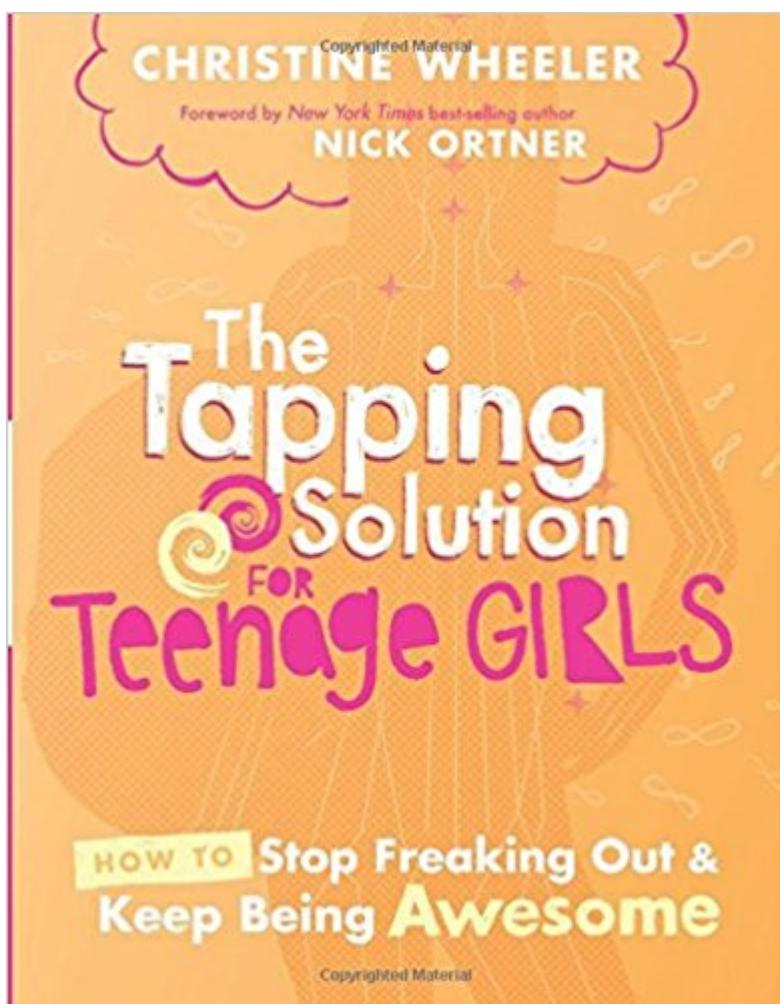


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# The Tapping Solution For Teenage Girls: How To Stop Freaking Out And Keep Being Awesome



## Synopsis

Dealing with grades, bullying, friendships, parents, crushes . . . it's enough to make any teenage girl wish she could snap her fingers and make it all go away. The good news is, you almost can—except it's not "snapping" but "tapping"! Formally known as Emotional Freedom Techniques (EFT), this revolutionary practice can help you reduce your feelings of anxiety and overwhelm, boost your confidence, and unpack the "stress backpack" you may not even know you're carrying. In *The Tapping Solution for Teenage Girls*, expert EFT practitioner Christine Wheeler explains the basics of the technique (it actually involves tapping, with your fingers, on energy points on your own body, and you can do it anywhere, anytime). Then she gives you simple yet powerful instructions for tapping on common challenges such as: Schoolwork, tests, grades, and planning for college Appearance and body image Dating, breakups, and dealing with sexual feelings Divorce, siblings, and blended families Throughout the book, comments from 16-year-old Cassidy, the author's teen consultant, keep it real with helpful perspectives on how this tapping thing works—and it does work! In these pages, you'll discover that a super effective tool for dealing with stress is literally at your fingertips. If you're ready to be true to yourself, stop freaking out, and keep being awesome, *The Tapping Solution for Teenage Girls* is the perfect solution for you!

## Book Information

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## Customer Reviews

Ã¢ “It has been said that the emotional wounds of high school have the half-life of uranium. And thereÃ¢ ¸s a lot of truth to that statement. In my decades of medical practice, IÃ¢ ¸ve seen the adverse effects of these wounds years laterÃ¢ ¸n the minds, spirits, and emotions of adult women. But this doesnÃ¢ ¸t have to be the case. The Tapping Solution for Teenage Girls provides teenage girls with precisely the tools they need to regularly and effectively discharge the emotional stress of their intense lives. As a result, girls have the opportunity to reach adulthood as whole, confident womenÃ¢ ¸nencumbered by a lot of baggage from their teen years. I highly recommend this book to anyone who has a teenage daughter or who cares about one.

Ã¢ • Christiane Northrup, M.D., New York Times best-selling author of WomenÃ¢ ¸s Bodies, WomenÃ¢ ¸s Wisdom and Goddesses Never AgeÃ¢ “Oh, how I wish I had this book when I was a teenager! The angst, the stress, the confusion, so much of it is cleared up in this fantastic guide, and most importantly, the incredible resource of EFT is explained in wonderful detail. I canÃ¢ ¸t go back in time, but I will share this book with all the teenage girls I know!

Ã¢ • Kris Carr, New York Times best-selling authorÃ¢ “This is the book everyone out of their teens wishes they had as a teenager! Chris Wheeler is making that wish come true for a new generation of teens. The Tapping Solution for Teenage Girls is relatable, easy to follow, and transformational. The best part is knowing this information will not only help you now, but for years to come.

Ã¢ • Jessica Ortner, author of The Tapping Solution for Weight Loss and Body ConfidenceÃ¢ “I will use this book in my medical practice for every teen!

Teenage anxiety is a huge cause of teen illness and disease as an adult. This is by far the most useful book IÃ¢ ¸ve come across to support teens and really call out the disturbing thoughts they haven't been able to communicate to anyone. This book will change the lives of millions!

Ã¢ • Kim DÃ¢ ¸ramo, D.O., ABEM board-certified emergency physician and founder of the American Institute of Mind Body MedicineÃ¢ “ItÃ¢ ¸s never too early to start living consciously! The Tapping Solution for Teenage Girls is a terrific resource to help girls ease their burdens and boost their confidence in every area of life, from school and family to friendships and romance to appreciating their own changing bodies. I applaud Christine Wheeler for equipping her readers with the tools to feel and release their emotions, loosen the grip of stress, and grow into the most vibrant, connected, joyful women they can be. I only wish this remarkable book had been available when my own daughter was a teenager.

Ã¢ • Gay Hendricks, author of The Big Leap and co-author with Dr. Kathryn Hendricks of Conscious Loving Ever AfterÃ¢ “I absolutely love this book! As the mother of a teenager, I know that there is no greater problem in a girlÃ¢ ¸s life than the continuing, ever-expanding stress that our kids go

through both as they grow and change internally and as they face the outer pressures of high school and college applications. To be able to offer a simple tool that is so effective is a real game changer. I want every teenager to have access to this information. It's not only helpful now, but it's a phenomenal tool for life. One of the most fun aspects of the book is the guidance of Cassidy, a teenager who uses tapping and brings us into her life to help makes the connection of to how she uses this technique to battle her stress bombs. I am less stressed just knowing this book is in the world!! • Regena Thomashauer, founder of Mama Gena's School of Womanly Arts "A wise and sympathetic guide written for one of the most powerful, yet underappreciated, audiences on the planet, the teenage girl. By helping them to help themselves, with tips and tools for unlocking their inner strength, we will help to usher in a spectacular new world order." • Mike Dooley, New York Times best-selling author of Infinite Possibilities "I've long wished more people could experience how profound EFT tapping is with Christine Wheeler. And now they can! In *The Tapping Solution for Teenage Girls*, Christine infuses each tapping exercise with a piece of herself. She is present on every page, guiding girls out of their pain and toward their authentic selves. This book is invaluable not only for girls who long to be heard, understood, and soothed, but also for families, teachers, and friends who want to help them find their way." • Janet Conner, author of *Writing Down Your Soul*, *The Lotus and The Lily*, *Soul Vows*, and *The Soul Discovery Coloring Book* "I first learned EFT tapping from Chris Wheeler back in 2006 and instantly recognized that it had the potential to be a great tool in helping my then nine-year-old daughter navigate the inevitable challenges of life. Ten years later, tapping has proven to be the go-to tool for pretty much anything! Chris has a unique way of assuring girls that their upsets may seem like the end of the world but they're completely normal and manageable with tapping. It doesn't have to be so hard, and it won't be with this book on your bedside table!" • Terri Tatchell, Academy Award-nominated screenwriter

Christine Wheeler has been an Emotional Freedom Techniques (EFT) practitioner since 2002. She is the co-author of *IBS for Dummies*, one of the first mainstream health books to include significant information on EFT as a soothing option. Christine also co-authored *The IBS Cookbook for Dummies* and has authored dozens of EFT articles on the alternative health website [Mercola.com](http://Mercola.com). From her home base in Vancouver, Christine has worked with thousands of people to help them alleviate physical, emotional, and spiritual challenges and live with hope and joy. She has also taught EFT to parents, school counselors, and youth addictions counselors to put this unique

self-help tool into the hands of people who are caregivers for youth. Website:

[www.ChristineWheeler.com](http://www.ChristineWheeler.com)

My 13 yr. old daughter finds this book easy to understand, relevant and interesting. This was a good buy for us.

My daughter has anxiety and used this last night just reading one of their prepared words and felt much better within minutes!! Very hopeful that this can be a good solution.

Great technique for girls, given as gifts to friends.

This book is truly are target for teen girls as well as women of all ages!

Great book on EFT tapping, my 13 year young daughter and i are reading it together!

I brought this book as a gift for my granddaughter. She's 18 and uses it daily.

the delivery was quick,the book is every thing they said it was Thank you.

Great book! Teaches empowerment to girls and self awareness.

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to Releasing Self-Doubt, Cultivating Inner Peace, and Creating a Life You Love The Tapping Solution: A Revolutionary System for Stress-Free Living Sizzling Story Outlines: How to Outline Your Screenplay or Novel, Always Know “What Happens Next,” and Finish Your Rough Draft Without Freaking Out (Iterative Outlining Book 1) Speaking Up without Freaking Out: 50 Techniques for Confident and Compelling Presenting Welcome to the Jungle, Revised Edition: Facing Bipolar Without Freaking Out Sharing Jesus without Freaking Out: Evangelism the Way You Were Born to Do It Freaking Out: Real-life Stories About Anxiety The Emotionally Abusive Relationship: How to Stop Being Abused and How to Stop Abusing Girls’ Ministry 101: Ideas for Retreats, Small Groups, and Everyday Life with Teenage Girls (Youth Specialties (Paperback)) Small Time Operator: How to Start Your Own Business, Keep Your Books, Pay Your Taxes, and Stay Out of Trouble (Small Time Operator: How to Start Your ... Keep Yourbooks, Pay Your Taxes, & Stay Ou) Stop Being Your Symptoms and Start Being Yourself: The 6-Week Mind-Body Program to Ease Your Chronic Symptoms

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