

## Gorilla Thumps And Bear Hugs A Tapping Solution Children S Story

Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of The Tapping Solution, is at the forefront of a new healing movement. In his upcoming book, The Tapping Solution, he gives readers everything they need to successfully start using the powerful practice of tapping – or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewrite the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In The Tapping Solution, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want.

This sweet children's picture book presents a moving story, set in a fragile Arctic world threatened by global warming. A little polar bear wakes up alone after a furious storm. With his mother nowhere in sight, he makes friends with a mysterious little girl and various animal companions. All of the friends come together in the magnificent polar sky. In the end the little bear sits peacefully, enjoying a winter day lit up by beautiful northern lights. Featuring exceptional illustrations from talented Vietnamese illustrator Khoa Le, The Lonely Polar Bear offers an accessible way to introduce children to climate change issues.

Mary Henrietta Kingsley was an English ethnographic and scientific writer and explorer whose travels throughout West Africa and resulting work helped shape European perceptions of African cultures and British imperialism. After a preliminary visit to the Canary Islands, Kingsley decided to travel to the west coast of Africa. The only non-African women who regularly embarked on (often dangerous) journeys to Africa were usually the wives of missionaries, government officials, or explorers. Exploration and adventure were not seen as fitting roles for women in the Victorian era. Yet, when Mary Kingsley's invalid parents died within six weeks of each other, she followed in her explorer father's footsteps and traveled to Africa against her society's every convention. Here is her lively and witty account of that journey, an immediate bestseller when it first came out in 1887 and every bit as gripping today. Kingsley's complicated and indomitable character shines through in each sentence, as she describes hacking, marching, and climbing her way through the continent. After more than a century, she remains a feminist icon and a most remarkable woman.

The little critter describes all the things he will be able to do with his little brother, from picking apples to getting in snowball fights and hunting Easter eggs

GoTapping! Nelly Learns the Emotional Freedom Technique (Eft) for Kids

The Little Book of Big Feelings

A Personalized 4-Week Food and Fitness Plan for Long-Term Health, Happiness, and Freedom

The Red Beast

So Much Snow!

A Tale of the Singularity, Posthumanity, and Awkward Social Situations

Shifting from Chaos to Calm With Eft

The adventurous monkey is all alone in the big city! Can he find the man in the yellow hat? When the man with the yellow hat promises to buy George a holiday surprise during their trip to the city, George decides he wants to give his friend a surprise too. But it isn't long before the little monkey's curiosity gets him into trouble and he gets separated from his friend.

Though he has fun seeing the tourist sites and all the sparkling decorations, what he really wants most is to find his best friend again—and enjoy the city surprise. . . . Includes new bonus activities!

A blizzard is coming, but Jasmine loves snow! So off she goes to school, as the snow gets deeper, and deeper, and deeper...

The New York Times best-selling creator of the Tapping Solution offers a three-week program of practical self-inquiry and hands-on work designed to unlock your life's full potential. Have you ever had the feeling your life just isn't working? That no matter how much you push and direct, or sit back and let go, the square peg you're holding just won't fit into the round hole that is your life? What, if instead, the roadblocks went away? What if you could experience more ease and flow in your life, banish self-doubt, fear, and anxiety, and live your greatest life? Can you imagine what that would look like—and more important, what it would feel like? Now Tapping Solution creator and New York Times best-selling author Nick Ortner helps you not only imagine it but make it a reality. The Tapping Solution for Manifesting Your Greatest Self guides you through a 21-day process of self-discovery and self-development using the simple, proven practice called tapping (also known as Emotional Freedom Techniques). Each of the 21 stages includes a Daily Challenge and a Tapping Meditation to help the changes you're making take root. And you can work through the program at your own pace—doing one stage every day, every three days, every week, or whatever you like—with exclusive e-mail reminders from Nick to support you throughout the process. Drawing on wisdom sources from Aristotle to Dr. Seuss, along with Nick's own deep well of insight and stories from his daily life, this book is terrific fun to read. It's also a powerful tool for transformation. "We're going to work together to let your light shine brighter than ever before," Nick writes, "to create the life experiences you most deserve and desire." Ready? Then let's get tapping!

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 Examiner.com 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. Successful 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.

Finding Calm Through Mindful Breathing

Tapping for Kids

How to Let Go of Excessive Stress, Anxiety and Worry and Raise Happy, Healthy, Resilient Families

The Tapping Solution for Manifesting Your Greatest Self

Voices from the Ancestors

Gorilla Thumps and Bear Hugs

The Tapping Solution for Weight Loss & Body Confidence

**Barkley the Bear is now ready to continue his family's business, which involves taking care of everyone in the forest. What a job! Barkley worries that he will not be able to provide the care necessary for everyone, but he soon finds out how easy it is to help others, and how much you can get in return. New York Times best-selling author Nick Ortner, along with Alison Taylor, take you on a memorable journey of what's most important in life: kindness, hugs, and a little bit of work.**

**This heartwarming tale tells of Danny Morgan, who learns the meaning of courage and friendship when he is confronted by, and befriends, the schoolyard bully. With dignity, wit, and compassion, Danny's mentor shows him that he cannot solve his problems by running away—or by becoming a bully himself.**

**Created by the expert hosts of the popular Well-Fed Women Podcast, a step-by-step food and fitness plan for women, that teaches them how to improve their health by changing the quality—not the quantity—of the food they eat. To eat your way to better health, you don't need to limit your calorie intake, or cut out carbs or fat. You don't need to count "points." Better yet, it's so easy to use. It comes from focusing on the quality of food that you eat—not the quantity, instead of limiting your food intake you should be enriching it, argue Noelle Tarr and Stefani Ruper. The popular hosts of the Well-Fed Women Podcast want you to focus on the good things you eat. They want to make sure you get enough food so that your body has the fuel and nourishment it needs to support a healthy, long, and energetic life. Noelle and Stefani know about eating for health firsthand. They, too, struggled with confusing and frustrating medical conditions, including infertility, digestive issues, acne, polycystic ovarian syndrome, hypothyroidism, and anemia. They discovered that the secret to improving wellness was actually more food: they ditched the diet books, calorie counters, and scales, and started eating their way to health. In Coconuts and Kettlebells, you'll eat at least 2,000 calories a day thanks to a delicious selection of dishes that are all gluten-free, grain-free, and paleo. Within those 2,000 calories, setting a minimum intakes of protein, fat, and carbohydrates instead of the usual maximums will ensure that your diet is full of nutrients, while also providing flexibility to enjoy what you're eating. Noelle and Stefani identify the Big Four foods—grains, dairy, vegetable oils, and refined sugar—that cause the most health problems among women. While many diets require you to eliminate these foods entirely, Coconuts and Kettlebells provides an easy-to-follow step-by-step program to test these foods and determine which you need to cut back on—and which you don't—to feel better. To help you discover how your body responds to the Big Four, you'll choose from two simple 4-week meal plans: one for the Butter Lover (people who tend to feel more satisfied eating higher ratios of fats) and one for the Bread Lover (people who tend to feel more satisfied eating higher ratios of carbs). Each meal plan comes with a weekly shopping list, a guide to kitchen tools and equipment, and instructions on how to batch cook, meal prep, and stock the pantry. In addition, you'll have access to over 75 gluten-free and paleo-friendly flavor-packed recipes (free of the Big Four foods) for every meal of the day, including: Coconut Chai Latté Kale and Bacon Breakfast Skillet Apple Pie Smoothie Thai Coconut Curry Shrimp Moroccan Lamb Meatballs Shrimp and Cabbage Stir Fry Parsnip and Carrot Fries Mango Jalapeno Salsa Chocolate Cherry Energy Bites Lemon Raspberry Mini Cheescakes To go along with the meal plans, Noelle and Stefani also provide three 4-week fitness plans tailored to three experience levels: beginner, intermediate, and advanced. All of the workouts can be done anywhere—at your home or on the road—and take no more than thirty minutes. A comprehensive whole body program to get and keep you healthy inside and out, Coconuts and Kettlebells provides the knowledge and tools you need to heal in a way that is effortless, rewarding, confidence-boosting, and everlasting. Coconuts and Kettlebells is illustrated with color photos throughout.**

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revolve around our weight—no love until we lose the weight, no pursuing a dream until we lose the weight, no happiness until we lose the weight. But now there's a better option. Using tapping, also known as EFT, Jessica Ortner walks you through a process that helps you drop stress so you can ditch all those weight loss obstacles. It comes from focusing on the quality of food that you eat—not the quantity, instead of limiting your food intake you should be enriching it, argue Noelle Tarr and Stefani Ruper. The popular hosts of the Well-Fed Women Podcast want you to focus on the good things you eat. They want to make sure you get enough food so that your body has the fuel and nourishment it needs to support a healthy, long, and energetic life. Noelle and Stefani know about eating for health firsthand. They, too, struggled with confusing and frustrating medical conditions, including infertility, digestive issues, acne, polycystic ovarian syndrome, hypothyroidism, and anemia. They discovered that the secret to improving wellness was actually more food: they ditched the diet books, calorie counters, and scales, and started eating their way to health. In Coconuts and Kettlebells, you'll eat at least 2,000 calories a day thanks to a delicious selection of dishes that are all gluten-free, grain-free, and paleo. Within those 2,000 calories, setting a minimum intakes of protein, fat, and carbohydrates instead of the usual maximums will ensure that your diet is full of nutrients, while also providing flexibility to enjoy what you're eating. Noelle and Stefani identify the Big Four foods—grains, dairy, vegetable oils, and refined sugar—that cause the most health problems among women. While many diets require you to eliminate these foods entirely, Coconuts and Kettlebells provides an easy-to-follow step-by-step program to test these foods and determine which you need to cut back on—and which you don't—to feel better. To help you discover how your body responds to the Big Four, you'll choose from two simple 4-week meal plans: one for the Butter Lover (people who tend to feel more satisfied eating higher ratios of fats) and one for the Bread Lover (people who tend to feel more satisfied eating higher ratios of carbs). Each meal plan comes with a weekly shopping list, a guide to kitchen tools and equipment, and instructions on how to batch cook, meal prep, and stock the pantry. In addition, you'll have access to over 75 gluten-free and paleo-friendly flavor-packed recipes (free of the Big Four foods) for every meal of the day, including: Coconut Chai Latté Kale and Bacon Breakfast Skillet Apple Pie Smoothie Thai Coconut Curry Shrimp Moroccan Lamb Meatballs Shrimp and Cabbage Stir Fry Parsnip and Carrot Fries Mango Jalapeno Salsa Chocolate Cherry Energy Bites Lemon Raspberry Mini Cheescakes To go along with the meal plans, Noelle and Stefani also provide three 4-week fitness plans tailored to three experience levels: beginner, intermediate, and advanced. All of the workouts can be done anywhere—at your home or on the road—and take no more than thirty minutes. A comprehensive whole body program to get and keep you healthy inside and out, Coconuts and Kettlebells provides the knowledge and tools you need to heal in a way that is effortless, rewarding, confidence-boosting, and everlasting. Coconuts and Kettlebells is illustrated with color photos throughout.

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revolve around our weight—no love until we lose the weight, no pursuing a dream until we lose the weight, no happiness until we lose the weight. But now there's a better option. Using tapping, also known as EFT, Jessica Ortner walks you through a process that helps you drop stress so you can ditch all those weight loss obstacles. It comes from focusing on the quality of food that you eat—not the quantity, instead of limiting your food intake you should be enriching it, argue Noelle Tarr and Stefani Ruper. The popular hosts of the Well-Fed Women Podcast want you to focus on the good things you eat. They want to make sure you get enough food so that your body has the fuel and nourishment it needs to support a healthy, long, and energetic life. Noelle and Stefani know about eating for health firsthand. They, too, struggled with confusing and frustrating medical conditions, including infertility, digestive issues, acne, polycystic ovarian syndrome, hypothyroidism, and anemia. They discovered that the secret to improving wellness was actually more food: they ditched the diet books, calorie counters, and scales, and started eating their way to health. In Coconuts and Kettlebells, you'll eat at least 2,000 calories a day thanks to a delicious selection of dishes that are all gluten-free, grain-free, and paleo. Within those 2,000 calories, setting a minimum intakes of protein, fat, and carbohydrates instead of the usual maximums will ensure that your diet is full of nutrients, while also providing flexibility to enjoy what you're eating. Noelle and Stefani identify the Big Four foods—grains, dairy, vegetable oils, and refined sugar—that cause the most health problems among women. While many diets require you to eliminate these foods entirely, Coconuts and Kettlebells provides an easy-to-follow step-by-step program to test these foods and determine which you need to cut back on—and which you don't—to feel better. To help you discover how your body responds to the Big Four, you'll choose from two simple 4-week meal plans: one for the Butter Lover (people who tend to feel more satisfied eating higher ratios of fats) and one for the Bread Lover (people who tend to feel more satisfied eating higher ratios of carbs). Each meal plan comes with a weekly shopping list, a guide to kitchen tools and equipment, and instructions on how to batch cook, meal prep, and stock the pantry. In addition, you'll have access to over 75 gluten-free and paleo-friendly flavor-packed recipes (free of the Big Four foods) for every meal of the day, including: Coconut Chai Latté Kale and Bacon Breakfast Skillet Apple Pie Smoothie Thai Coconut Curry Shrimp Moroccan Lamb Meatballs Shrimp and Cabbage Stir Fry Parsnip and Carrot Fries Mango Jalapeno Salsa Chocolate Cherry Energy Bites Lemon Raspberry Mini Cheescakes To go along with the meal plans, Noelle and Stefani also provide three 4-week fitness plans tailored to three experience levels: beginner, intermediate, and advanced. All of the workouts can be done anywhere—at your home or on the road—and take no more than thirty minutes. A comprehensive whole body program to get and keep you healthy inside and out, Coconuts and Kettlebells provides the knowledge and tools you need to heal in a way that is effortless, rewarding, confidence-boosting, and everlasting. Coconuts and Kettlebells is illustrated with color photos throughout.

**From Chaos to Calm, Tapping for Teens provides basic information about Emotional Freedom Techniques/Tapping for use in response to the challenges teens face in their everyday lives. This book is intended to enable teens to move beyond the worries, concerns, and difficult memories that can block their success in personal relationships and at school. In this book, teens can learn to transform challenges into moments of personal growth. Teens who are in touch with their thoughts and feelings about their inner lives and relationships with family members, friends, and the larger world will find a sense of comfort, a process, tools, and resources designed to help them step more into the lives they want to have. Dr. Greenbaum's "coach approach" is full of understanding and encouragement. Dr. Jill Greenbaum's academic background and experience as a teacher, curriculum developer, and coach to teens and parents informs her work. She is an alchemist at heart. While Jill has a doctorate in education and is a certified EFT practitioner, she is not a psychologist, psychotherapist, or other licensed health care provider.**

**Or, How He Made the Yuckies Go Away – A Story about the Magic in You**

**A Proven Stress Management Technique for the Mind and Body**

**Secret of the Peaceful Warrior**

**How One Village Celebrates the Birth of Every Girl**

**The Time Traveler's Wife**

**An Illustrated Exploration of Life's Many Emotions**

A most untraditional love story, this is the celebrated tale of Henry DeTamble, a dashing, adventuresome librarian who inadvertently travels through time, and Clare Abshire, an artist whose life takes a natural sequential course. Henry and Clare's passionate affair endures across a sea of time and captures them in an impossibly romantic trap that tests the strength of fate and basks in the bonds of love. "Niffenegger's inventive and poignant writing is well worth a trip" (Entertainment Weekly).

Tap Your Way to a Great, Big Smile: A Practical Guide for Kids to Learn Emotional Freedom Technique. EFT Tapping and Develop Emotional Intelligence Are you a parent looking for a simple and fun activity to help your kids improve their physical and emotional well-being? Would you like your kids

to develop emotional intelligence through a simple, mindful exercise that can be practiced anytime, anywhere? If so, it's time to learn about EFT Tapping! Emotional Freedom Technique, or EFT for short, is a therapeutic practice that combines ancient Chinese Acupressure with techniques of modern psychology. Tapping uses meridian points to relieve tension and stress throughout the body. While people of all ages can benefit from EFT tapping, this technique is especially effective for kids. The repetitive rhythm of tapping is a powerful method for calming them down. Positive affirmations along with tapping to help kids improve their self-confidence. So, if your kids have had a rough day at school (or at home during COVID), or if they have been feeling anxious, it is time to introduce them to EFT tapping! And what better way is there, than through rhythmic movements and positive affirmations? Inside this book, you will find: Simple and kid-friendly instructions on how tapping works, step by step A great tool to help kids learn to identify different emotions, even if they are not fully verbal Simple and powerful affirmations to help kids build self-confidence Kid-friendly diaphragmatic breathing exercise to help them calm down and relax, instantly AND SO MUCH MORE! Kids are undoubtedly faced with different stress triggers throughout the day. This is why EFT tapping is so important to their emotional well-being. This book will teach your kids how to calm down when they're having a difficult time, and help them build emotional intelligence at an early age. So Scroll Up, Click, 'Buy Now' and Start 'Tapping your way to a great big smile!'

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