



## EFT for Teens (Paperback)

By Peta Stapleton

Energy Psychology Press, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. The teenage years hold all the promise of adulthood, as well as being a transition from childhood. Yet they re also full of challenges; for teens themselves, for their parents, siblings, communities and friends. A story in calls Emotional Freedom Techniques (EFT): one of the most successful psychology self-help techniques ever developed. It s a powerful stress-reduction method that combines elements of proven psychotherapy methods with acupressure, fingertip tapping on acupuncture points. Over 100 scientific studies have shown that EFT is effective for many physical and psychological challenges, including anxiety, depression and stress. Studies with teens show that just a few minutes of EFT can erase stress related to: - Taking exams - Peer pressure - Family conflicts - The body changes associated with puberty - Social phobias - Sports performance - Weight management - Eating disorders. and much more. For teens needing a quick and simple method of navigating their life challenges, as well as for their parents and siblings, EFT for Teens will be a cherished resource.



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### Reviews

*This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).*

*-- Prof. Kirk Cruickshank DDS*

*This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.*

*-- Justus Hettinger*