



Let Go and Grow.: Kids and Emotional Freedom Techniques

By Tanya De Villiers

Createspace, United States, 2015. Paperback. Book Condition: New. Marilie Fouche (illustrator). Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book serves as a guide for parents, teachers, therapists and practitioners in facilitating the process of teaching children to let go. This book is specifically designed to condition children in letting go of negative emotions and bottled-up feelings. Children will gain new perspective and insight on being mindful and aware of emotions. The main purpose is to create an understanding that there is no benefit in keeping emotions bottled-up or handling them inappropriately. Emotional Freedom Techniques (EFT) is one of many methods to successfully handle extreme emotions, limiting beliefs, addictions, learning barriers etc. The Lion s heart method is an adaptation of EFT and was specifically designed to be age appropriate and fun for young children. Activities are incorporated to facilitate the learning process and activate both brain hemispheres, stimulate Kinesthesia functioning as well as incorporating Neuro Linguistic Programming (NLP). The Lion s heart method is not a quick fix and doesn t promise world peace, but it does promote self-, body and emotional awareness. The process which unfolds in this book...



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Reviews

An exceptional ebook along with the typeface employed was intriguing to see. It really is simplistic but surprises within the fifty percent of the ebook. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brian Miller**

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