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Introducing Gorilla Thumps & Bear Hugs A Tapping Solution Children's Story By Alex Ortner, Executive Producer of the Tapping World Summits I remember sitting on the couch with my wife Karen, having finally gotten our three young kids to bed, and saying to her, "Nobody told us that it would be like this!"

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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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Gorilla Thumps and Bear Hugs : A Tapping Solution Children's Story. 4.46 (43 ratings by Goodreads) Hardcover. 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.

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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 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~~

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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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