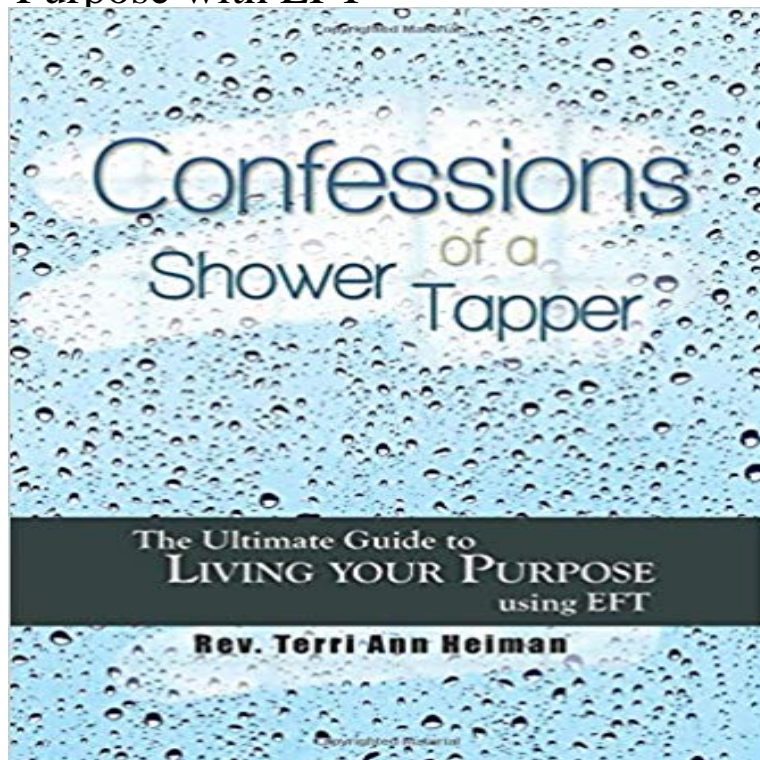


Confessions of a Shower Tapper: The Ultimate Guide to Living Your Purpose with EFT



Confessions of a Shower Tapper - The Ultimate Guide to Living your Purpose using EFT A self-help inspirational book that shares universal truths with all those who have a dream and who are daring enough to live those dreams. Its the biggest adventure you can take! Through hard work, perseverance, and faith, you can take that big leap. But what happens when the going gets tough cause it will! What happens when the phone isnt ringing and the money isnt coming in? What then? Do you give up? Do you give in to the overwhelm? To the limiting beliefs? To the self doubt? Heck no! Thats when the tapping starts and the focus comes through. In her upcoming book, This book shares the journey of leaving a safe and comfortable job to living a purpose as a Spiritual Teacher and Healer. The author takes you through 21 confessions to getting there with the help of EFT (Emotional Freedom Technique). Confessions mean having to admit your truths. Living in your truth commits to living in the present energy, when all is flowing and all is at one with the universe. This is when we can get to the very core of who we are. Her first confession tapping in the shower! She shares this technique as one of the best and easiest ways to tap the fears and doubts out of the body. These confessions are universal to all. Confessions of a Shower Tapper: The Ultimate Guide to Living your Purpose using EFT, will teach you how to live your purpose in life using the Emotional Freedom Technique, also known as EFT, or tapping. EFT is on the cutting edge of alternative healing and medical treatments. It is one of the few modalities that recognizes that beneath just about every physical problem lies an unresolved emotional issue. EFT works to remove these emotional issues and free us to move beyond these blockages. This book is aimed at reaching those who have a passion in life but cant get beyond the

limiting beliefs that keep them stuck. It offers the skills to work through the overwhelm, the doubt, and the fear, providing you with the confidence to take that leap.

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