



200 EFT Tapping Statements for Procrastination: What I Want to Do, What I Have to Do

Tessa Cason

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EFT Tapping Statements Made Easy!!!

Do you have difficulty figuring out what to say when you tap, how to word EFT Tapping statements?

This Kindle Book provides 200 EFT Tapping Statements to say as you tap! EFT Tapping Statements Made Easy!

It goes without saying that procrastination is about avoiding. What are we avoiding? What are we afraid to find out? What are we not wanting to do? What are we not willing to face? What is so fearful that we chose procrastination over accomplishment, stagnation over forward movement and progress?

The list is long why we procrastinate. What do we do to heal our procrastination tendencies? EFT Tapping. Emotional Freedom Technique.

The is Kindle has 100 EFT Tapping Statements for Procrastination for What I Want to Do and 100 EFT Tapping Statements for Procrastination for What I Have to Do for a total of 200 EFT Tapping Statements.

Reviews for Tessa's Kindle eBooks:

THERE WERE SO MANY wonderful elements in this e-book. I was able to grasp some remarkable, effective phrases to use in my tapping. This book was very clear in its analysis of the physiological reasons for the pains we suffer, the way that Louise Hay's book, HEAL YOUR LIFE, approached the mind-body connection. Only I much prefer the "handles to hang onto" that are provided by Tessa Cason in this e-book. In fact, I love ALL her e-books utilizing pivotal phrases for tapping therapy with very specific categories for each e-book. These are brilliant, and Tessa is a STAR at identifying the perfect tools to improve one's life.

After reading this book and doing the tapping exercises I experienced a dramatic shift in my perceptual existence. I was feeling sad and tired then after completing the exercises in this book I felt joy and peaceful tears. It's truly amazing! Thank you so much Tessa! You are a gift in my life and am so grateful for the healing you have given me! Tessa's books really have healing power. Read them. They will literally change your life.

Tessa has a profound way of working with EFT that is different and unique from other practitioners. I find her newest work to be exceptional concerning self-esteem. I urge anyone - whether new to or familiar with EFT - to try it. You will not be disappointed.

I love Tessa's work, you will never be lost for words to tap on. This book is for any level Tapping, I have recently bought several of her downloadable e-books and I find them to be a treasure. Easy to follow and her

statements resonate with what I am looking for. I will always continue using her work. Very creative concept, I no longer have to figure out exactly what I want to say. This book is needed by all who suffer self esteem issues, deserving, worthy, belonging, and the list continues. It zero's in on our root issues so we can tap and thrive to a healthier more abundant life. Isn't that what everyone wants. You got a winner here Tessa, you are the bomb.

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Denise Church:

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Rose Hilton:

A lot of people always spent their own free time to vacation as well as go to the outside with them household or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. In order to try to find a new activity here is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book you read you can spent all day every day to reading a publication. The book 200 EFT Tapping Statements for Procrastination: What I Want to Do, What I Have to Do it is rather good to read. There are a lot of people who recommended this book. These were enjoying reading this book. If you did not have enough space bringing this book you can buy the actual e-book. You can m0ore quickly to read this book out of your smart phone. The price is not too costly but this book has high quality.

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I Have to Do can be your answer mainly because it can be read by an individual who have those short spare time problems.

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