



EFT for Positive Living: Tapping Scripts for Relationships II

Christa Smith

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While the early stages of a relationship can feel easy and exciting, successful long-term relationships can be challenging. Maintaining a healthy, happy, and satisfying partnership involves acceptance, open communication, and emotional stability. EFT (Emotional Freedom Technique) can help in all these crucial areas to keep your love connection strong and ongoing. Although EFT is simple to learn and apply, many find it challenging to formulate set-up statements and reminder phrases. This book has been created to take the guess work out of tapping by providing 52 EFT Tapping scripts that cover the most common relationship issues. With EFT Tapping you can release the negative emotions that compromise a healthy connection with your partner. The tapping scripts in this book will help you manage the ups and downs, neutralize triggers that cause conflict, release limiting beliefs, build healthier patterns of communication, and open you up to a more positive approach to achieving the loving, enriching relationship you desire.

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