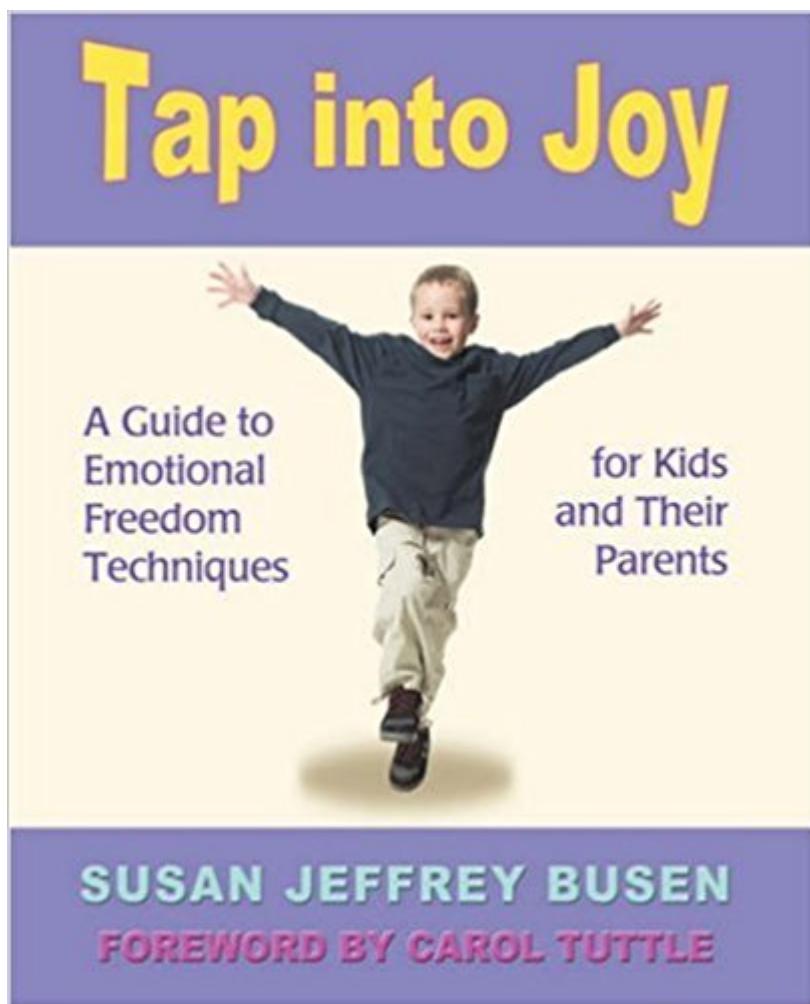


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# Tap Into Joy: A Guide To Emotional Freedom Techniques For Kids And Their Parents



## **Synopsis**

How often do you have the chance to read a book that could change your life at a core level? If you have children, know children, or were ever a child yourself get this book! If you have negative thoughts, emotions, or limiting beliefs get this book! If you have negative thoughts, emotions, or limiting beliefs get this book! A wise person once said, "The future belongs to those who give hope to the next generation." Susan Jeffrey Busen has assembled this life-changing information in a manner that does give hope to the next generation; and to us. My own children have used these tools for the past five years. They are calm, happy, and well-adjusted kids. They thrive at whatever they do. What greater gift could a parent give their child?" -Jim Walters, ND Using two unique therapies called Energy Therapy and Emotional Freedom Techniques (EFT), author Susan Jeffrey Busen shows you how to help your children achieve instant freedom from negative emotions and limiting beliefs. By committing to Busen's techniques and taking a few minutes each day, your child will be able to: Conquer fears Overcome guilt Alleviate grief Eliminate anger Restore confidence Forgive others Turn around limiting beliefs You hold in your hands an extremely powerful tool. Tap into Joy will change your children's lives and improve their future by helping them shed their emotional baggage before they carry it through life. Tap into Joy is the essential guide to giving children the emotional freedom they deserve.

## **Book Information**

Paperback: 168 pages

Publisher: iUniverse, Inc. (February 14, 2007)

Language: English

ISBN-10: 0595419623

ISBN-13: 978-0595419623

Product Dimensions: 7.5 x 0.4 x 9.2 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 19 customer reviews

Best Sellers Rank: #365,011 in Books (See Top 100 in Books) #8 in Books > Health, Fitness & Dieting > Children's Health > Special Needs Children #1014 in Books > Health, Fitness & Dieting > Mental Health > Emotions

## **Customer Reviews**

Susan Jeffrey Busen is an energy therapist. She is a graduate of St. Mary's University of Minnesota and certified in natural health. Busen worked as an environmental biologist and research scientist

before her own health challenges led her to natural health and energy therapies.

In case you couldn't tell by the description and reviews, this book has some great EFT explanation, and then is chock full of awesome scripts for kids to use. If they know EFT and know how to read, they really can do it on their own. I wish new authors would realize the value of including detailed descriptions of their books on or at least include a "look inside this book" where you show the table of contents and a few random pages. You are missing an audience of people who would love your book but don't know what is inside! I almost didn't buy the book because I always research first. Anyway, here are the scripts you get:- Confidence/Limiting Beliefs: bad habits, being bullied, being made fun of, \*do not like to be apart or separated, food choices, I cannot do it, I do not fit in, I look different, making a mistake, not good enough, peer pressure, potty training, someone hurt my feelings, staying in my bed, \*tapping does not work (this one is for kids who sometimes doubt!)- Family and Home: moving, new baby, parents arguing, parents are divorced, fear of parents getting divorced, \*problems with brother/sister- Fears: animals, fear of the ball, clowns, crowded places, the dark, enclosed places, getting lost, dentist, doctor, high places, monsters, stage fright, roller coasters and rides, spiders, stormy weather, tv show scared me, water/swimming- School: cannot learn math facts, \*don't want to do homework, first day of school, issues with teacher, reading is a struggle, test taking- Transportation: airplanes, school bus, riding a bike, riding in car- Other emotions/issues: \*anger, anxiety, frustrated, getting yelled at, grief- loss of loved one, grief- loss of pet, guilt, \*hard to pay attention, \*impatientMy son enjoyed going through and marking with tabs the scripts he thought he would use the most often. I starred the ones my son picked. Also, each script takes up two pages, left and right so you can lay the book open. Step 1 is to evaluate the intensity 1-10. Step 2 is to tap the karate chop point and use those words she gives you. Step 3 is to tap all the EFT points with negative thoughts she gives you. Step 4 is to "forgive" by putting your hand over your heart and use that script she gives you. Step 5 is to tap all the EFT points with positive thoughts she gives you. Step 6 is to re-evaluate the intensity. This is more detail than the EFT I have been exposed to and I like it! Each script has diagram of a child with the EFT points marked. These scripts can be used during an urgent matter or on a regular basis to work through an issue when already calm. And of course a few words could be changed here and there to fit your situation better. I don't think this book could have been done much better, really. Maybe include a DVD of a few general scripts being tapped by a child? My child loves to watch the EFT kids videos by Brad Yates on YouTube, to tap along with. Now if Tap Into Joy could just help my very intense child GET to his room in the first place, to use his EFT earlier, it would be my best friend! - I hoped this helped

someone!-

A well written book, wonderful for the beginner of EFT because the author guides you step by step. EFT is simply acupuncture without needles, gentle tapping where needles would be placed, and it just works, and wonderfully so. Then, with a guide like this book, you can assure yourself of having some success with emotional & physical relief for yourself, a friend or a family member. Well done, Susan Busen. Tom Masbaum, "EFT With A Guarantee" founder. I will add this book to our website, [www.EFT-Tom.com](http://www.EFT-Tom.com).

Your child is frustrated, upset and screaming or maybe he/she will not speak to you, is sullen and teary..tapping is this amazing tool that is calming and helping your child to deal with the emotions. Sue Busen's guidance and direction is just what every adult, who cares for or has a child in their life, needs. "Tap into Joy" not only offers a detailed description of how to tap, but more importantly a clear and easy to understand process to follow and simple words, that address practically any situation, emotion or problem a child may face. This book should be by every parent's bedside.

The Tap Into Joy book is a great parenting tool. It's laid out so that you can easily find direction, ideas and inspirations to help you AND your child become more calm, resilient and creative in working through life's little traumas, all the way up to the big stuff. Maybe you won't even encounter much big stuff if you take care of the little stuff while it's still little! The book covers everything you can think of in a child's life, and gives a step-by-step application and script, so it's foolproof. Susan Jeffrey Busen does a fine job of taking the guesswork out of delivering the great, holistic tapping tool known as EFT to your loved ones. And this is a truly inspired baby gift to new parents, too!

I gave this book to my friend who has a young daughter. She thought it might be a good tool for giving her child a way to refocus during typical young-child emotional events. From what I've heard, the child easily adjusts on her own using this technique. She will come to her mother saying that she is feeling good and ready to continue with the disrupted moment. Mom indicated that it was easy for them to learn this together and that she is confident about the positive results experienced so far.

My 7 year old girl suffers from very high levels of frustration, anger, perfectionism. This book is so simple in its instruction, so easy to understand and use, and I am amazed and delighted and how helpful my daughter has found the technique in bringing her down from very wound up and hot

headed, to relaxed and at peace - within minutes. This book has achieved more in a few minutes than countless hours of counselling over the years!

This book was well written and very easy for an adult or child to turn to a issue and follow along as they tap. One of the best books I have read lately. Every family should have one in their home. It has so many issues that are common for the average child. I didn't get a chance to preview the book so I was thrilled when it arrived and it was so fantastic.

A fantastic book to use for Emotional Freedom Technique! Simple, Quick, and works like a dream!

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Early History of Tap Dancing Rap a Tap Tap: Here's Bojangles--Think of That! (Coretta Scott King Illustrator Honor Books) Tap Tap Bang Bang Trauma-Proofing Your Kids: A Parents' Guide for Instilling Confidence, Joy and Resilience

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