



# Tapping In: A Step-by-Step Guide to Activating Your Healing Resources Through Bilateral Stimulation

By Laurel Parnell

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Never has it been so effortless to activate your inner power and resilience than with the remarkable technique known as "resource tapping." *Tapping In* makes available for the first time a self-guided program for learning this revolutionary EMDR-related method.

With step-by-step instruction in bilateral stimulation (a core component of EMDR, or Eye Movement Desensitization and Reprocessing), *Tapping In* teaches you a clinically recognized system for tapping both sides of the body to overcome trauma, boost confidence, calm the body on a deep, physiological level, and to respond better to stress.

Join world-renowned EMDR expert Dr. Laurel Parnell as she shares a series of easy-to-learn exercises to access your "latent positive resources"?your neurological foundation for internal resilience and stability.

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### **Editorial Review**

From the Author

Laurel Parnell, Ph.D. is one of the world's leading experts on EMDR. A clinical psychologist, she has trained thousands in EMDR in her international workshops. Dr. Parnell is the author of *Transforming Trauma* (Norton, 1997), *EMDR in the Treatment of Adults Abused As Children* (Norton, 1999), and *A Therapist's Guide to EMDR* (Norton, 2006).

About the Author

**Laurel Parnell**

Laurel Parnell, Ph.D is one of the world's leading experts on EMDR. A clinical psychologist, she has trained thousands in EMDR in her international workshops. Dr. Parnell is the author of *Transforming Trauma: EMDR*, *EMDR in the Treatment of Adults Abused as Children*, and *A Therapist's Guide to EMDR*.

### **Users Review**

**From reader reviews:**

**Elias Rosser:**

Nowadays reading books be a little more than want or need but also turn into a life style. This reading practice give you lot of advantages. The benefits you got of course the knowledge the particular information inside the book that will improve your knowledge and information. The knowledge you get based on what kind of publication you read, if you want have more knowledge just go with knowledge books but if you want sense happy read one together with theme for entertaining for instance comic or novel. Often the *Tapping In: A Step-by-Step Guide to Activating Your Healing Resources Through Bilateral Stimulation* is kind of reserve which is giving the reader unstable experience.

**Donald Scott:**

Spent a free time and energy to be fun activity to do! A lot of people spent their leisure time with their family, or all their friends. Usually they carrying out activity like watching television, planning to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? May be reading a book can be option to fill your free time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the book untitled *Tapping In: A Step-by-Step Guide to Activating Your Healing Resources Through Bilateral Stimulation* can be very good book to read. May be it can be best activity to you.

**Stacy Perry:**

Playing with family in a very park, coming to see the sea world or hanging out with friends is thing that

usually you could have done when you have spare time, in that case why you don't try issue that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Tapping In: A Step-by-Step Guide to Activating Your Healing Resources Through Bilateral Stimulation, you could enjoy both. It is great combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't obtain it, oh come on its called reading friends.

### **Christopher Rangel:**

This Tapping In: A Step-by-Step Guide to Activating Your Healing Resources Through Bilateral Stimulation is great publication for you because the content which is full of information for you who always deal with world and have to make decision every minute. This book reveal it facts accurately using great plan word or we can claim no rambling sentences within it. So if you are read the item hurriedly you can have whole facts in it. Doesn't mean it only provides you with straight forward sentences but hard core information with wonderful delivering sentences. Having Tapping In: A Step-by-Step Guide to Activating Your Healing Resources Through Bilateral Stimulation in your hand like getting the world in your arm, info in it is not ridiculous one. We can say that no publication that offer you world within ten or fifteen minute right but this guide already do that. So , this can be good reading book. Heya Mr. and Mrs. active do you still doubt in which?

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