



# Tapping In: A Step-By-Step Guide to Activating Your Healing Resources through Bilateral Stimulation

*Laurel Parnell*

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## **Tapping In: A Step-By-Step Guide to Activating Your Healing Resources through Bilateral Stimulation** Laurel Parnell

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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