

# 340 EFT Tapping Statements for Healing from the Loss of a Loved One

This book provides 340 EFT tapping statements to help you heal from the loss of a loved one. EFT tapping is a powerful emotional healing technique that can help you to release grief, anger, and other difficult emotions.



## 340 EFT Tapping Statements for Healing from the Loss of a Loved One by Tessa Cason

★★★★★ 5 out of 5

Language	: English
File size	: 6843 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 158 pages
Lending	: Enabled



EFT tapping is a simple yet effective technique that can be used to release negative emotions and promote healing. It involves tapping on specific acupressure points on your face and body while repeating positive affirmations.

The tapping statements in this book have been specifically designed to help you to heal from the loss of a loved one. They will help you to:

- Release grief and sadness

- Let go of anger and resentment
- Forgive yourself and others
- Find peace and acceptance
- Move on with your life

If you are grieving the loss of a loved one, this book can help you to find healing and peace. The EFT tapping statements in this book will provide you with the support and guidance you need to move through your grief and begin to rebuild your life.

## **How to Use This Book**

To use this book, simply follow these steps:

1. Choose a tapping statement that resonates with you.
2. Tap on the acupressure points on your face and body while repeating the statement.
3. Continue tapping until you feel a shift in your emotions.
4. Repeat the process as often as needed.

## **Important Note**

EFT tapping is a safe and effective technique, but it is important to note that it is not a substitute for professional grief counseling. If you are struggling to cope with the loss of a loved one, it is important to seek professional help.

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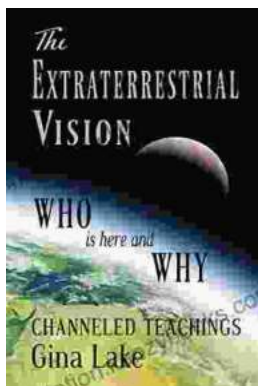
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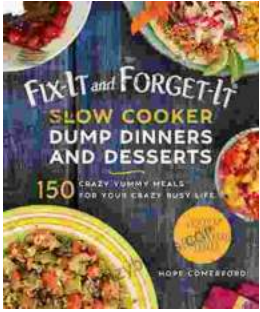
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