



Energy Tapping: How to Rapidly Eliminate Anxiety, Depression, Cravings, and More Using Energy Psychology

Fred Gallo, Harry Vincenzi

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Your body's energy system is a powerful force. When out of balance or disrupted, stress, anxiety, depression, and other negative emotions can take hold. Energy tapping, a revolutionary therapy based on energy psychology and acupuncture, balances the body's energy for renewed physical and mental vitality.

Use the simple techniques outlined in this guide to tap into your inherent potential for health, happiness, and confidence. **Energy Tapping, Second Edition** shows you how to create customized energy-tapping programs to reduce the impact of negative thoughts and feelings, improve your performance at work, lose weight, eliminate addictions and unproductive patterns of behavior, develop a satisfying romantic relationship, and more. Because each energy tapping exercise takes less than a minute to complete, you can use these techniques anytime to instantly balance your energy and boost your confidence.

Note: The book **Energy Tapping** was a joint development of Fred Gallo and Harry Vincenzi. Any statements to the contrary in print or on the web are false.

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