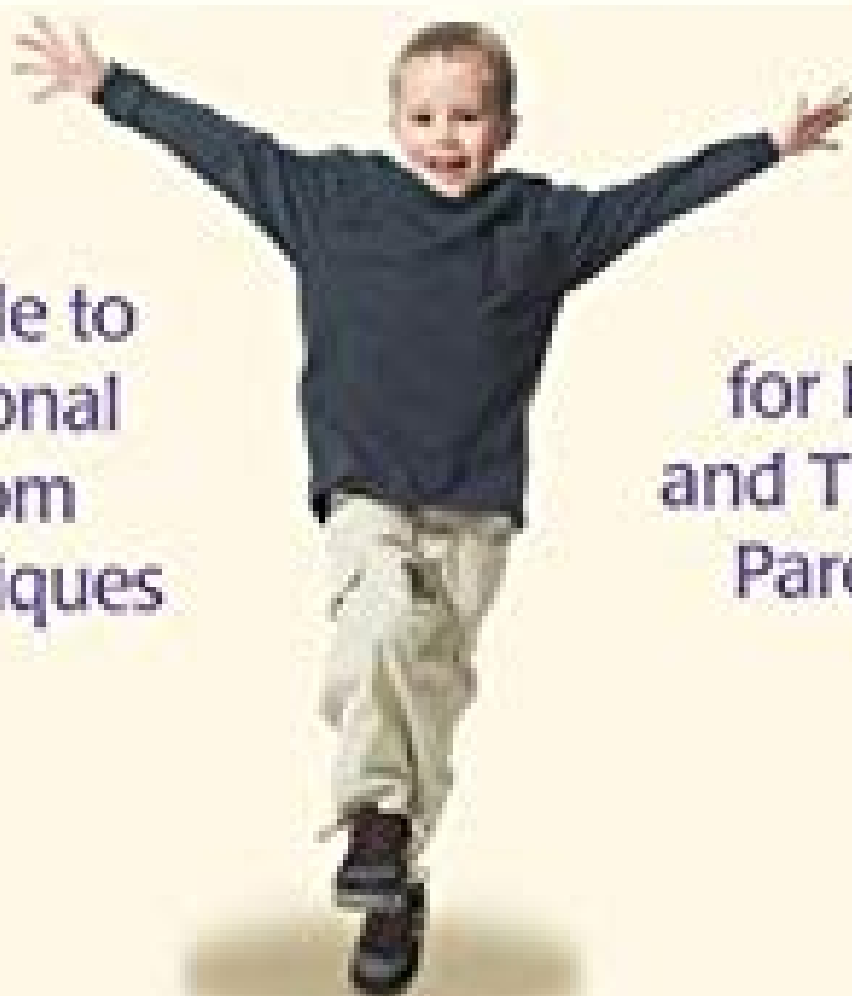


Tap into Joy

A Guide to
Emotional
Freedom
Techniques

for Kids
and Their
Parents



SUSAN JEFFREY BUSEN

FOREWORD BY CAROL TUTTLE

Susan Jeffrey Busen

Tap into Joy: A Guide to Emotional Freedom Techniques for Kids and Their Parents



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How often do you have the chance to read a publication that could modification your daily life at a core level? What greater present could a mother or father give the youngster? If you have negative thoughts, emotions, or limiting beliefs get this book! If you have negative thoughts, feelings, or limiting beliefs get this book! My own kids have used these tools for days gone by five years. Utilize Joy may be the essential information to giving kids the emotional independence they deserve. also to us.A wise person once said, "The near future belongs to those that give hope to the next generation. They are calm, happy, and well-adjusted children. They thrive at whatever they perform. If you have kids, know children, or had been ever a kid yourself understand this book! By investing in Busen's techniques and going for a few minutes every day, your child will be able to: Conquer fears Overcome guilt Alleviate grief Eliminate anger Restore self-confidence Forgive others Turn around limiting beliefs You hold in your hands an extremely powerful tool." -Jim Walters, ND Using two unique therapies known as Energy Therapy and Emotional Freedom Techniques (EFT), writer Susan Jeffrey Busen demonstrates how to help your kids achieve instant freedom from negative emotions and limiting beliefs. Utilize Joy will change your children's lives and enhance their upcoming by helping them shed their psychological baggage before they carry it through existence." Susan Jeffrey Busen offers assembled this life-changing details in a fashion that does give desire to the next generation;



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This is a book of EFT scripts for kids- perfect! In case you couldn't tell by the description and critiques, this book has some very nice EFT explanation, and then is chock filled with awesome scripts for children to use. If indeed they understand EFT and learn how to examine, they can really do it by themselves. I wish new authors would realize the worthiness of including detailed descriptions of their books on Amazon or at least include a "appearance inside this reserve" where you display the desk of contents and a few random pages. Step 6 is to re-evaluate the strength. I almost didn't choose the book because I usually research thoroughly first. - I hoped this helped someone!)- Family and House: moving, new baby, parents arguing, parens are divorced, concern with parents getting divorced, *problems with brother/sister- Fears: animals, concern with the ball, clowns, crowded places, the dark, enclosed places, getting lost, dental practitioner, doctor, high areas, monsters, stage fright, roller coasters and rides, spiders, stormy weather, television show scared me, water/swimming- School: cannot learn mathematics facts, *don't want to do homework, first day time of school, issues with teacher, reading is definitely a struggle, test taking- Transportation: airplanes, school bus, riding a bike, riding in car- Various other emotions/problems: *anger, anxiety, discouraged, getting yelled at, grief- loss of loved one, grief- loss of pet, guilt, *hard to give consideration, *impatientMy child enjoyed going right through and marking with tabs the scripts he thought he'd use the frequently. I starred the ones my son picked. Well done, Susan Busen. My kids love this book My children love this reserve, so much that my eldest has made her personal script which includes been effective. Step two 2 can be to tap the karate chop point and use those phrases she gives you. Step three 3 is certainly to tap all of the EFT points with mental poison she gives you. This book was well crafted and very possible for an adult or child to carefully turn to a issue and follow along as they tap. Stage 5 is certainly to tap all of the EFT factors with positive thoughts she gives you. You are missing an audience of people who love your book but don't know what's inside! Susan Jeffrey Busen will a fine job of acquiring the guesswork out of delivering the great, holistic tapping tool known as EFT to your loved ones. Each script provides diagram of a child with the EFT factors marked. Sue Busen's guidance and direction is just what every adult, who cares for or has a child in their life, needs. EFT is simply acupuncture without needles, soft tapping where needles will be placed, and it just works, and wonderfully so. I don't think this book might have been done far better, really. Maybe add a DVD of a few general scripts becoming tapped by a child? My child loves to watch the EFT kids videos by Brad Yates on YouTube, to tap along with. I came across Sue when she became involved with The Blast Network and decided to provide it another shot - and my son went into 4th quality and he started crying every day after school, feeling overwhelmed. Anyway, here are the scripts you obtain:- Confidence/Limiting Beliefs: negative traits, being bullied, being produced fun of, *do not like to be apart or separated, food choices, I cannot do it, I do not fit tin, I look different, making a blunder, not good enough, peer pressure, potty training, someone hurt my emotions, residing in my bed, *tapping does not work (that one is for kids who sometimes doubt!)- Great Parenting Tool The UTILIZE Joy book is an excellent parenting tool. My pal loves this book I gave this publication to my friend who includes a young girl. I made a decision to give Tap Into Joy a go with him because I just had a feeling that maybe Sue was different and I'm so happy I did. wonderful for the newbie of EFT as the author guides . This is more detail than the EFT I have already been exposed to and I like it!com. It's laid out to enable you to easily find direction, concepts and inspirations to assist you AND your child become more relaxed, resilient and innovative in functioning through life's little traumas, completely up to the big stuff. She believed it might be an excellent tool for giving her kid a method to refocus during normal young-child emotional occasions. From what I've heard, the kid very easily adjusts on her

behalf own using this technique. She'll come to her mom saying that she actually is feeling good and ready to continue with the disrupted minute. Mom indicated that it had been easy for them to understand this jointly and that she is self-confident about the excellent results experienced so far. The book covers all you can think about in a child's lifestyle, and gives a step-by-step application and script, so it's foolproof. nice source, delivered promptly Five Stars A fantastic publication to use for Emotional Independence Technique!. This book ought to be by every parent's bedside. And of course a few phrases could be changed occasionally to fit your situation better. After that, with a guide such as this book, you can assure yourself of experiencing some success with emotional & Love this book! Also, each script takes up two webpages, left and correct so that you can lay the book open up. Simple, Quick, and functions like a dream! I will add this book to our website, www.EFT-Tom. And this is a truly inspired baby gift to new parents, as well! Every Parent should have this book handy Your child is frustrated, upset and screaming or maybe he/she will not talk with you, is sullen and teary. Great Information and Resource! He had experienced GT classes before - but somehow he kept stating everything was much harder but his screening all pointed to that type of class. These scripts may be used during an urgent matter or regularly to work through an issue when already calm. "Utilize Joy" not only offers a detailed description of how exactly to tap, but more importantly a clear and easy to understand process to follow and simple words, that address practically any circumstance, emotion or problem a kid may face. A well written reserve, wonderful for the beginner of EFT as the author manuals you step-by-step. nice resource, delivered 11 y.o. found this immediately available for anger and anxiousness.. Tom Masbaum, "EFT With A WARRANTY" founder. physical alleviation for yourself, a friend or a family member. Step 4 4 is normally to "forgive" by putting your give your heart and make use of that script she offers you. Among the best books I've read lately. Every family should have one in their home. It has therefore many issues that are common for the average kid. I didn't get yourself a opportunity to preview the reserve therefore i was thrilled when it arrived and it was so fantastic. Before that I really rolled my eyes at the concept and even after the course I purchased, I felt it didn't work for me. You will NOT be disappointed, my kid and I LOVE this book I've attempted tapping and had actually only so-so success and could never keep up with it, and I was therefore 'stuck' that I paid over \$300 for a program from Pam Bruner based on a suggestion by someone to try tapping that I really respect. Now if Tap Into Joy could simply help my very intense child GET to his room in the first place, to make use of his EFT previously, it might be my greatest friend!tapping is this phenomenal tool that's calming and helping your child to cope with the emotions. After talking to his instructor, who was simply stunned he was unhappy because he was one of the highest grade factors in his class - we understood that he just was developing some severe pressure on himself and producing himself miserable - not on actual events - but fear, tension and worry. Perhaps you won't actually encounter much big stuff if you take care of the little stuff while it's still little! Having the scripts, specifically the ones Sue creates and her technique, are so very important. Step 1 1 is to judge the intensity 1-10.. I must say i enjoyed this book! It has been so useful. Susan Jeffrey Busen is quite knowledgable and presents the materials in a manner all can understand. I recommend this book!



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