

Weight Loss and Emotional Eating



80 EFT Tapping Statements™
for Weight and Emotional Eating
Tessa Cason

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Tessa Cason



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80 Eft Tapping Statements for Weight and Emotional Eating Tessa Cason, 2014-04-10 EFT Tapping Statements Made Easy Do you have difficulty figuring out what to say when you tap how to word EFT Tapping statements This Kindle Books provides 80 EFT Tapping Statements to say as you tap EFT Tapping Statements Made Easy Excess weight is only a symptom of other issues The issue is the cause The excess weight is the result The day that Tracy was graduating from UCLA she received a phone call that her father had been hospitalized She was on the next flight home to Dallas It was decided that her father needed surgery and that Tracy should stay on for a short while to care for her dad No one asked Tracy what she wanted But she stayed anyway Seven months later even though her father had mended Tracy had become her father s caregiver This is not what Tracy had planned to do with her life after graduating from college Every month over the course of the 7 unhappy months Tracy s weight spiraled up until she was at her highest weight EVER This Kindle Book gives you the exact statements that Tracy tapped to heal the cause of her weight gain Along with 80 EFT Tapping statements are thought provoking questions to ponder *700 EFT Tapping Statements for Weight, Emotional Eating, and Food Cravings* Tessa Cason, 2016-09-19 EFT Tapping Statements for Weight + Food Cravings, Anger, Grief, Not Good Enough, Failure Tessa Cason, 2015-05-01 EFT Tapping Statements for Weight Food Cravings Anger Grief Not Good Enough Failure 1 150 Tapping Statements There are a number of reasons that we overeat and are overweight We eat for comfort to numb out out of boredom for pleasure to stuff feelings to suppress feelings for reward for love and the list goes on These reasons are symptoms Excess weight food cravings emotional eating and overeating are symptoms of deeper unresolved issues beneath the weight Attempting to solve the problem by only dealing with the symptoms is ineffective and does not heal the issue ONE OF THE DEEPER ISSUE BENEATH THE WEIGHT IS SELF LOVE Cause Lack of self love and the shame that we are not lovable or good enough to be loved Result Overeating eating to suppress emotions eating to feel comforted If the various weight loss program haven t healed the obesity issue acknowledging the problem hasn t healed the obesity issue having an ah ha awareness hasn t healed the obesity issue talk therapy hasn t healed the issue then how do we heal the obesity issue Though billions of dollars are spent each year to heal the obesity issue it still persists Appx 95% of people that lose weight put it right back on The reason Weight is the SYMPTOM NOT THE CAUSE NOT THE ISSUE The usual programs for weight loss aren t working because they are attempting to solve the problem by dealing with the symptom instead of healing the cause IF WE WANT TO HEAL OUR WEIGHT ISSUES WE NEED TO HEAL THE CAUSE THE DYSFUNCTIONAL BELIEFS AND EMOTIONS To change our lives we need to change the dysfunctional beliefs EFT Tapping Emotional Freedom Technique can do just that change the dysfunctional beliefs I am an EFT Practitioner and in this Workbook I have provided information about EFT Tapping as well as 1 150 EFT Tapping statements HEALING IS NOT ABOUT MANAGING SYMPTOMS IT S ABOUT ALLEVIATING THE CAUSE OF THE SYMPTOMS **Tap, Taste, Heal** Marcella Friel, 2019-04-16 A trained chef

and body image coach reveals how EFT Tapping can help you get off the diet roller coaster cultivate self love and heal your relationship with food For many who struggle with food mindful eating alone is not the answer In Tap Taste Heal natural foods chef and mindful eating mentor Marcella Friel teaches you the neurological repatterning tool of Tapping also known as Emotional Freedom Techniques or EFT to help you resolve the traumas that have caused you to reach for those foods you hate to love to eat Sometimes called emotional acupressure Tapping is an energy healing based practice which uses gentle self tapping on points of the body and affirmation like statements to short circuit harmful patterns and imprinting To help you along your journey Tap Taste Heal offers written tapping scripts links to online Tapping script audios and links to online Tapping video demonstrations as well as cooking demonstrations for key healing foods Let Friel s step by step guide take you deeper than weight loss and help you accept honor and nourish your entire being whatever the number on the scale

Eft for Positive Living Christa Smith,2012-12-25 EFT targets the emotional issues that causes weight gain so it is a powerful technique to help people reach and maintain their ideal weight Although EFT is simple to learn and apply many find it challenging to formulate set up statements and reminder phrases This book has been created to take the guess work out of tapping by providing 52 EFT Tapping scripts that cover the most common weight loss obstacles such as cravings body image emotions exercise food forgiveness and limiting beliefs

80 EFT Tapping Statements for Self Esteem Tessa Cason,2013-11-28

80 EFT Tapping Statements for Abundance, Wealth, Money Tessa Cason,2014-04-10

EFT Tapping for Weight Loss Stephanie Hinderock,2023-06-15 Have you ever had trouble losing weight no matter how hard you restricted your calorie intake or how vigorously you exercised daily We know we have had our fair share of frustrating experiences here and there If you re just like many other women out there you know how it feels to practically exhaust all efforts to no avail While this may be very troubling and may seem like a hopeless feat you might take comfort in knowing that you aren t alone In the years 2017 and 2018 the recorded percentage of people suffering from obesity in the United States alone was a whopping 42.4% and those who suffered from severe obesity comprised 9.2% of the population This however should be taken seriously as obesity in itself is serious and costly regardless of how prevalent it may be Imagine just how many people are free from obesity but suffer from weight problems nevertheless If you re looking for a good solution to your weight problems obese or not and would like to find a safe non invasive way to get rid of your stubborn fat or simply just shed a few pounds there s an alternative method that s available on the market as we speak EFT Tapping or emotional freedom technique is a good way for you to address not only your weight problems but has great benefits on your mental health as well In this 3 week guide for EFT Tapping these are going to be your basic takeaways Discover the benefits of keeping yourself not only physically but mentally fit regularly Learn to channel balanced energy levels for overall health Discover important pressure points to address specific problems in addition to weight loss Adopt a weight loss regimen that best suits you Learn to sustain EFT Tapping even after the end of the program

80 EFT Tapping Statements for Feeling Less Than

and Anxiety Tessa Cason, 2014-05-05 **EFT for Weight Loss** Gary Craig, 2010 PUBLISHER S NOTE This book is no longer in print Find the revised and updated new edition ISBN 978 1 60415 216 6 How to apply EFT to Posttraumatic Stress Disorder PTSD PUBLISHER S NOTE This edition is no longer in print *EFT Workbook and Journal for Everyone - Weight and Emotional Eating* T. Cason, 2010-04-06 *Tapping and Eft* Dennis Woodyard, 2023-04-05 Eft tapping emotional freedom technique is a fast evolving treatment that works by releasing energy blockages within the energy system that is the source of emotional problems The eft tapping solution uses the natural healing abilities of the mind and body providing opportunities to achieve physical and emotional well being in a faster time With the eft tapping therapy health weight loss wealth and happiness are at your fingertips Included in this comprehensive guide How to tap How tapping work The importance of what we say as we tap The first tapping statement to tap What happens after tapping The science behind eft tapping research Tapping stories This book will help you understand what habits and traits lead to emotional eating and suggest tapping strategies that help you reprogram your outlook towards food and yourself Eft is a powerful way to curb binge eating Eft is great way to curb any craving because it gives you the opportunity to get in touch with your inner self and identify your real snacking triggers your emotional connection with food makes eft a valid method not just to curb cravings but also to optimize metabolism **80 EFT Tapping Statements for Anxiety and Worry** Tessa Cason, 2014-04-10 **The Tapping Diet** Carol Look, Jill Cerreta, 2014-11-18 Finally a weight loss approach with results that last Forget fad diets and spending hours at the gym The Tapping Diet shows you how to shed excess pounds with the power of Emotional Freedom Techniques EFT This cutting edge therapy uses tapping to move past the mental roadblocks that stand in the way of your weight loss In this revolutionary book author and EFT master Carol Look guides you through tapping scripts and daily exercises that help you turn reconditioned thoughts into action and make lifestyle changes that last You ll also learn how to use tapping to increase your confidence and take control of the impossible cravings sabotaging notions and self imposed limitations that prevent you from reaching your health goals Complete with 50 delicious easy to make recipes The Tapping Diet will help you tap your way to incredible weight loss and a lifetime of healthy living The Tapping Solution for Weight Loss & Body Confidence Jessica Ortner, 2015-10-27 The Tapping Solution for Weight Loss and Body Confidence may just go down in history as a game changer when it comes to leading women out of weight loss hell Cheryl Richardson New York Times best selling author of The Art of Extreme Self Care Placing conditions on our lives and our happiness has become the norm We see it all the time We must establish a career before looking for a relationship We must find love before feeling fulfilled We must feel stressed out until we finish everything on our to do list But by far the most common conditions we put on ourselves 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 drop pounds without dieting deprivation or extreme exercise Tapping a tool that is based on the

principles of both ancient acupressure and modern psychology helps you address the underlying issues that make your body hold on to weight and gives you the ability to overcome some of the most common weight loss obstacles Say good bye to the cravings panic and self doubt that keep you in a constant fight against your body Using her own struggles with weight loss along with success stories of some of the thousands of women she s worked with Jessica teaches you not only the basics of tapping but also how to use it to address the deeper facets of your weight and self worth challenges This proven process is based on extensive research into the effects of tapping on stress hormones and it provides simple step by step instructions throughout and easy tapping meditations at the end of each chapter With this loving and supportive guidance you can learn to create a more empowering relationship with food find pleasure in exercise and implement self care into your life So join Jessica and learn to love yourself and your body

80 EFT Tapping Statements for Relationship with Self Tessa

Cason,2013-11-11 Weight Loss Rebecca J Page,2025-10-07 Stop fighting your body and start listening to it This 12 week weight loss and EFT tapping program helps you release emotional eating body shame and stress so you can lose weight naturally without dieting restriction or guilt Through short daily tapping sessions you ll calm cravings rewire your thoughts around food and rebuild a healthy trusting connection with your body You ll learn to tune into hunger and fullness cues eat from peace instead of pressure and finally feel safe inside your own skin Each week builds on the last guiding you to release old habits heal emotional triggers and anchor a new identity rooted in self respect and self love Inside you ll discover how to

Positive Affirmations for Weight Loss Martin Eland,2020-11-04 Are you getting tired of following one diet after diet but without obtaining the results you truly wanted Have you ever looked around and check all types of delicious foods and think why they are here on our planet if you cannot have them If yes then this book is the ideal answer to your problems By reading *Positive Affirmations for Weight Loss* you will find out how affirmations could help you learn to get in the zone and accomplish your desired weight while still enjoy the foods you love Millions of people across the planet are in the same shoes as you They are trapped in a state of deprived health and a recurrent sequence of food rent and bills You wouldn t designate yourself as losing at life However you conceivably wouldn t designate yourself as winning it either What if we told you that there s a simple step you can take to see drastic developments in your value of life Improvements in your weight loss in your current body situation in the standard of your lifestyle and even in how you feel and look What if I told you that it could occur with less time outlay on your end This is where the power of affirmations comes to the rescue In this book you will explore Weight loss ideas to get you inspired Step by step hypnotherapy for weight loss 1 hour guided meditation hypnosis to assist you with losing weight and eat healthily Heal your relationship with food Healing the body with hypnosis Daily weight loss motivation with mini habits And much more Let s start this journey to lose weight and improve your life

The Ultimate Eft Tapping Guide for Beginners Jessica Minty,2015-03-12 Achieve Emotional FREEDOM and Happiness for Life Includes a FREE BONUS This book teaches you how to use EFT Tapping and Affirmation Statements to reach your goals and dreams It

also gives you helpful tips and techniques to take advantage of the benefits of EFT and positive thinking in getting the things you want This effective technique will also help with anxiety and phobias The Emotional Freedom Technique is a collection of exercises based on the psychology of Dr Roger Callahan which removes hindrances to your goals by examining the unresolved emotional issues which are holding you back The techniques in this book will show you tried and tested methods for you to use in your own life Instead of a passive philosophy EFT allows you to be pro active and positively take control of your own emotional well being EFT allows you to be free of potentially damaging crutches such as medications and gives the power back to you EFT can be used not only to help you implement positive goals but to help aid in weight loss and overcome addictions By using these methods you can bring about change in your life for the better and on your own terms Here Is A Preview Of What You ll Learn Emotional Freedom Technique The Basics Foundation of EFT Tapping Your Body s Energy Level EFT Tapping Tips and Tricks to Make EFT More Effective Using EFT Tapping to Address Specific Problems Tap Your Way to a Happy Life Download your copy today Learn How to Use EFT to Accomplish Weight Loss Conquer Emotional Problems and Achieve Happiness for Life Now **80 EFT Tapping Statements for Abandonment** Tessa Cason,2013-11-28

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