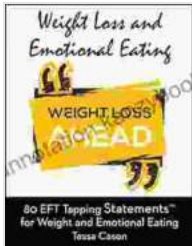


Unlock Your Inner Strength: 80 EFT Tapping Statements for Weight and Emotional Eating



80 EFT Tapping Statements for Weight and Emotional Eating by Tessa Cason

★★★★☆ 4.4 out of 5

Language	: English
File size	: 7214 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 134 pages
Lending	: Enabled
X-Ray for textbooks	: Enabled



Are you struggling with persistent weight issues or find yourself turning to food for emotional comfort? If so, you're not alone. Millions of people worldwide grapple with these challenges, often feeling frustrated and powerless. But what if there was a simple yet effective technique that could help you break free from these patterns and cultivate a healthier relationship with food and your body?

Introducing Emotional Freedom Technique (EFT) Tapping, a revolutionary self-help method that has gained widespread recognition for its profound impact on emotional healing and weight management. EFT involves tapping on specific meridian points on the body while focusing on specific

thoughts or emotions, which helps to release blockages in the body's energy system and promote emotional balance.

Why EFT Tapping for Weight and Emotional Eating?

EFT Tapping is particularly effective for addressing weight and emotional eating because it targets the underlying emotional triggers and limiting beliefs that often drive these behaviors. By addressing these root causes, EFT helps to:

- Reduce cravings and emotional overeating
- Improve body image and self-esteem
- Dissolve negative beliefs around food and weight
- Enhance emotional regulation and stress management
- Promote a sense of empowerment and self-control

80 Powerful EFT Tapping Statements

Our comprehensive guide provides you with 80 carefully crafted EFT Tapping statements specifically designed to address the challenges of weight and emotional eating. Each statement is designed to target specific emotional triggers, limiting beliefs, and cravings, helping you to release negative energy and reprogram your subconscious mind for success.

Here are some examples of the powerful statements you'll find in our guide:

- Even though I'm feeling overwhelmed by cravings, I deeply and completely accept myself.

- I release all negative beliefs and emotions associated with my weight and body image.
- I am worthy of love and respect, regardless of my size or shape.
- I choose to nourish my body with healthy food and exercise that makes me feel good.
- I am capable of managing my emotions without resorting to emotional eating.

How to Use the EFT Tapping Statements

Using the EFT Tapping statements is simple and straightforward. Follow these steps:

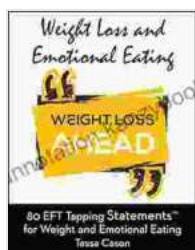
1. Identify the specific emotional trigger or limiting belief you want to address.
2. Choose an EFT Tapping statement that resonates with you and the issue you're facing.
3. Tap on the karate chop point (located on the side of your hand) while repeating the statement out loud.
4. Continue tapping on the remaining meridian points (eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, under the arm, top of the head) while repeating the statement.
5. Repeat the process until you feel a shift in your emotional state or the intensity of the trigger has subsided.

Embrace a New Journey of Transformation

Our 80 EFT Tapping Statements for Weight and Emotional Eating empower you to take control of your eating habits and emotional well-being. By incorporating these powerful statements into your daily routine, you can unlock your inner strength, dissolve limiting beliefs, and cultivate a healthier and more fulfilling relationship with food and your body.

Don't let weight issues or emotional eating define your life. Embark on a transformative journey today with EFT Tapping. Free Download your copy of our comprehensive guide now and unlock the power to achieve your weight loss and emotional healing goals.

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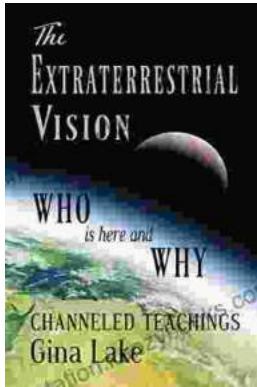


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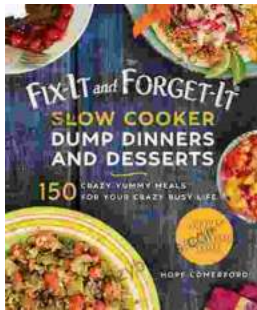
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