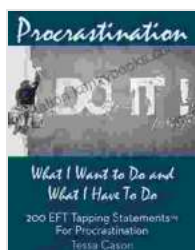


200 EFT Tapping Statements For Procrastination: Break Free from Resistance and Achieve Your Goals

Are you tired of procrastination holding you back? Do you find yourself constantly putting off important tasks, feeling overwhelmed, and sabotaging your own success?



200 EFT Tapping Statements for Procrastination: What I Want to Do, What I Have to Do by Tessa Cason

★★★★☆ 4.8 out of 5

Language	: English
File size	: 6629 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 140 pages
Lending	: Enabled



Introducing "200 EFT Tapping Statements for Procrastination," the ultimate resource to help you overcome this common obstacle and unlock your potential.

EFT (Emotional Freedom Technique) is a powerful mind-body therapy that effectively releases emotional blocks and limiting beliefs. This comprehensive guide provides you with 200 carefully crafted EFT tapping statements specifically designed to address procrastination.

What You Will Get Inside This Book

- **200 EFT tapping statements** tailored to release procrastination and its underlying causes
- **Step-by-step instructions** on how to apply EFT tapping to overcome resistance and boost motivation
- **Clear explanations** of the principles behind EFT and its effectiveness for procrastination
- **Real-life examples** demonstrating the transformative power of EFT for overcoming procrastination
- **Bonus resources**, including printable tapping scripts and a guided meditation to support your journey

Benefits of Using EFT Tapping for Procrastination

Unlock numerous benefits by incorporating EFT tapping into your daily routine:

- **Reduce stress and anxiety:** EFT tapping calms the nervous system, reducing the overwhelm and anxiety that often fuel procrastination.
- **Release self-limiting beliefs:** Identify and transform negative beliefs about your ability to succeed, replacing them with empowering affirmations.
- **Boost motivation and productivity:** Tap into your inner drive and enthusiasm, propelling you forward with newfound determination.
- **Increase self-confidence:** EFT tapping enhances self-esteem and belief in your capabilities, creating a foundation for success.

- **Break the cycle of procrastination:** Address the underlying emotional triggers that lead to procrastination, breaking free from its relentless grip.

Who Should Read This Book

This book is essential reading for anyone who:

- Struggles with procrastination and self-sabotage
- Feels overwhelmed and lacks motivation
- Wants to break free from limiting beliefs
- Is eager to achieve their goals and unlock their potential
- Seeks a holistic and effective approach to personal development

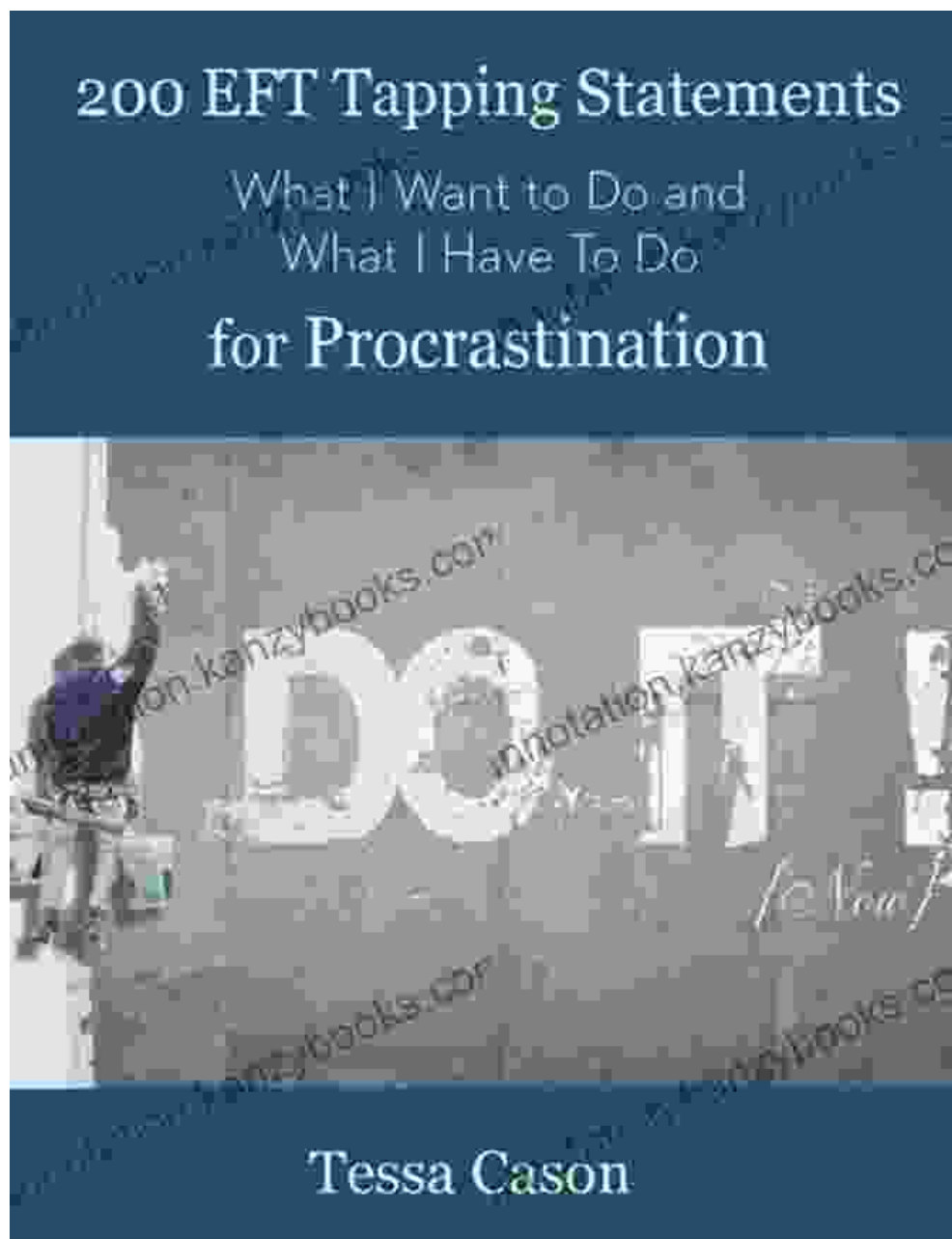
Free Download Your Copy Today

Don't let procrastination hold you back any longer. Invest in your future by Free Downloading your copy of "200 EFT Tapping Statements for Procrastination" today.

With this comprehensive guide, you'll embark on a transformative journey to overcome resistance, unleash your motivation, and achieve your dreams. Join the thousands who have benefited from EFT tapping and start living a life free from procrastination.

Free Download now and receive instant access to the digital version or choose the paperback option for convenient on-the-go use.

Don't wait another day to break free from procrastination and unlock the full potential within you. Free Download your copy of "200 EFT Tapping Statements for Procrastination" today!

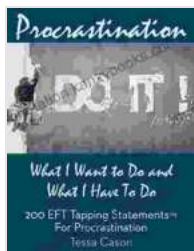


Guarantee: If you're not completely satisfied with the book, simply return it within 30 days for a full refund.

Testimonials

"This book has been a game-changer for me. I've struggled with procrastination for years, but the EFT tapping statements in this guide have helped me identify and release the underlying emotional blocks holding me back. I'm now taking consistent action towards my goals and feeling more motivated than ever." - Sarah J.

"I highly recommend this book to anyone who wants to overcome procrastination. The EFT tapping statements are powerful and easy to use. I've noticed a significant improvement in my productivity and overall sense of well-being." - David K.

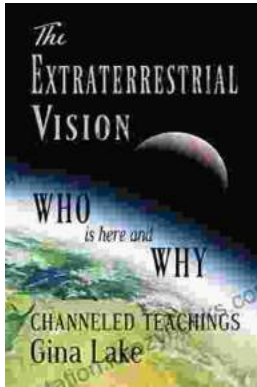


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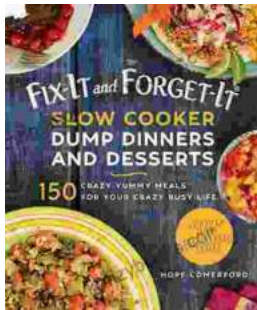
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