



The Art of Tapping: A Combination of Emotional Freedom Technique and Expressive Art Therapy (Paperback)

By Monika Marguerite Lux

Balboa Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The BalanCHIng Method presents emotional release through The Art Of Tapping by Monika Marguerite Lux. If there were self-help techniques available that could aid in overcoming your life s obstacles, would you like to learn them? Have you been searching for a gentle way of self-healing at a deeper level? Imagine you could live your life to the fullest and find inner peace and happiness! This book is a manual on how to release even deep-seated, hidden, and trapped emotions in a very gentle and easy way. Get ready to explore the world of emotional freedom technique (also called tapping or acupuncture without needles), expressive art therapy, applied kinesiology (meridians and muscle testing), and more. Get ready to reclaim your personal power and embrace who you really are!.



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