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The Basic Tapping Technique Requires You To Focus On The Negative Emotion At Hand - A Fear, A Worry, A Bad Memory, An Unresolved Problem, Or Anything That's Bothering You. While Maintaining Your Mental Focus On This Issue, You Use Your Fingertips To Tap 5-7 Times On Each Of The 9 Specific Meridian Points Of The Body. May 6th, 2019

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Anger Management: 10 Tips To Tame Your Temper. Keeping Your Temper In Check Can Be Challenging. Use Simple Anger Management Tips — From Taking A Timeout To Using "I" Statements — To Stay In Control. By Mayo Clinic Staff May 22th, 2019

What Is Tapping And How Can I Start Using It?

Like Acupuncture And Acupressure, Tapping Is A Set Of Techniques Which Utilize The Body's Energy Meridian Points. You Can Stimulate These Meridian Points By Tapping On Them With Your Fingertips - Literally Tapping Into Your Body's Own Energy And Healing Power. Jun 10th, 2019

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Stress Is A Natural And Normal Part Of Life, But Sometimes You Just Need To Relax. We've Compiled A List Of The Top 10 Ways To Relieve Stress. May 11th, 2019

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This Is My First Tutorial Into Beginning Relief Carving. I Create Most Of My Works Nowadays Out Of MDF (medium Density Fibreboard). It Is A Great Medium For Carving And Can Be Purchased From ... Jun 1th, 2019

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