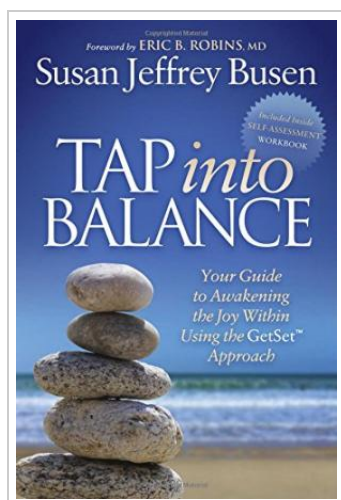



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Tap into Balance Your Guide to Awakening the Joy Within Using the GetSet Approach

By Susan Jeffrey Busen

Morgan James Publishing. Paperback. Condition: New. 278 pages. With decades of education, in-depth research, and knowledge, Sue Busens experience and commitment make her and her unique processes trustworthy. Through this powerful book, she provides cutting-edge techniques to help you thrive. Marcia Wieder, CEO, Dream University How would you like to transform your life in minutes using only your fingertips Using her breakthrough GetSet Approach (Global Emotional Tapping Scripts and Energy Therapies) and proven Emotional Freedom Techniques (EFT), Susan Jeffrey Busen, The Educated Healer™, guides you through a ninety-day program of self-discovery and growth that will change your life. The simple-to-follow program allows you to identify and release emotional baggage and limiting beliefs, in order to achieve a more joyful, balanced life. Busen guides you through self-assessment worksheets to determine the root causes of emotional upsets, negative thoughts, and self-limiting behaviors. She walks you through her simple six-step process that involves tapping with your fingertips on acupuncture points, while reading the applicable script. Tapping is proven to release negative programming and establish new positive behavior patterns. This easy-to-use guide contains the most comprehensive set of EFT scripts published to date, with chapters on confidence and limiting beliefs, negative emotions, relationships, fears,...



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