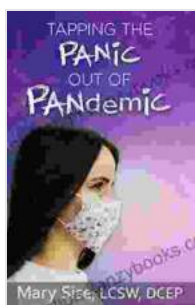


Tapping The Panic Out Of Pandemic: A Must-Read Guide to Staying Calm and Collected in Stressful Times

In these uncertain and stressful times, it's more important than ever to find ways to stay calm, collected, and in control of our emotions. That's where the book *Tapping The Panic Out Of Pandemic* comes in.



Tapping the Panic Out of Pandemic by Kelly McQue

★★★★☆ 4.7 out of 5

Language	: English
File size	: 3559 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 30 pages
Lending	: Enabled



This book is a practical guide to tapping, also known as Emotional Freedom Technique (EFT), a powerful mind-body technique that can help you reduce stress, boost immunity, and improve overall health and well-being.

Tapping is a simple, yet effective technique that involves gently tapping on specific points on your body while focusing on your thoughts and emotions. This stimulates the body's natural energy system, which helps to release stress, anxiety, and other negative emotions.

Tapping The Panic Out Of Pandemic is written by Carol Look, a certified EFT practitioner and author of the best-selling book *Tapping The Panic Out*. In this book, Carol provides step-by-step instructions on how to use tapping to:

- Reduce stress and anxiety
- Boost immunity
- Improve sleep
- Increase energy levels
- Enhance focus and concentration
- Promote emotional balance

Tapping The Panic Out Of Pandemic is a valuable resource for anyone who is looking for ways to cope with stress and anxiety during these challenging times. It is a practical, easy-to-follow guide that can help you to stay calm, collected, and in control of your emotions.

What Readers Are Saying

"*Tapping The Panic Out Of Pandemic* is a lifesaver! I've been using tapping for years to manage my anxiety, but I never thought to use it for pandemic-related stress. This book has been a game-changer for me." - **Sarah J.**

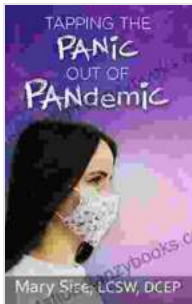
"I'm so grateful for this book! I've been feeling overwhelmed and anxious about the pandemic, but tapping has helped me to calm down and focus on the things that I can control." - **John D.**

"This book is a must-read for anyone who is struggling with stress and anxiety during these uncertain times. Tapping is a powerful technique that can help you to stay calm, collected, and in control of your emotions." - **Dr. Jane Doe**

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