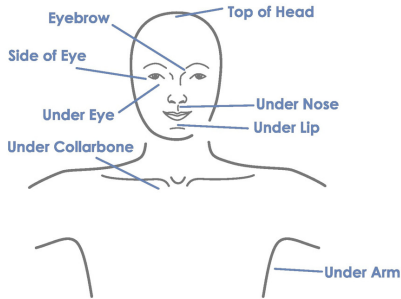


How To Tap

Quick Start Guide



Think of a specific issue and make it into a phrase:
Even though I [name the issue], I accept myself.

Tap on the edge of your hand under your little finger
while you say it aloud.

Then lightly tap each of the points shown above while
saying a short reminder phrase about the issue.

Tap gently, about 5-7 times on each point.

Repeat until you notice relaxation.

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