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Gorilla Thumps and Bear Hugs: A Tapping Solution Children's Story Hardcover - Illustrated, Dec 6 2016 by Alex Ortner (Author), Erin Mariano (Illustrator) 4.7 out of 5 stars 203 ratings

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Ortner , Illustrated by Erin Mariano. Share. Annabel dreams of one day being a scientist, but teasing from other kids at school has hurt her confidence and left her feeling sad and alone.

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Alex Ortner's "Gorilla Thumps and Bear Hugs" is a fun read for children, and gives parents an awareness of meridian tapping skills that seem too good to be true. Super easy and safe, and it works. I

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work with executives across America using these same skills with them for the past 10 years as an executive and personal performance coach.

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Gorilla Thumps and Bear Hugs by Alex Ortner

<http://www.hayhouse.com/gorilla-thumps-and-bear-hugs-hardcover> This book is ideal for children aged four to eight years. Annabel dreams of one day being a scientist, but teasing from other kids at school has hurt her confidence and left her feeling sad and alone.

~~Tapping with Children — Evidence Based EFT~~

Gorilla Thumps and Bear Hugs 2016-12-06 Through the book, you'll learn about the scientifically proven technique commonly known as "Tapping" and how you can use it for both yourself and your child to overcome stress, anxiety, negative emotions, and much more.

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