



Tapping: 1 (Técnicas corporales) (Spanish Edition)

Roberta Temes

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Miedo a volar, depresión, timidez, baja autoestima, fobia social ... Llega a nuestro país una técnica sin parangón para solucionar todo tipo de problemas emocionales: el tapping. Basado en los mismos principios que la acupuntura, el tapping consiste en golpear muy suavemente con los dedos sobre determinadas zonas del cuerpo –aquellas que corresponden a los distintos meridianos de energía– en secuencias específicas. En este libro único en su género, la doctora Temes desarrolla las bases del tapping y ofrece instrucciones concretas para aplicarlo –en la clavícula, bajo la ceja derecha, en la barbilla– en función del trastorno emocional, que puede abarcar desde ansiedad, ira o sentimiento de culpa hasta fobias, síndrome de estrés posttraumático o adicciones. Avalado por psicólogos y psiquiatras con muchos años de experiencia, el tapping es el método definitivo para dejar atrás las emociones dolorosas: sencillo, rápido, y tan seguro que hasta los niños se pueden beneficiar de sus efectos. Roberta Temes Doctorada en psicología, psicoterapeuta y miembro de la Downstate Medical School de Nueva York, Roberta Temes empleaba técnicas de terapia psicodinámica y cognitivo conductistas hasta que descubrió los espectaculares resultados del método tapping con una de sus pacientes. Hoy día, está especializada en esta técnica de liberación emocional.

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