

ENERGY TAPPING, SECOND EDITION:

How to Rapidly Eliminate Anxiety, Depression, Cravings, and More Using Energy Psychology

FRED P. GALLO, PH.D., AND HARRY VINCENZI, ED.D

“This healing technique is based on the ancient Chinese art of acupuncture, although instead of using needles to stimulate a change in the way you think and feel, energy psychology uses a simple tapping method of two fingers on specific points of your body. Once you understand this process and the location of the meridian points (provided via the diagrams throughout this book), you will learn how you can cope with or eliminate problems that you have struggled with for years. ”

—ENERGY TAPPING,
SECOND EDITION

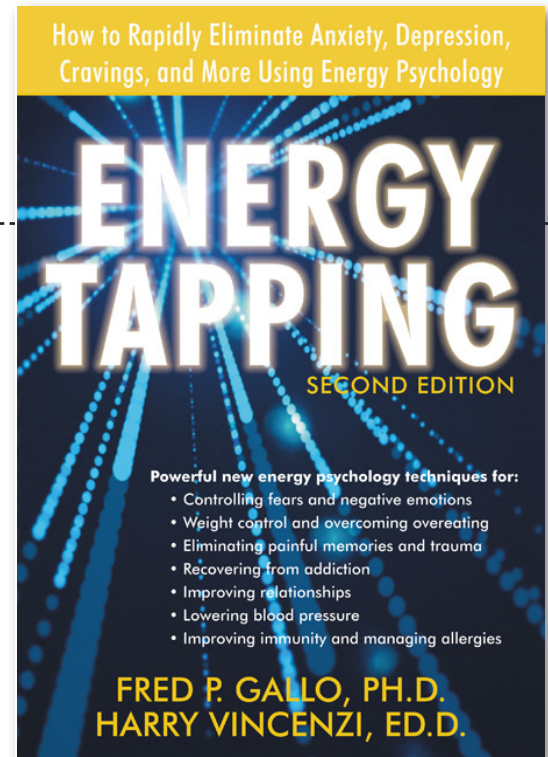
Nationally recognized energy psychology experts Fred P. Gallo and Harry Vincenzi use scientifically backed techniques to help put the power to change at your fingertips!

Imagine having the ability to rid yourself of nagging feelings of guilt or embarrassment with a few gentle taps on your hand and chest. Or being able to quit smoking cigarettes simply by tapping it into reality. What if you could overcome a life-long struggle with binge eating, anxiety, depression, or chronic hypertension, with a series of taps on your face, chest, and hand? Sounds good, but can change really come that easily?

In the newly updated second edition of their highly popular book *Energy Tapping* (New Harbinger; \$21.95) Fred P. Gallo, Ph.D., and Harry Vincenzi, Ed.D., explain how to understand all of these problems and more, as improperly balanced energy, and show you just how easy it can be to incite a real, lasting change with a few gentle taps of your fingers.

Fred P. Gallo, Ph.D. is a clinical psychologist and pioneer in the field of energy psychology. He is the author of seven books, including Energy Psychology and Energy Tapping for Trauma. He presents internationally on energy psychology to professionals and the general public. He also maintains a private practice in Hermitage, PA.

Harry Vincenzi, Ed.D. is a clinical psychologist trained in numerous strategies such as hypnosis and cognitive therapy. Over the last decade he has used energy psychology to help people lose weight, cope with trauma and depression, and improve sports performance. He lectures frequently in Asia on energy psychology, and lives in Philadelphia, PA.



FOR AN INTERVIEW REQUEST *or*
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ENERGY TAPPING, SECOND EDITION

HOW TO RAPIDLY ELIMINATE ANXIETY, DEPRESSION, CRAVINGS,
AND MORE USING ENERGY PSYCHOLOGY

Fred P. Gallo, Ph.D., and Harry Vincenzi, Ed.D.

September 2008 / 978-1-57224-555-7 / \$21.95 / 7 x 10 / 304 pages

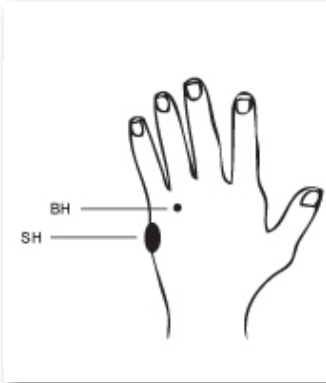


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**What's a
meridian
point?**

MERIDIANS RUN

from the top of your head down to your feet, carrying energy through the body. Meridian points are found on the surface of your skin and when tapped can help to restore energetic balance. Tapping meridian points can help to:

- relieve physical pain, such as headaches and back pain
- lower high blood pressure
- address allergies and immune disorders
- sustain a passionate and satisfying relationship

Praise

"*Energy Tapping* is a definitive guidebook to an exciting new development. Covering the basics and advanced clinical applications, this is the book to have if you are interested in cutting edge methods of change."

—Bill O'Hanlon, author of *Change 101*

"Energy psychology is one of the culture's most important 21st century developments. Gallo and Vincenzi show that you can begin using it today to make your life become more the life you want."

—Donna Eden and David Feinstein, Ph.D.

**Co-authors of *Energy Medicine* and
*The Promise of Energy Psychology***

"*Energy Tapping* offers an instant way out of negative emotions and into the positive. You'll love it."

—Mark Victor Hansen, co-creator of *New York Times* best-selling series
Chicken Soup for the Soul

"*Energy Tapping* is an exciting, valuable breakthrough book in the field of self-help. Readers can easily apply the powerful techniques of energy tapping and enhance performance immediately. It is an excellent and useful guidebook for self-change and healing-- a must read. It might just change your life."

-- Philip H. Friedman, Ph.D., author of *Creating Well-Being*

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