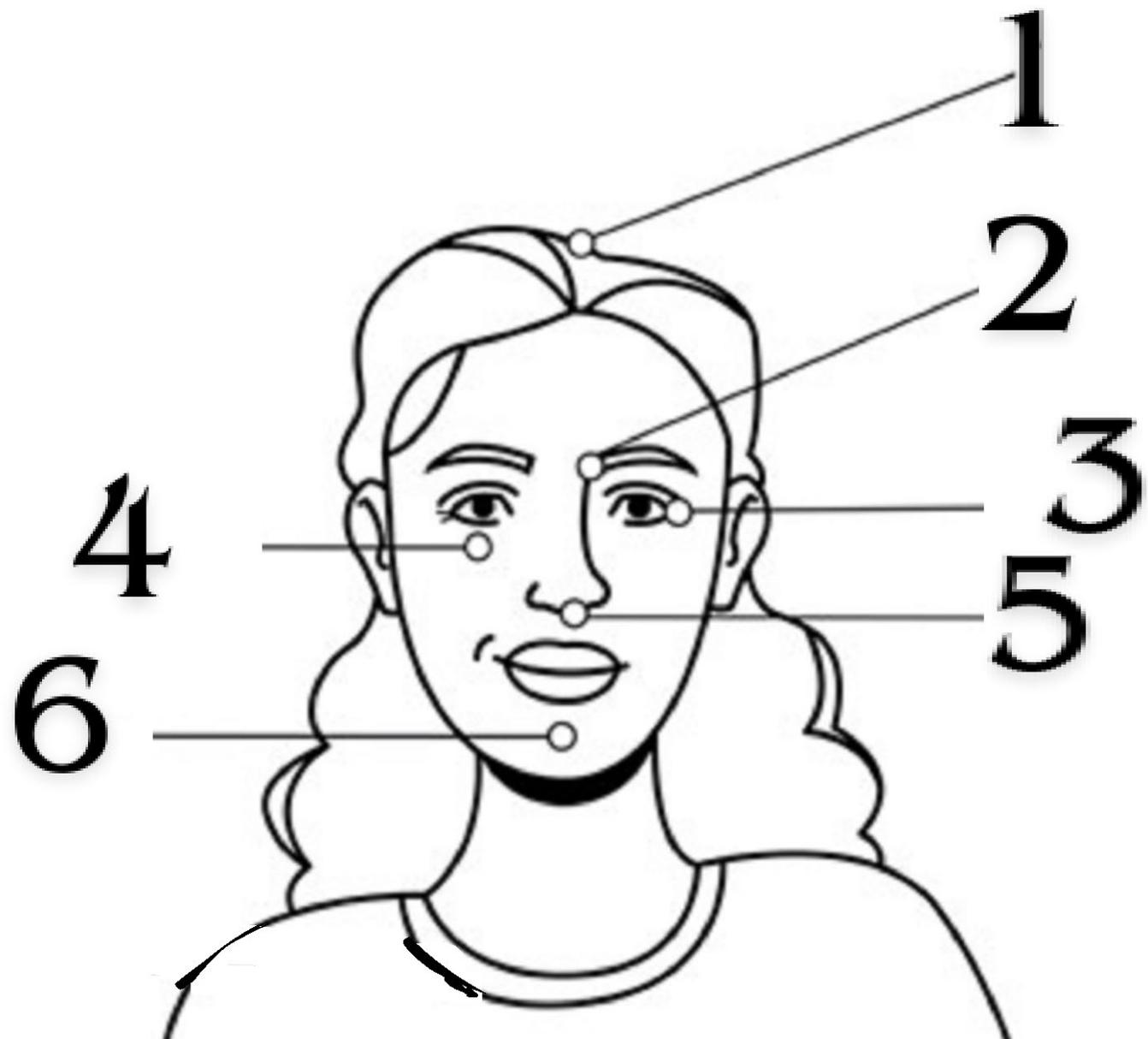
On and off Pressure

Tap Talk Tell the Truth (3 T's)

Dialogue while Tapping

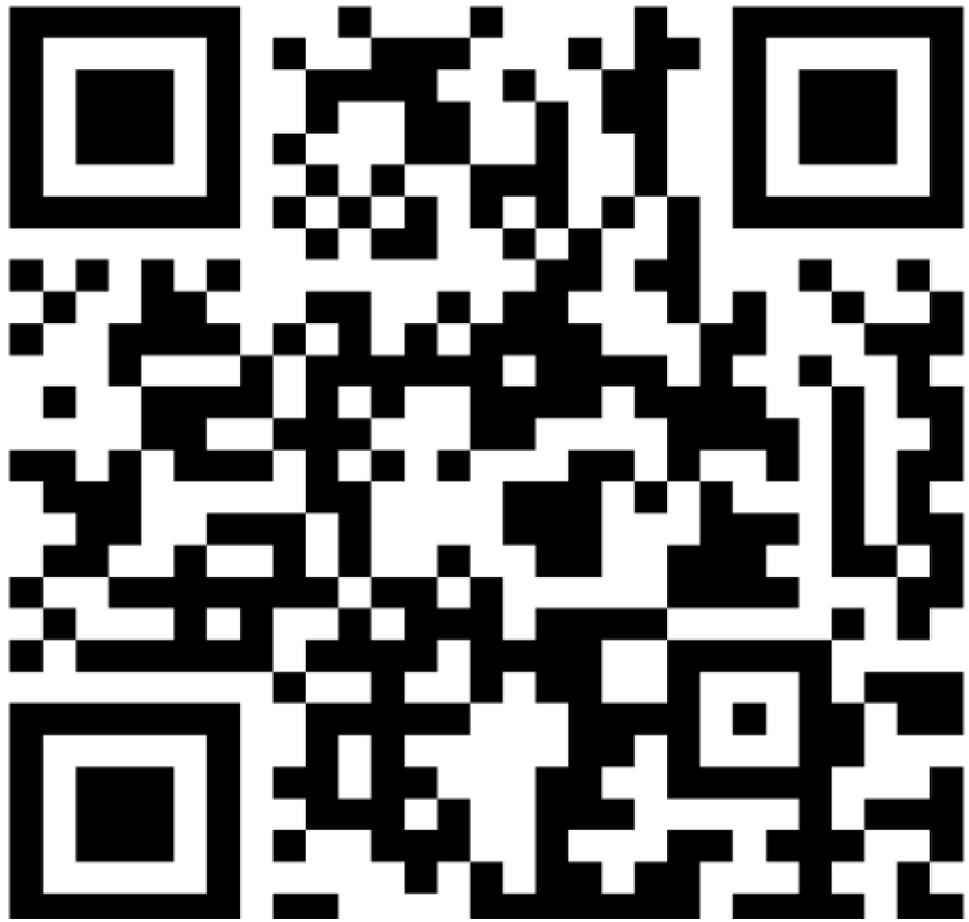
Solo * Group * Client

Functional Tapping



PUBLIC TAPPING





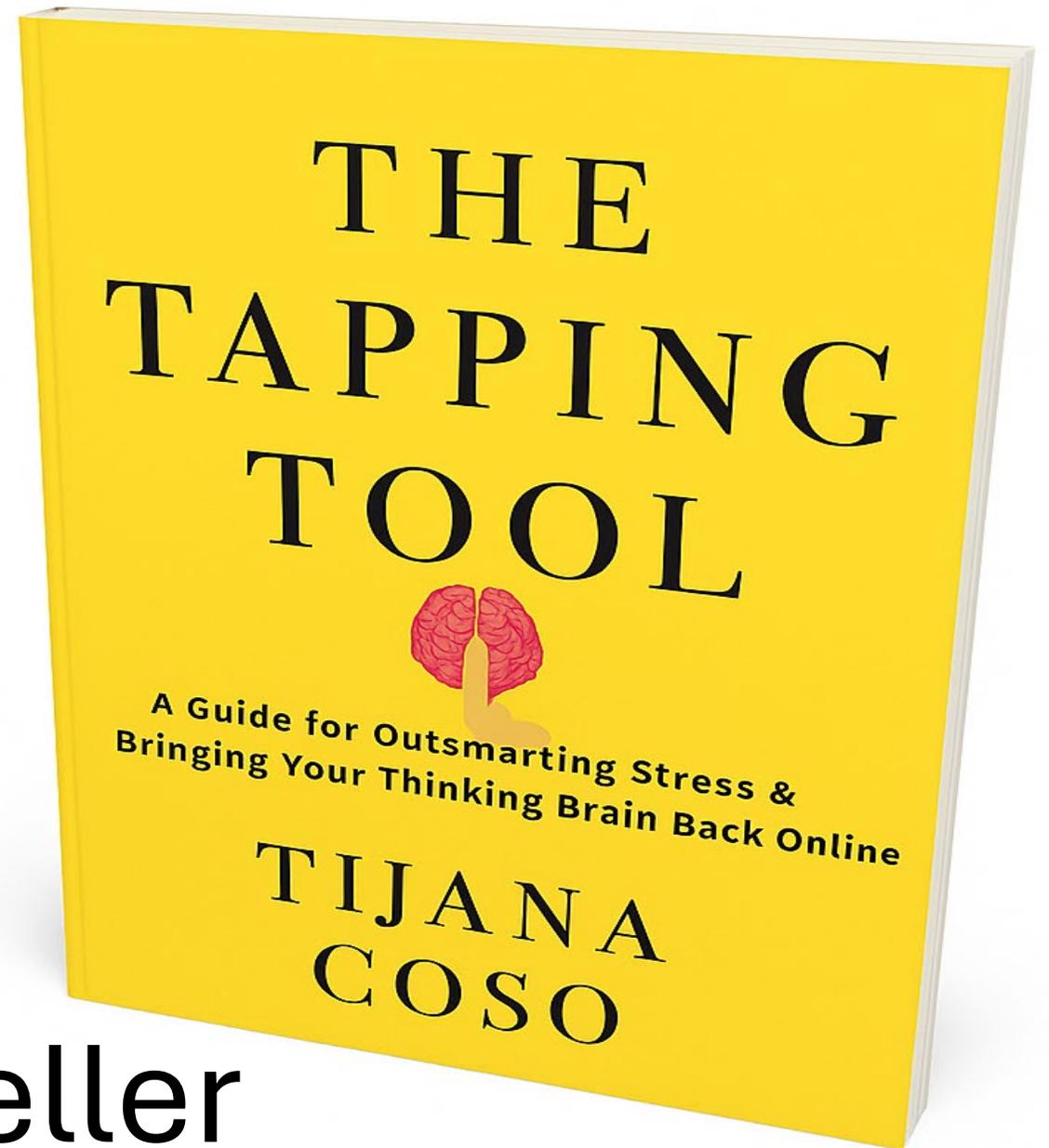
Website



Documents



Functional Tapping (FT)



Amazon #1 Best Seller