

Happy Tapping With Mia Charlie Energy Eft For Kids

This title is based on the "New York Times" bestseller, "The Five Dysfunctions of a Team"

Raising children is life's greatest gift and accomplishment, but it can also come with an overwhelming amount of stressors, anxiety and self-doubt. Am I modeling the type of person I want my child to become? Am I doing enough to prepare my child to strive in an ever-changing world? Are my children happy and confident in themselves? In *The Tapping Solution for Parents, Children & Teenagers*, Nick Ortner encourages readers to first take a look at their own stressors and worry as parents, reminding readers that self-care is vital to helping others. In the first section of the book, parents are guided on using the revolutionary technique known as EFT (Emotional Freedom Techniques) Tapping to release parental overwhelm, quiet worry, manage conflict and transform their experience of parenthood. In the second section, Nick explores specific uses for Tapping with children, ranging from releasing negative emotions like anger, fear and phobias, sadness, grief, guilt, and shame, to overcoming specific challenges such as anxiety disorders, sleep, nightmares, performance anxiety, bullying, school jitters, divorce and much more. Through the use of diagrams, links to videos, and

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Tapping tips, The Tapping Solution for Parents, Children & Teenagers is an easy-to-use resource to solve everyday issues taking place in our homes.

“The Good Daughter is like Law and Order meets The Good Wife.” —theSkimm Instant New York Times Bestseller theSkimm Book Club Pick! The stunning new novel from the international #1 bestselling author — a searing, spellbinding blend of cold-case thriller and psychological suspense. Two girls are forced into the woods at gunpoint. One runs for her life. One is left behind... Twenty-eight years ago, Charlotte and Samantha Quinn's happy small-town family life was torn apart by a terrifying attack on their family home. It left their mother dead. It left their father — Pikeville's notorious defense attorney — devastated. And it left the family fractured beyond repair, consumed by secrets from that terrible night. Twenty-eight years later, and Charlie has followed in her father's footsteps to become a lawyer herself — the ideal good daughter. But when violence comes to Pikeville again — and a shocking tragedy leaves the whole town traumatized — Charlie is plunged into a nightmare. Not only is she the first witness on the scene, but it's a case that unleashes the terrible memories she's spent so long trying to suppress. Because the shocking truth about the crime that destroyed her family nearly thirty years ago won't stay buried forever... Packed with twists and turns, brimming with emotion and heart, The Good Daughter is fiction at its most thrilling.

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In the early 1900s, moonshine was a way of life, and nearly every resident lived it. Out of the woods of North Georgia and Habersham County came Virgil Lovell, his boys, their recipe and their legacy. The family went from illegal to legal, and their product stands today as a testament to the determination of the region to hold on to its roots. Joining their story were hundreds just like them--liquor makers like Glenn Johnson--all professing theirs was the best. Through firsthand accounts from the Lovells and extensive research, author Judith Garrison revives the story of liquor making and a Georgia legacy.

The teenage years hold all the promise of adulthood, as well as being a transition from childhood. Yet they're also full of challenges; for teens themselves, for their parents, siblings, communities and friends. A story in Examiner.com calls Emotional Freedom Techniques (EFT): "one of the most successful psychology self-help techniques ever developed." It's a powerful stress-reduction method that combines elements of proven psychotherapy methods with acupressure, fingertip tapping on acupuncture points. Over 100 scientific studies have shown that EFT is effective for many physical and psychological challenges, including anxiety, depression and stress. Studies with teens show that just a few minutes of EFT can erase stress related to:

- Taking exams
- Peer pressure
- Family conflicts
- The body changes associated with puberty
- Social phobias
- Sports

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performance • Weight management • Eating disorders... and much more. For teens needing a quick and simple method of navigating their life challenges, as well as for their parents and siblings, EFT for Teens will be a cherished resource. A stunning, sad and darkly funny story about intense female friendship, from award-winning author, C. J. Flood. It all started with a poo in a flowerbed. Rosie and Titania are as close as sisters - closer, in fact. While Rosie is shy, red-faced and passive, Ti is big, tough and daring. They shouldn't be friends, but they are. Creeping out at night, the girls love to secretly wander through their coastal town, exploring empty streets and sharing their frustrations about school and their different, but equally difficult, families. But when Rosie betrays Ti, the two girls run in different directions - making decisions that could do irreparable damage to both of their lives. As Rosie confronts harsh truths, she must find a way back to Ti, and to herself. Whenever I heard the word kindred, I thought of me and Ti. 'Flood has a talent for contemporary detail, voice and atmosphere' The Sunday Times 'Emotionally powerful' Guardian 'Brilliantly evocative...sharp and funny' The Scotsman ? Praise for Infinite Sky: 'Extraordinarily powerful . . . brilliantly visual and full of feeling' Guardian 'Every character is drawn with sympathy, economy and assurance' Amanda Craig, The Times 'Loved by young adult journalists, CJ Flood's debut novel is also a burgeoning hit among adult readers'

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Stylist 'A beautiful, delicate debut' Nathan Filer, author of *The Shock of the Fall*
'Infinite Sky is terrific - moving, original and heartfelt. I loved it.' Terence Blacker
'A beautifully written, poignant account of first love, so full of delightfully
recognisable moments, it will have grown-ups welling up too' Irish Times
magazine 'Strong debut . . . one to watch' *The Bookseller*

Filled with endless heartfelt wishes and beautifully cute illustrations, *I Wish You Happiness* is an inspiring book of hope and happiness for wishers of all ages. This timeless book is a truly thoughtful gift for any occasion.

Cheska Harlow-Wright was born into a life of luxury and privilege. She has never wanted for anything. A comfortable future as a married London socialite awaits her. But since the age of thirteen, Cheska has harbored a secret—an unshakeable fixation on a boy who could never offer her anything close to comfort. A boy steeped in sin and draped in depravity. A boy born into the possessive embrace of darkness. When Cheska's seemingly perfect world is ripped apart by an unknown but deadly enemy, there's only one person she can run to. One person in the world who has the power to keep her safe. The one person her weak and shattered heart craves. Arthur Adley. The new head of the most feared crime family in London. Forced too young to take the helm of the Adley firm, Arthur has become even more ruthless, formidable, and cold than ever before. His enemies

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are circling, and he must fight—and kill—to maintain his family's place at the top of the London crime underworld. There is no room for weakness, emotion, or loss of control. But then Cheska smashes back into his life with the force of a wrecking ball. She has no place in this dark, vicious, and bloodthirsty world. And worse, she is the solitary chink in his impenetrable armor. He's already pushed her away once, but this time she desperately needs him. She's broken, lost, and in danger, and he is the only one who can help. Arthur must protect her. He must destroy those who dare to threaten her, hunt down those who would take what is his. He would raze all of London to the ground to keep her safe... but can he also protect himself? The infamous Dark Lord of London Town faces his most brutal battle yet—the crippling weight of the past, the unrelenting enemies lurking in the shadows... and the havoc that Cheska's presence is wreaking on the granite fortress that was once his heart.

Erin Upton is too embarrassed to tell the cops what she was really doing while her townhouse was burglarized, especially since the first officer on the scene is former nuisance next door Charlie Dwyer. Where's the justice in the world when a neighborhood know-it-all grows up to be six-foot-three inches of solid muscle with gorgeous blue eyes and a slow, sexy please-arrest-me-now-officer smile? It's bad enough she's wearing her robe and slippers—did he have to notice her fuzzy

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hand cuffs on the bathroom sink? He's arrogant as he ever was, which is fine by her—she's too busy with her dance studio's grand opening to make time for a man. But they keep crossing paths, and when Charlie offers to help her put in new flooring at the studio one night, things go from hammering nails to hammering each other in a hurry. And about those hand cuffs... They agree it's a one-time thing. But when that becomes a two-time thing, then a three-time thing, Erin starts to wonder if maybe she and Charlie could be a life-time thing. Her best friends Mia and Coco found love in unexpected places. Is it finally her turn?

A heartwarming story about training a rescue donkey to run one of the most challenging races in America. "McDougall is a gifted storyteller who gets to the heart of the human-animal connection."--John Grogan, author of *Marley & Me*.

I AM SO IN LOVE WITH YOU CHARLIE, I CAN'T SEE STRAIGHT.Ex-Commando Deck Johnston has a busy life. He is the boss of a successful construction company. The Co-Founder and Sergeant At Arms of the Wounded Souls MC. And he is a single father to a three-year old Blue-eyed raven-haired princess, who has a liking for swearing,guns, cammo and pink tutu's.Deck's life is full. and he isn't looking for anything more.

Complete your collection with these limited Ultimate Football Heroes International editions – now with a bonus World Cup chapter. Neymar da Silva Santos Júnior is the

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boy with the big smile who carries the hopes of Brazil on his shoulders. Neymar now stands alongside Pelé and Ronaldinho as a Brazilian footballing hero. Bidding a fond farewell to his home in São Paulo, Neymar's dreams finally came true when he joined Barcelona. Now, alongside Messi and Suarez, he is part of the most feared attacking trident in the game. This is the heart-warming true story of Neymar's road to glory. From the New York Times bestselling author of Archer's Voice comes an "uplifting story of two broken souls" (Corinne Michaels) in this "exquisite, beautifully written romance" (Samantha Young). A broken woman . . . Crystal learned long ago that love brings only pain. Feeling nothing at all is far better than being hurt again. She guards her wounded heart behind a hard exterior and carries within her a deep mistrust of men, who, in her experience, have only ever used and taken. A man in need of help . . . Then Gabriel Dalton walks into her life. Despite the terrible darkness of his past, there's an undeniable goodness in him. And even though she knows the cost, Crystal finds herself drawn to Gabriel. His quiet strength is wearing down her defenses and his gentle patience is causing her to question everything she thought she knew. Only love can mend a shattered heart . . . Crystal and Gabriel never imagined that the world, which had stolen everything from them, would bring them a deep love like this. Except fate will only take them so far, and now the choice is theirs: Harden their hearts once again or find the courage to shed their painful pasts.

I fell in love with him when I was thirteen years old. He was older, mysterious, and

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unattainable. The guy I could never touch. Then one night changed everything for us. But there was one huge problem. He belonged to her.

Awakenings--which inspired the major motion picture--is the remarkable story of a group of patients who contracted sleeping-sickness during the great epidemic just after World War I. Frozen for decades in a trance-like state, these men and women were given up as hopeless until 1969, when Dr. Oliver Sacks gave them the then-new drug L-DOPA, which had an astonishing, explosive, "awakening" effect. Dr. Sacks recounts the moving case histories of his patients, their lives, and the extraordinary transformations which went with their reintroduction to a changed world.

A series of blizzards have kept tourists away from Moosetookalook, Maine, and shoppers out of Liss MacCrimmon's Scottish Emporium. But as warmer weather brings promises of tartan sales and new faces, melting snow reveals cold-blooded murder . . . Liss has suddenly found herself in charge of the March Madness Mud Season Sale, a town-wide celebration created to boost the local economy during the slushy weeks of early spring. With businesses ailing after a rough winter, the pressure is on to make this year's effort the can't-miss-event of the season. But before Liss can get her hands dirty, her husband makes a horrifying discovery. There's a dead man on their property, and he didn't die of natural causes . . . Stunned by the murder mystery developing in her own backyard, Liss receives another shock. The victim is identified as Charlie MacCrimmon, an uncle believed to have died eleven years before Liss was born. No

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one has seen or heard from Charlie since he went off to fight in Vietnam. What secrets could he have been hiding for so many years, and who would want to kill a man long thought to be dead? Enlisting the help of her family, Liss uncovers more questions than answers as she delves into her uncle's murky past. One thing is clear—before he met his end, Uncle Charlie was desperately trying to warn her about something sinister. And unless Liss can soon track down a maniacal criminal as elusive as the Loch Ness Monster, she just might be the next MacCrimmon to disappear . . .

“Some novelists hold a mirror up to the world and some, like Haruki Murakami, use the mirror as a portal to a universe hidden beyond it.” —The Wall Street Journal A mind-bending new collection of short stories from the internationally acclaimed Haruki Murakami. The eight stories in this new book are all told in the first person by a classic Murakami narrator. From memories of youth, meditations on music, and an ardent love of baseball, to dreamlike scenarios and invented jazz albums, together these stories challenge the boundaries between our minds and the exterior world. Occasionally, a narrator may or may not be Murakami himself. Is it memoir or fiction? The reader decides. Philosophical and mysterious, the stories in *First Person Singular* all touch beautifully on love and solitude, childhood and memory. . . all with a signature Murakami twist.

Children can learn a safe, simple way to deal with uncomfortable emotions. The solution is right at your fingertips! By tapping points on your body, a process done in the

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clinically proven EFT, together with guided responses, the wizard demonstrates how you can feel better in minutes!

#1 NEW YORK TIMES BESTSELLER • NOW A MAJOR MOTION PICTURE • Look for special features inside. Join the Random House Reader's Circle for author chats and more. In boyhood, Louis Zamperini was an incorrigible delinquent. As a teenager, he channeled his defiance into running, discovering a prodigious talent that had carried him to the Berlin Olympics. But when World War II began, the athlete became an airman, embarking on a journey that led to a doomed flight on a May afternoon in 1943. When his Army Air Forces bomber crashed into the Pacific Ocean, against all odds, Zamperini survived, adrift on a foundering life raft. Ahead of Zamperini lay thousands of miles of open ocean, leaping sharks, thirst and starvation, enemy aircraft, and, beyond, a trial even greater. Driven to the limits of endurance, Zamperini would answer desperation with ingenuity; suffering with hope, resolve, and humor; brutality with rebellion. His fate, whether triumph or tragedy, would be suspended on the fraying wire of his will. Appearing in paperback for the first time—with twenty arresting new photos and an extensive Q&A with the author—Unbroken is an unforgettable testament to the resilience of the human mind, body, and spirit, brought vividly to life by Seabiscuit author Laura Hillenbrand. Hailed as the top nonfiction book of the year by Time magazine • Winner of the Los Angeles Times Book Prize for biography and the Indies Choice Adult Nonfiction Book of the Year award “Extraordinarily moving . . . a powerfully drawn survival epic.”—The Wall Street Journal “[A] one-in-a-billion story . . . designed to wrench from self-respecting critics all the blurby adjectives we normally try to avoid: It is amazing, unforgettable, gripping, harrowing, chilling, and inspiring.”—New York “Staggering . . . mesmerizing . . . Hillenbrand's writing is so

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ferociously cinematic, the events she describes so incredible, you don't dare take your eyes off the page."—People "A meticulous, soaring and beautifully written account of an extraordinary life."—The Washington Post "Ambitious and powerful . . . a startling narrative and an inspirational book."—The New York Times Book Review "Magnificent . . . incredible . . . [Hillenbrand] has crafted another masterful blend of sports, history and overcoming terrific odds; this is biography taken to the nth degree, a chronicle of a remarkable life lived through extraordinary times."—The Dallas Morning News "An astonishing testament to the superhuman power of tenacity."—Entertainment Weekly "A tale of triumph and redemption . . . astonishingly detailed."—O: The Oprah Magazine "[A] masterfully told true story . . . nothing less than a marvel."—Washingtonian "[Hillenbrand tells this] story with cool elegance but at a thrilling sprinter's pace."—Time "Hillenbrand [is] one of our best writers of narrative history. You don't have to be a sports fan or a war-history buff to devour this book—you just have to love great storytelling."—Rebecca Skloot, author of *The Immortal Life of Henrietta Lacks*

Charlie Fry is football mad. He sleeps wearing his team's full kit and dreams of scoring the winning goal in an FA Cup final. He plays football around the clock - at the park, on the way to school, at lunchtimes and even in his bedroom until his mum tells him off. But Charlie has a problem: he can't run very far. He has plenty of skill but his poorly lungs stop him from sprinting. And as an 11-year-old planning to become the Golden Boot winner at the next World Cup, that's a bit of an issue. Then one day a freak accident presents Charlie with a unique goal-scoring gift - it means he can't miss. But can Charlie convince his local team Hall Park to give him the chance and use his new found skill to deadly effect? Or will the nasty bullies from his school keep him stuck on the sidelines? ** The Football Boy Wonder is a football story for

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children aged 7-13. It looks at themes such as bullying, friendship, loyalty and the wonderful world of football. Reviews of the Football Boy Wonder: "Highly recommended. An enjoyable and clever story with a few lovely twists along the way." Amazon review. "My little brother, who is crazy about soccer, would love this book and would never let it go. It is a great gift to get a brother, nephew, son or cousin for any occasion. They will definitely enjoy it." 5* review from Readers' Favourite website. "Fantastic journey of friendship and sporting achievements. Well written and easy to understand Charlie's journey and how CF impacts his life." Amazon review. Welcome to The Three Captains. A charming bijou guesthouse on the Maine coast which is a haven of calm for guests and owners alike. When Lolly summons home her nieces, Isabel and June - one recovering from a broken heart, the other struggling to bring up her young son singlehandedly - they assume she's going to sell The 3 Cs, the place they called home after they lost their parents in a car accident. But the truth is much more heartbreaking than that. Along with Lolly's daughter Kat - also at a crossroads in her life - the women spend their first summer together in years and home truths and long-buried secrets begin to emerge. Then movie buff Lolly invites her three offspring to attend her legendary movie nights and what at first seems like a few hours of distraction from their tumultuous lives becomes so much more. What they discover shakes them to the core, brings them together after years of discord, and provides them with the inspiration that they need to truly connect with each other and find happiness.

Trick-or-treat!? It's Halloween on Sesame Street! Zoe and her friends all dress up as witches so that no one will be able to tell which witch is which!

Best friends, big secrets. Getting to love is gonna be a beast. Nate Landry is living a whopper

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of a lie. He's an otter shifter, that much is true. Folks say he's the best river guide in the region, with an uncanny knack for finding the hottest fishing spots. And he has a good friend again, a guy he likes more than he ought to. Everything will be fine, as long as nobody—especially Mac—finds out he used to be Charlie Beauchamp, a covert-ops rescue swimmer who failed to save the one person he loved most. Then the real Nate Landry shows up, dragging Charlie's grief and guilt out of the depths. + McKinley Greer knows how to keep a secret. Like where a bear shifter might find the best honey trees. Or why he brews beer but doesn't drink a drop of it. Or why the vids he watches at night feature guys who look a helluva lot like his best friend. But suddenly Nate isn't Nate—he's a freaking hero named Charlie—and when he begins to share his own secrets... It's only a matter of time before all the things Mac's stashed in the darkest den of his heart get hauled into the light. EMBRACE THE BEAST is the 3rd novel in the GRIZZLY RIM m/m shifter series. Brace yourself for a bear with a sweet tooth, an otter who knows how to use maple syrup, some very sticky sheets, and...well...it's not called Grizzly Rim for nothin', y'all. Tropes: friends to lovers, secret identity, size difference, introvert vs extrovert Content Notes: This story includes depictions of sibling grief, alcohol sobriety, memory of alcohol abuse, a high-water rescue, and self-harm (cuts and scrapes) as a result of loss of control. Relevant to: paranormal romance, shifter romance, fantasy romance, gay romance, gay shifters, mm romance, mm shifters, lgbt romance

This book includes FRENCHED (Mia and Lucas) and YANKED (a Mia and Lucas novella)FRENCHED: When I got dumped by my stupid fiancé a week before the wedding, my plans involved nothing more than ice cream, and blanket fort, and a bonfire of his possessions. But my friends convinced me that bitter tastes better drowned in Bordeaux, so I

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came to Paris for a single-moon. Then I met him. He's shown me things I've never seen before, and I'm not talking about the Louvre. Is it just the seduction of Paris? Or could this be the real thing? YANKED:I never expected any of this- Getting dumped. Going to Paris alone. Falling for Lucas (he was so not on my list). We've done the long-distance-love thing for eight months now, and I'm ready for more. But after I discover what he's been hiding, will he stay on my list? Or should I cross him off for good?

Meet Mia Macarooney, an ordinary eight-year-old who finds out she has an extraordinary super-secret in this first chapter book in the brand-new Mia Mayhem series! Mia Macarooney is a regular eight-year-old girl who finds out that she's A SUPERHERO! Her life literally goes from totally ordinary to totally super when she's invited to attend the afterschool Program for In-Training Superheroes a.k.a. THE PITS! And the crazy thing is, in a weird meant-to-be sort of way, all of this news somehow feels super right. Because all her life, Mia thought she was just super klutz...but it turns out, she's just SUPER! So now, it's up to Mia to balance her regular everyday life and maintain her secret identity as she learns how to be the world's newest superhero! With easy-to-read language and illustrations on almost every page, the Mia Mayhem chapter books are perfect for emerging readers.

Mia Monkey and Charlie Chameleon are her to help children to learn the magic of Energy EFT or 'tapping' as it is sometimes known. EFT helps to release any negative feelings and replaces them with positive ones.

Tap Your Way to a Great, Big Smile: A Practical Guide for Kids to Learn Emotional Freedom Technique, EFT Tapping and Develop Emotional Intelligence Are you a parent looking for a simple and fun activity to help your kids improve their physical and emotional well-being?

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Would you like your kids to develop emotional intelligence through a simple, mindful exercise that can be practiced anytime, anywhere? If so, it's time to learn about EFT Tapping! Emotional Freedom Technique, or EFT for short, is a therapeutic practice that combines ancient Chinese Acupressure with techniques of modern psychology. Tapping uses meridian points to relieve tension and stress throughout the body. While people of all ages can benefit from EFT tapping, this technique is especially effective for kids. The repetitive rhythm of tapping is a powerful method for calming them down. Positive affirmations are used along with tapping to help kids improve their self-confidence. So, if your kids have had a rough day at school (or at home during COVID), or if they have been feeling anxious, it is time to introduce them to EFT tapping! And what better way is there, than through rhythmic movements and positive affirmations? Inside this book, you will find: Simple and kid-friendly instructions on how tapping works, step by step A great tool to help kids learn to identify different emotions, even if they are not fully verbal Simple and powerful affirmations to help kids build self-confidence Kid-friendly diaphragmatic breathing exercise to help them calm down and relax, instantly AND SO MUCH MORE! Kids are undoubtedly faced with different stress triggers throughout the day. This is why EFT tapping is so important to their emotional well-being. This book will teach your kids how to calm down when they're having a difficult time, and help them build emotional intelligence at an early age. So Scroll Up, Click, 'Buy Now' and Start "Tapping your way to a great big smile!"

What if the thoughts that trigger your child's anxiety were neutralized? What if the butterflies in their stomach, the sweat on their palms, and the desperate look in

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their eyes for help were transformed? And what if they had the skills to affect this transformation themselves? This book provides a pathway to do just that. In this story, you'll meet Nelly Moon who gets extremely nervous before riding the bus to school. Just thinking about the bus makes Nelly jittery! Fortunately, she's befriended by a sweet alien named Neutrino who takes her on an international adventure to learn something called the Emotional Freedom Technique (EFT) or tapping. Nelly uses tapping to ease her anxiety and boost her confidence. Tapping is a technique backed by mounting scientific evidence to calm the nervous system to restore balance in the mind and body. Your child can read this beautifully illustrated story and workbook to learn the simple yet powerful anxiety relief technique of tapping. Ready to get started? As Neutrino says, "Come on, youthlings, let's GoTapping!"

THE EPIC FINALE IN THE WHAT HE DOESN'T KNOW DUET Left or right. It's that simple, and it isn't simple at all. If I turn left, the road will lead me back to the man I promised my life to, the one I'd imagined building a family with, the one who's done everything in his power to get me back. If I turn right, the road will take me to the man I loved first, the man who brought me back to life, the man who would do anything to keep me. I knew the fork in the road was inevitable; it was the decision I never wanted to make between choices I didn't know I had.

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And I love them both. My heart is destined to exist in two equal halves - one with each man. But one half beats stronger, the vein running deepest, and holds my choice in silence long before I know it for myself. The realization of what I have to do, of the heart I have to break, just might break mine too. Left or right. All I have to do is take a breath and turn.

Annabel dreams of one day being a scientist, but teasing from other kids at school has hurt her confidence and left her feeling sad and alone. Join her as she learns how to use the Magical Tapping Technique to quickly release her sadness and regain her confidence. Through the book, you'll learn about the scientifically proven technique commonly known as "Tapping" and how you can use it for both yourself and your child to overcome stress, anxiety, negative emotions, and much more. Your child will love the fun descriptions and illustrations for each point, such as the Super Eagle Eye Point, Lion Cry Point, Dragon Fire Point, Wolf Point, and more. Your child will be having a blast as they howl, hug, thump on their chest, act like a monkey, and more . . . all while learning how they can use Tapping to help themselves in real life!

Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of *The Tapping Solution*, is at the forefront of a new healing movement. In his upcoming book, *The Tapping Solution*, he gives readers everything they need to

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successfully start using the powerful practice of tapping – or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In *The Tapping Solution*, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them

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back from creating the life they want.

People have honest doubts and questions about God that deserve solid answers. How do we explain the Gospel of Jesus Christ in a way we can all understand? Ray Pritchard has updated this best-selling presentation of the gospel in a clear, straightforward way using simple language and clear Scripture references. An Anchor for the Soul is written with doubters, seekers, and skeptics in mind. In a clear, straightforward presentation, he answers questions such as: What is God like? How can I know Him? Who is Jesus and what did He do? What does it mean to be a Christian? Through stories and illustrations, Pastor Pritchard very personally, yet gently, challenges his readers with the Good News of Jesus Christ.

Actress Drew Barrymore shares funny, insightful, and profound stories from her past and present—told from the place of happiness she's achieved today—in this heart-stirring New York Times bestseller that InStyle called “deeply thoughtful and fun.” Wildflower is a portrait of Drew's life in stories as she looks back on the adventures, challenges, and incredible experiences she's had throughout her life. It includes tales of living in her first apartment as a teenager (and how laundry may have saved her life), getting stuck under a gas station overhang on a cross-country road trip, saying good-bye to her father in a way only he could

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have understood, and many more journeys and lessons that have led her to the successful, happy, and healthy place she is today.

The author uses two unique therapies called Energy Therapy and Emotion Freedom techniques (EFT) to help your children achieve instant freedom from negative emotions and limiting beliefs.

Street-smart Charley, a twelve-year old orphan from Boston, uses his talent to sing his way into the hearts of a farming family in Maine, but now the boy from Boston's streets has to learn how to cope with farm life.

Dealing with grades, bullying, friendships, parents, crushes . . . it's enough to make any teenage girl wish she could snap her fingers and make it all go away.

The good news is, you almost can—except it's not "snapping" but "tapping"! Formally known as Emotional Freedom Techniques (EFT), this revolutionary practice can help you reduce your feelings of anxiety and overwhelm, boost your confidence, and unpack the "stress backpack" you may not even know you're carrying. In *The Tapping Solution for Teenage Girls*, expert EFT practitioner Christine Wheeler explains the basics of the technique (it actually involves tapping, with your fingers, on energy points on your own body, and you can do it anywhere, anytime). Then she gives you simple yet powerful instructions for tapping on common challenges such as:

- Schoolwork, tests, grades, and

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planning for college• Appearance and body image• Dating, breakups, and dealing with sexual feelings• Divorce, siblings, and blended familiesThroughout the book, comments from 16-year-old Cassidy, the author's teen consultant, keep it real with helpful perspectives on how this tapping thing works—and it does work! In these pages, you'll discover that a super effective tool for dealing with stress is literally at your fingertips. If you're ready to be true to yourself, stop freaking out, and keep being awesome, *The Tapping Solution for Teenage Girls* is the perfect solution for you!

This UltraThin reference Bible includes a comfortable 10.5 point type with center-column references is one of our bestselling Bibles. It's now available in the Holman Bible Program offering you a variety of bestselling colors and designs. - Holman Bibles can be your provider of core KJV, NKJV and HCSB Bibles - study, text and daily - It's as easy as 1. 2. 3. (1.) Choose your Bible translation. (2.) Choose the Bible size you like. (3.) Then choose the cover you like. Finding the right Bible for you has never been easier. - Styles for all of your customers. - Styles are based on consumer research with core Bible buyers. You can have peace of mind with your inventory mix. - 10 unique cover designs extend across various editions of our KJV, NKJV and HCSB text Bibles. - Holman Bibles can manage your entire KJV, NKJV & HCSB Bible lines.

Offers an introduction to EFT told through story, activities and rhyme, enhancing children's learning and capturing their interest in EFT. This book is suitable for reading and sharing with

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your children and can be used as a teaching resource in the classroom or as a tool in therapy. Charlie has this little sister Lola. Lola is extremely very excited because it's going to snow. Lola says, 'snow is my favourite and my best. Why can't it snow every day?' Look out for My Best, Best Friend and My doodling and Colouring-in book and My holiday sticker book. 'An irresistibly comic duo.' Sunday Telegraph 'Wildly imaginative.' Guardian

Happy Tapping with Mia & Charlie Energy EFT For Kids

Being a child in our modern society can sometimes be a stressful experience, especially with pressures around Friendships/Fall-outs, Going to Bed, Starting a New School, Feeling Grumpy, Little Accidents, Separation Anxiety, Fear of the Dark, Losing a beloved Pet, Fear of Creepy Crawlies and more. Mia Monkey and Charlie Chameleon are here to help children to learn and use the magic of Energy EFT or 'tapping' as it is sometimes known. EFT helps to release any negative feelings or emotions children may have and replaces them with positive ones. Mia Monkey also teaches children 'silent tapping' if they are unable to talk about their feelings, thus opening a window to talk about it later when their Fears/Anxieties are under control. Mia Monkey and Charlie Chameleon help children with some of life's little challenges so they can grow up feeling less stressed and anxious, and move forward in life with a little more confidence. Please read Happy Tapping with Mia & Charlie: use it, share it, talk about it and hopefully your children will learn a new life long skill and greatly benefit from its contents.

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