



Let Go of the Bully.: Using Eft and Matrix Reimprinting (Paperback)

By Tanya De Villiers

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Marilie Fouche (illustrator). Large Print. Language: English . Brand New Book ***** Print on Demand *****. This book serves as a tool for parents, teachers, therapists and practitioners in facilitating the process of letting go. It is especially designed for children who are being bullied and uses EFT and Matrix Reimprinting in the healing process. In today's society the tendency for children to resort to violence in order to express emotions, thoughts and frustrations, have become an everyday occurrence. Children that are being bullied are prone to low self-esteem and depression, often resulting in self-harm, withdrawal and functioning. If these feelings are not dealt with in a proper way, it might have detrimental effect on mental and physical health. This book shows children how to let go of these emotions and facilitate the process towards healing. Once you set the bully free inside of you, and let go of the emotional triggers, you are in the process of changing your life for the better. You can be loved because you deserve it. The foreword of Let go of the bully is written by Karl Dawson.



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Reviews

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