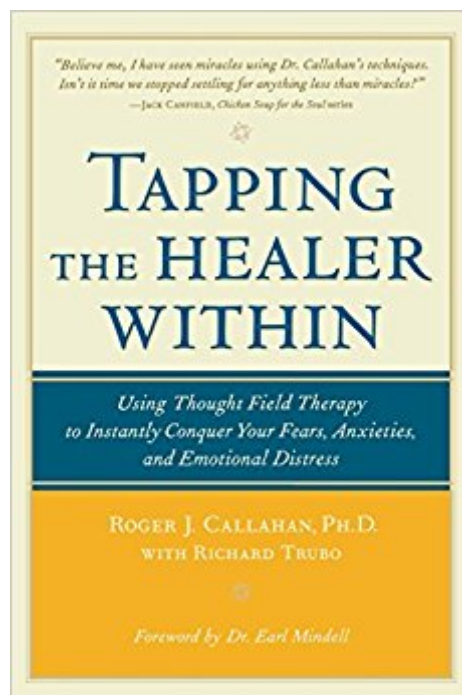




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# Tapping The Healer Within: Using Thought-Field Therapy To Instantly Conquer Your Fears, Anxieties, And Emotional Distress



## Synopsis

In *Tapping the Healer Within*, Dr. Roger Callahan shows you how to harness the healing power of Thought Field Therapy on your own, to overcome phobias, anxieties, addictions, and other common psychological problems.

## Book Information

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## Customer Reviews

In connection with his *The Five Minute Phobia Cure*, Callahan has appeared on television with Regis Philbin, Tom Snyder and Leeza Gibbons, successfully working with patients suffering from all stripes of phobias. Now he makes the startling claim that psychological problems can be treated with a sequence of movements and taps on various body parts that correspond to meridians used in acupuncture. Backed by a Ph.D. in clinical psychology from Syracuse University, Callahan theorizes that emotional distress corresponds to a "thought field" disturbance that can be corrected by simply balancing the field's energy. Nearly a third of the book is given over to physical formulas for dealing with specific ailments: phobias, addictions, trauma, anxiety, stress, fear, depression, pain, obsession. Replete with cases of immediate, permanent cures that sound nothing short of miraculous, Callahan mixes his scientific evidence with a confident, promotional tone and preemptive explanations for instances when his trademarked technique (Thought Field Therapy) doesn't work. Illus. not seen by PW. Agent, Jane Dystel. (Jan. 15) Forecast: Promising "emotional problems eliminated in minutes" and claiming a success rate of 80%, this book is sure to arouse

controversy among traditional therapists that may spur sales. Copyright 2000 Reed Business Information, Inc.

I have seen miracles using Dr. Callahan's techniques. Isn't it time we stopped settling for anything less than miracles? -- Jack Canfield, Editor, Chicken Soup for the Soul series  
This book is as remarkable as the therapy itself. -- Richard G. Petty, M.D., Ph.D., Founder, Integrated Medicine Program, Department of Psychiatry, University of Pennsylvania

I am a Licensed Massage Therapist. I used the Physical Pain Algorithm, for the first time, on one of my clients today. Prior to the session, my client had neck pain rated at an 8 (on a scale of 1 to 10, 1 being no pain and 10 being extreme pain). After a one-hour massage, my client's neck pain went down to a 5. I then performed the Physical Pain Algorithm, which took about 3 minutes; my client's neck pain went down to a 1. AMAZING! This technique is so simple to learn, yet so effective! I highly recommend this book!  
Disclaimer: I am not a doctor. Everything said is for educational purposes only. Please consult your doctor for any serious medical condition. These statements have not been evaluated by the FDA.

I thought this book was very good in describing and explaining the TFT concept and in describing the how-to of the applied technique itself. Callahan was very clear and methodical in listing the algorithms. After I took the Algorithm level training program however, I found out that a Psychological Reversal correction was not mentioned in the book. I also think Callahan was pretty strictly focused on citing his highly successful cases in the book thereby giving the impression that one treatment is the standard. I would have also liked to read about the cases where recovery required several treatments and/or spot checks along the way.

Callahan provides clear and convincing SCIENCE behind the Thought Field Therapy phenomenon. I have read numerous books on the subject of Tapping, EFT and TFT. This is the first one that gives the reader scientific evidence of the physiologic changes that this therapy brings. This was what I have been seeking in my reading. This is an invaluable resource to all practitioners of Tapping. I rate it at five stars only because I can't rate it at 20!

Each book adds to & enhances ones knowledge base.

Tapping is wonderful. I was terrified of anyone in a white coat, and my mind does not like all the colors and prints they have these days either - so you cannot fool me! I found I needed oral surgery and a friend did the original "tapping" technique on me. I am now far less afraid...still wary, but hey, it has helped me through the surgery and I can talk to a "white coat" without stuttering so much.

This technique works, the book is written so you can understand it, but you do have to get in your head the words used that mean certain things such as Algorithms= sequenced recipe, but found out this word is a common word used among the professionals, so the book is written for both the professional and the common folk. I recommend this book to everyone no matter what their situation. .

I love this book. i have learned so much from TFT and i have been doing it everyday not only to myself but to others. It's the best stress buster ever without medication. It's also good for anxiety, phobias, jet lags, depression, toxins, physical pain and more...its all about energy.

This was the most amazing and helpful book I have ever read! I was so excited after the first time I used the procedures correctly and it worked, that I had to do an anxiety treatment on myself so I could sleep. I couldn't stop my mind from thinking of the incredible possibilities of healing this therapy presented. I bought five more books for friends and family and will soon place another order. Do yourself a favor and order 10 the first time! I have successfully used the treatment to heal my seven year old of a terrible migraine. I also healed my daughter (12) of a severe needle phobia. I used it to heal another 12 year old of being in basements (where she sleeps). I treated another for deep emotional issues that were preventing him from focusing at work. I look forward to using this therapy more and learning more about it. I am presently reading the .com suggested book called "Evolving Thought Field Therapy" (Diepold...). It is equally amazing and takes this therapy one step further. It also doesn't require tapping, just touching. It is very detailed and included diagnostic instruction with charts. I highly recommend both books. If this one doesn't work for you, read the Evolving book to understand what more you can do to get this therapy to work for you. It REALLY WORKS! I think I have found my future vocation. I hope to train in this field now. Andrea

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