

## Gorilla Thumps And Bear Hugs A Tapping Solution Children S Story

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### Gorilla Thumps And Bear Hugs

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"While Alex Ortner's charming book Gorilla Thumps and Bear Hugs turns tapping into child's play, there's serious science behind the method; it's been validated in over 100 scientific studies. Alex helps children remember this proven stress-reduction routine with his fun and whimsical images as well as the compassionate and wise words of his young hero Lucas.

### Gorilla Thumps and Bear Hugs - Details

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Buy Gorilla Thumps and Bear Hugs from Kogan.com. Gorilla Thumps and Bear Hugs A children s book from the creators of The Tapping Solution. 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. Join her as she learns how to use the Magical Tapping Technique to quickly release her sadness and regain her ...

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### **Gorilla Thumps and Bear Hugs Free!**

About Gorilla Thumps and Bear Hugs 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. Join her as she learns how to use the Magical Tapping Technique to quickly release her sadness and regain her confidence.

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### **Gorilla Thumps and Bear Hugs - Hay House**

Gorilla Thumps & Bear Hugs: A Tapping Solution Children's Story by Alex Ortner is a picture book that introduces school-aged children to EFT Tapping and how it can be used to resolve school issues. Below is an Educator Guide that has lesson plans for teachers, extension activities, and additional curricular resources.

### **The Tapping Solution Foundation Quick Start - Thank You ...**

Gorilla Thumps and Bear Hugs is a fun children's book from the creators of The Tapping Solution. 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.

### **Gorilla Thumps and Bear Hugs - Mindful Little Minds**

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.

### **Gorilla Thumps And Bear Hugs - PDF Download**

"Gorilla Thumps and Bear Hugs" Book Another place that matters is your own home. So be sure to pick up a copy of my brother Alex's Tapping for kids book, "Gorilla Thumps and Bear Hugs: A Tapping Solution Children's Story". It's great for bedtime reading and even has a Tapping exercise in the back to help your kids go to sleep.

### **Stress Relief for Children - The Tapping Solution**

Gorilla Thumps and Bear Hugs : A Tapping Solution Children's Story. 4.5 (46 ratings by Goodreads) Hardback. English. By (author) Alex 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.