

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

Carol Look,Jill Cerreta



Weight And Emotional Eating 80 Eft Tapping Statements Book 1:

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 **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

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

80 EFT Tapping Statements for Change Tessa Cason,2014-06-11 If it is not okay or safe for our lives to change every time our lives change the body is subjected to a tremendous amount of stress

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EFT Workbook and Journal for Everyone - Weight and Emotional Eating T. Cason,2010-04-06

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 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

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

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