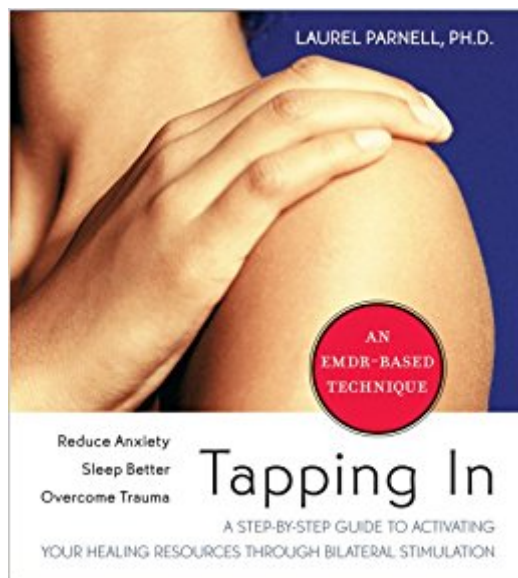




The book was found

Tapping In: A Step-by-Step Guide To Activating Your Healing Resources Through Bilateral Stimulation



Synopsis

Never has it been so effortless to activate your inner power and resiliency than with the remarkable technique known as "resource tapping". Dr. Laurel Parnell's book and companion audio programme Tapping In make available for the first time self-guided instruction in this revolutionary EMDR-based tool. With step-by-step instruction in bilateral stimulation (a core principle of EMDR), Tapping In teaches this clinically recognized system for tapping both sides of the body to release emotional and physical distress, build resilience, aid in healing, and calm the body on a deep physiological level. A world-renowned expert in the field of EMDR (Eye Movement Desensitization and Reprocessing), Dr. Parnell guides students through a series of practical methods to access latent positive resources for building internal strength and increasing the sense of safety. Tapping In uses personal accounts and innovative principles that show how to:- Cope more effectively with anxiety, creative blocks, insomnia, and other stressful situations- Lift the spirit by finding joy, gratitude, and freedom within- Return to wholeness by supporting the body's ability to heal- Dialogue with your "inner mentor" for everyday guidance. "We have a natural healing system ready to restore us to balance," explains Dr. Parnell. Now, this pioneering healer shares her breakthrough tools to resolve inner wounds and reach our highest potential.

Book Information

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Customer Reviews

Laurel Parnell, Ph.D. is one of the world's leading experts on EMDR. A clinical psychologist, she has trained thousands in EMDR in her international workshops. Dr. Parnell is the author of Transforming Trauma (Norton, 1997), EMDR in the Treatment of Adults Abused As Children

(Norton, 1999), and A Therapist's Guide to EMDR (Norton, 2006).

Laurel Parnell Laurel Parnell, Ph.D is one of the world's leading experts on EMDR. A clinical psychologist, she has trained thousands in EMDR in her international workshops. Dr. Parnell is the author of Transforming Trauma: EMDR, EMDR in the Treatment of Adults Abused as Children, and A Therapist's Guide to EMDR. --This text refers to an out of print or unavailable edition of this title.

I have just started reading this book and am several chapters in. I will update this review when I have finished it. I do have problems with the Kindle version formatting. Someone needs to go back through the book and fix the lists and font sizes. Spacing around headings and heading formats are also off. These problems are distracting and make the book more difficult to read. Whoever transformed the content for Kindle clearly did not proof-read this book very well. Please have someone do this and post a corrected version. Thanks in advance. I also found out after I purchased it that the text-to-speech does not work in the Kindle app or on my original Kindle device. I really wanted to listen to some of the guided imagery scripts this way, so I am disappointed by this limitation. So far, with respect to the content, I like the approach and writing style. I've gone through a lot of EMDR therapy and found it very useful, but it did not include this aspect. My therapist recently suggested adding this component, so I am reading up on it. I am hoping the book includes walk-through practice to process emotional difficulties related to an upcoming event or activity. I found a passage something like that with a medical/dental visit, but so far the list only includes when you can use tapping, not walk-through practicing in advance. Perhaps this is better done with the support of a professional at first, depending on the level of difficulty involved, but I am doing it at home now and could use more pointers. In general though, I like the content in the book and think a lot of people could find it useful.

Very educational. Provided detailed information on the reasons for and the methods used for tapping in resources. Would highly recommend this book. I have already used some of the information in my clinical practice.

This book was overinflated. Often times the same formula is used for different situations. No stats. Also despite tips, I found visualizing and feeling difficult. I didn't notice any changes by tapping at the same time. And how fast do you tap? How is this different than doing exercises with AVE or if the

same, what HZ is ideal when using AVE? Questions like these are left unanswered.

Arrived as described, Quickly and in New & Perfect condition.

Definitely recommend this book!

good book

I believed the book to be elementary and repetitive. Beginners will be well educated but for informed others there could be more.

Great resource for working with clients dealing with varying levels of trauma and anxiety.

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