

Weight Loss and Emotional Eating



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

Weight And Emotional Eating 80 Eft Tapping Statements Book 1

Tessa Cason



Weight And Emotional Eating 80 Eft Tapping Statements Book 1:

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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 **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

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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 Anxiety and Worry* Tessa Cason,2014-04-10 **200 EFT Tapping Statements for PTSD** Tessa Cason,2015-08-27 *80 EFT Tapping Statements for Social Anxiety* Tessa Cason,2014-05-24 **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,2014-05-13 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 **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

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In a global eaten by monitors and the ceaseless chatter of instantaneous conversation, the melodic beauty and mental symphony developed by the published term frequently fade into the backdrop, eclipsed by the relentless noise and distractions that permeate our lives. Nevertheless, nestled within the pages of **Weight And Emotional Eating 80 Eft Tapping Statements Book 1** a stunning fictional value brimming with natural emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, that interesting masterpiece conducts readers on a psychological trip, skillfully unraveling the hidden melodies and profound influence resonating within each carefully constructed phrase. Within the depths of the moving evaluation, we will examine the book is key harmonies, analyze their enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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