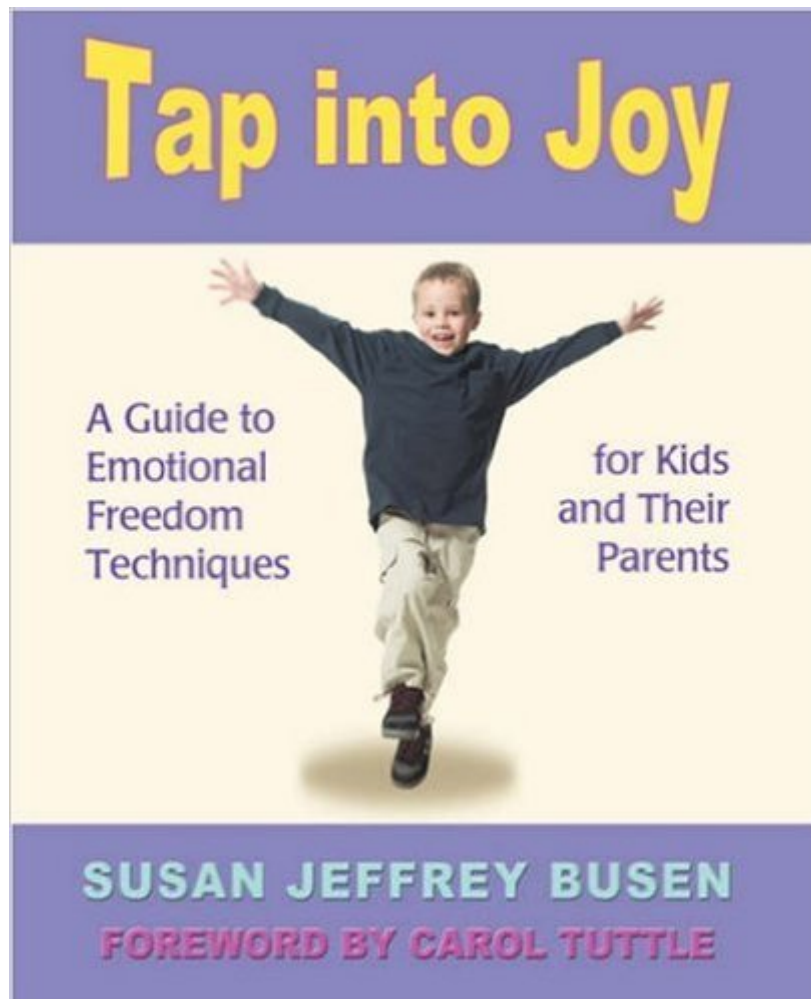


The book was found

Tap Into Joy: A Guide To Emotional Freedom Techniques For Kids And Their Parents



Synopsis

How often do you have the chance to read a book that could change your life at a core level? If you have children, know children, or were ever a child yourself get this book! If you have negative thoughts, emotions, or limiting beliefs get this book! If you have negative thoughts, emotions, or limiting beliefs get this book! A wise person once said, "The future belongs to those who give hope to the next generation." Susan Jeffrey Busen has assembled this life-changing information in a manner that does give hope to the next generation; and to us. My own children have used these tools for the past five years. They are calm, happy, and well-adjusted kids. They thrive at whatever they do. What greater gift could a parent give their child?" -Jim Walters, ND Using two unique therapies called Energy Therapy and Emotional Freedom Techniques (EFT), author Susan Jeffrey Busen shows you how to help your children achieve instant freedom from negative emotions and limiting beliefs. By committing to Busen's techniques and taking a few minutes each day, your child will be able to: Conquer fears Overcome guilt Alleviate grief Eliminate anger Restore confidence Forgive others Turn around limiting beliefs You hold in your hands an extremely powerful tool. Tap into Joy will change your children's lives and improve their future by helping them shed their emotional baggage before they carry it through life. Tap into Joy is the essential guide to giving children the emotional freedom they deserve.

Book Information

Paperback: 168 pages

Publisher: iUniverse, Inc. (February 14, 2007)

Language: English

ISBN-10: 0595419623

ISBN-13: 978-0595419623

Product Dimensions: 7.5 x 0.4 x 9.2 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (19 customer reviews)

Best Sellers Rank: #517,220 in Books (See Top 100 in Books) #11 in [Books > Health, Fitness & Dieting > Children's Health > Special Needs Children](#) #1241 in [Books > Health, Fitness & Dieting > Mental Health > Emotions](#)

Customer Reviews

In case you couldn't tell by the description and reviews, this book has some great EFT explanation, and then is chock full of awesome scripts for kids to use. If they know EFT and know how to read,

they really can do it on their own. I wish new authors would realize the value of including detailed descriptions of their books on or at least include a "look inside this book" where you show the table of contents and a few random pages. You are missing an audience of people who would love your book but don't know what is inside! I almost didn't buy the book because I always research first. Anyway, here are the scripts you get:- Confidence/Limiting Beliefs: bad habits, being bullied, being made fun of, *do not like to be apart or separated, food choices, I cannot do it, I do not fit in, I look different, making a mistake, not good enough, peer pressure, potty training, someone hurt my feelings, staying in my bed, *tapping does not work (this one is for kids who sometimes doubt!

I've tried tapping and had really only so-so success and could never keep up with it, and I was so 'stuck' that I paid over \$300 for a course from Pam Bruner based on a recommendation by someone to try tapping that I really respect. Before that I really rolled my eyes at the concept and even after the course I bought, I felt it didn't work for me. I came across Sue when she became involved with The Blast Network and decided to give it another shot - and my son went into 4th grade and he started crying every day after school, feeling overwhelmed. He had been in GT classes before - but somehow he kept saying everything was much harder but his testing all pointed to that type of class. After talking to his teacher, who was stunned he was unhappy because he was one of the highest grade points in his class - we realized that he just was developing some serious pressure on himself and making himself miserable - not on actual events - but fear, stress and worry. I decided to give Tap Into Joy a try with him because I just had a feeling that maybe Sue was different and I'm so glad I did. Having the scripts, specifically the ones Sue creates and her method, are so very important. This really was the key - I didn't have to think, I just follow the page and say out loud and make my son repeat after me what I read on the page. The first tapping we did was on a writing assignment and by the 2nd time we repeated it that night my son went from saying 10 (rating his unhappiness) down to a 4. I felt like I was giving him a way to control whatever it was going on inside of him much better than all the other techniques we had used. Now it's my go-to and even though it's for kids, I use the exact same exercises and finally "get" what the deal is with tapping.

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