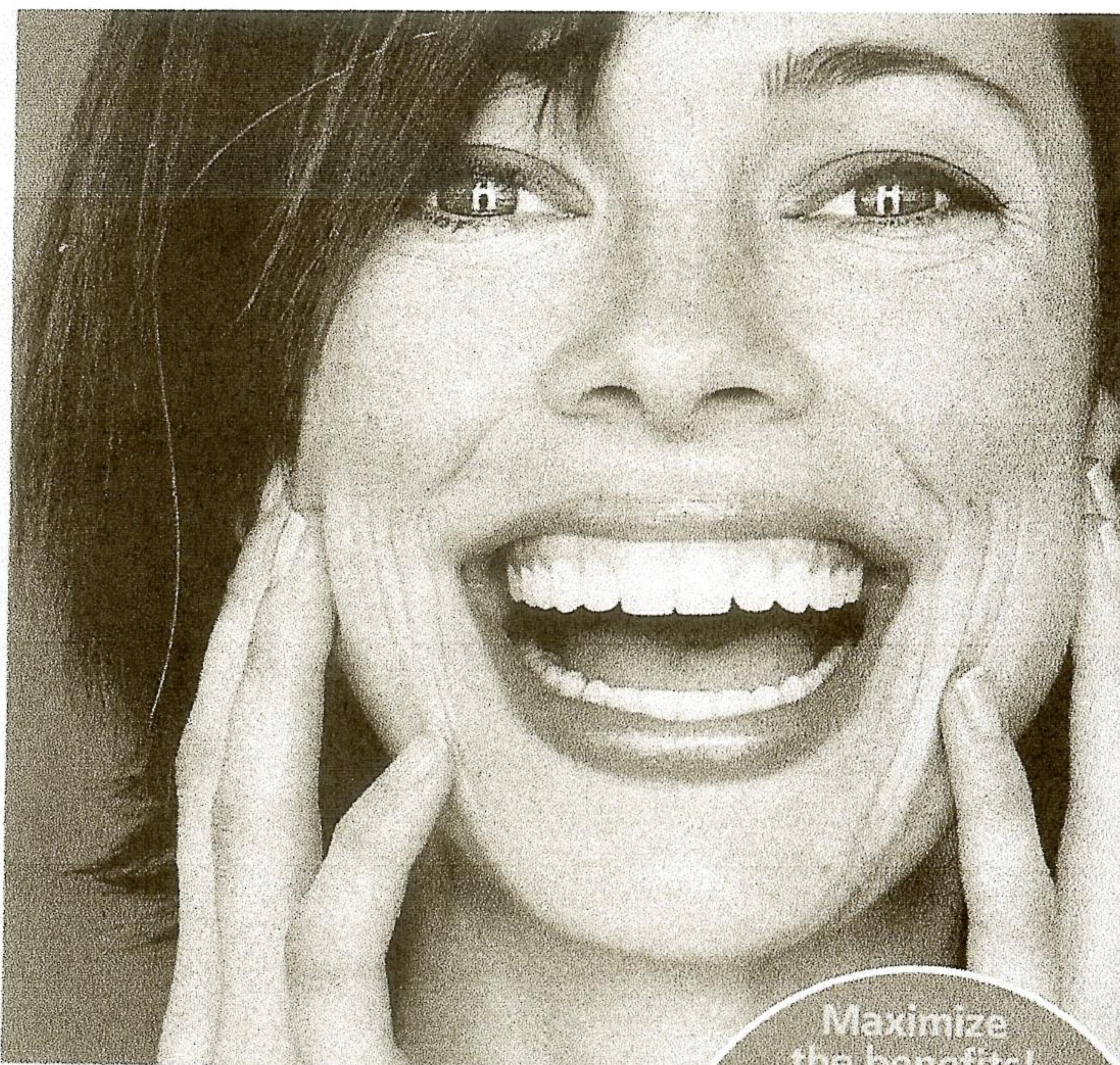


"Tap" your way to happiness!

Want to erase a bad mood, ease stress, boost your energy and enjoy more confidence? All it takes, scientists say, is a few taps of your fingers! "Tapping therapy"—also called "emotional self-management"—combines the study-proven benefits of acupressure with rhythmic tapping, which is proven to lull the brain into a relaxed, trance-like state. In fact, the technique is so powerful, it's being used to improve the performance of professional athletes and even help soldiers recover from post-traumatic stress! And now *you* can use the same science to feel great!



Maximize the benefits! All negative emotions are connected and often interchangeable, so you'll get the most benefit by doing these tapping points in sequence, rather than picking just one of them!

Feel full of energy!

On the back of your hand, find the indent between the bones of your pinkie and ring fingers—an area known as the "Gamut point"—and tap as you say to yourself, "I feel energized and alert."



Why it works: "The Gamut point is associated with the endocrine system; tapping it triggers the release of energy-inducing hormones like adrenaline," says Peter Lambrou, Ph.D., coauthor of *Instant Emotional Healing*. "And saying an affirmation as you're tapping shuts down negative thought patterns, redirecting you to something more positive."

How to do it:

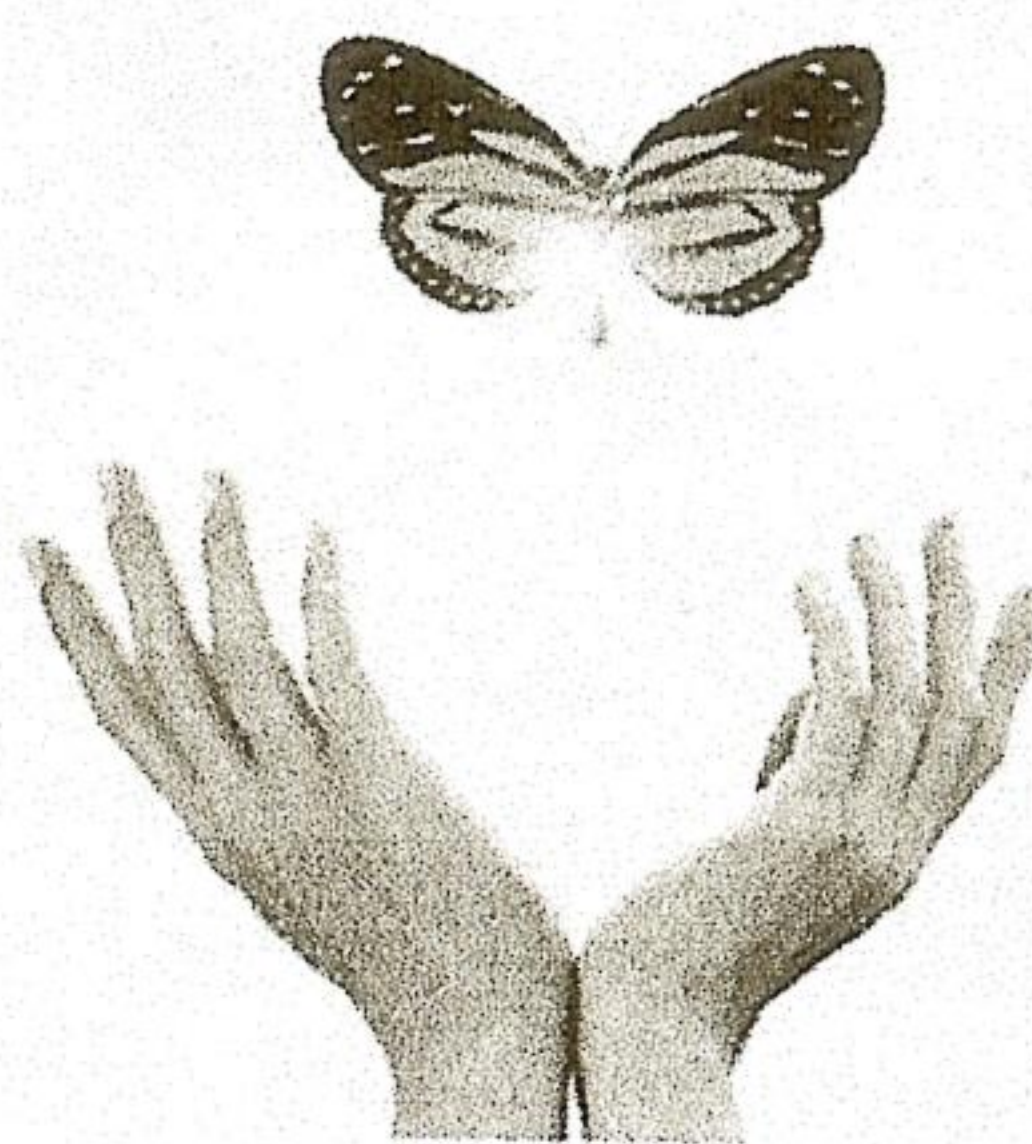
Using the tips of your index and middle fingers, firmly tap on each spot (below) 30 times, at the beat of one tap per second. As you tap, close your eyes and focus your thoughts and energy on a positive outcome. "About 80% of people who try it feel relief within just one minute," asserts Lambrou.

Soothe away anger and tension!

Tap the inside of your pinkie finger, along the nail on the side closest to the ring finger, close your eyes and repeat to yourself, "I'm releasing all my anger."



Why it works: In traditional Chinese medicine, this spot marks the beginning of the heart meridian, and stimulating it makes it easier to let go of frustration, anger and any other toxic emotion.



Send self-confidence soaring!

Tap in the upper inner corner of one eye socket, where your eyebrow meets the bridge of your nose, then on the other side. (Make sure not to tap between your brows.) Repeat the phrase "I can handle anything."



Why it works: These points are associated with the nervous system, so stimulating them helps you release negative emotions and move past everything from a minor slight to a major upset!



Evaporate anxiety!

To nix nervousness before a test, a public speech or a social event, gently tap the bony ridge below one eye socket, then the other, while repeating "I am calm and content."



Why it works: "This area corresponds to the stomach, which is where we physically experience most of our anxiety-related symptoms," notes Lambrou. Within about one minute, he says, "you'll feel your muscles relax, your mind calm down, and you'll get a sense of distance from your problems."

Unlock trapped stress!

Feeling frazzled? Get relief by tapping the area directly below your collarbone, in the indent beside the breastbone. Tap this spot firmly while repeating "I feel completely relaxed."



Why it works: This spot connects directly to the hypothalamus, the brain's emotional control center, which helps shut down the body's fight-or-flight stress response. In fact, says Lambrou, patients often lose weight by tapping here to control food cravings, which are often activated by tension and stress!

