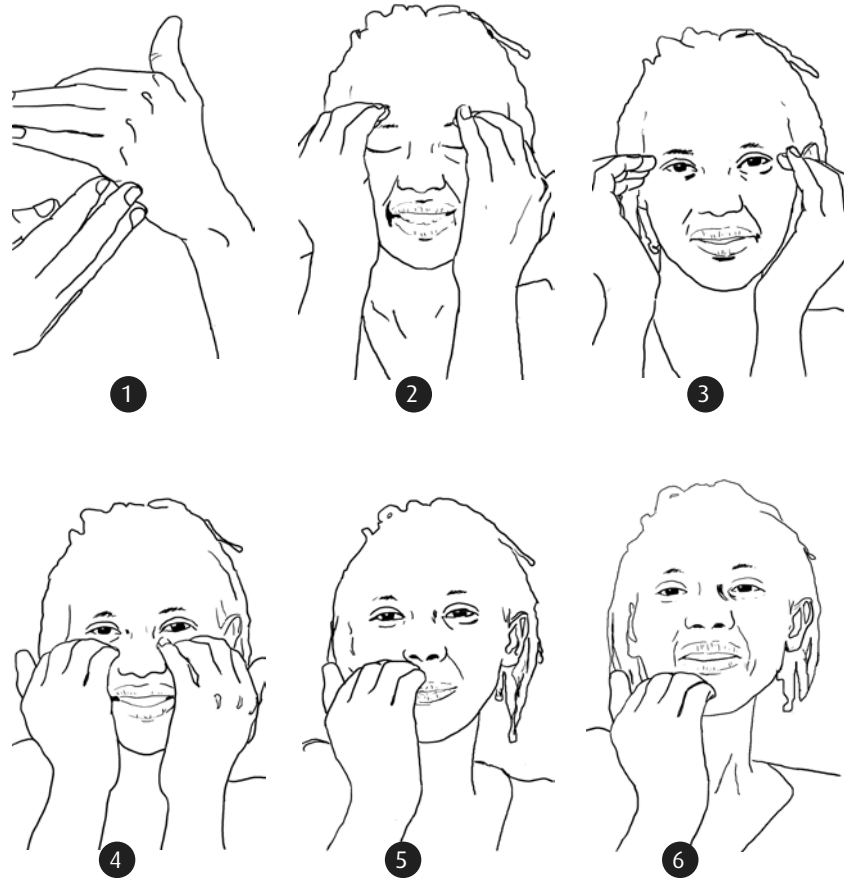
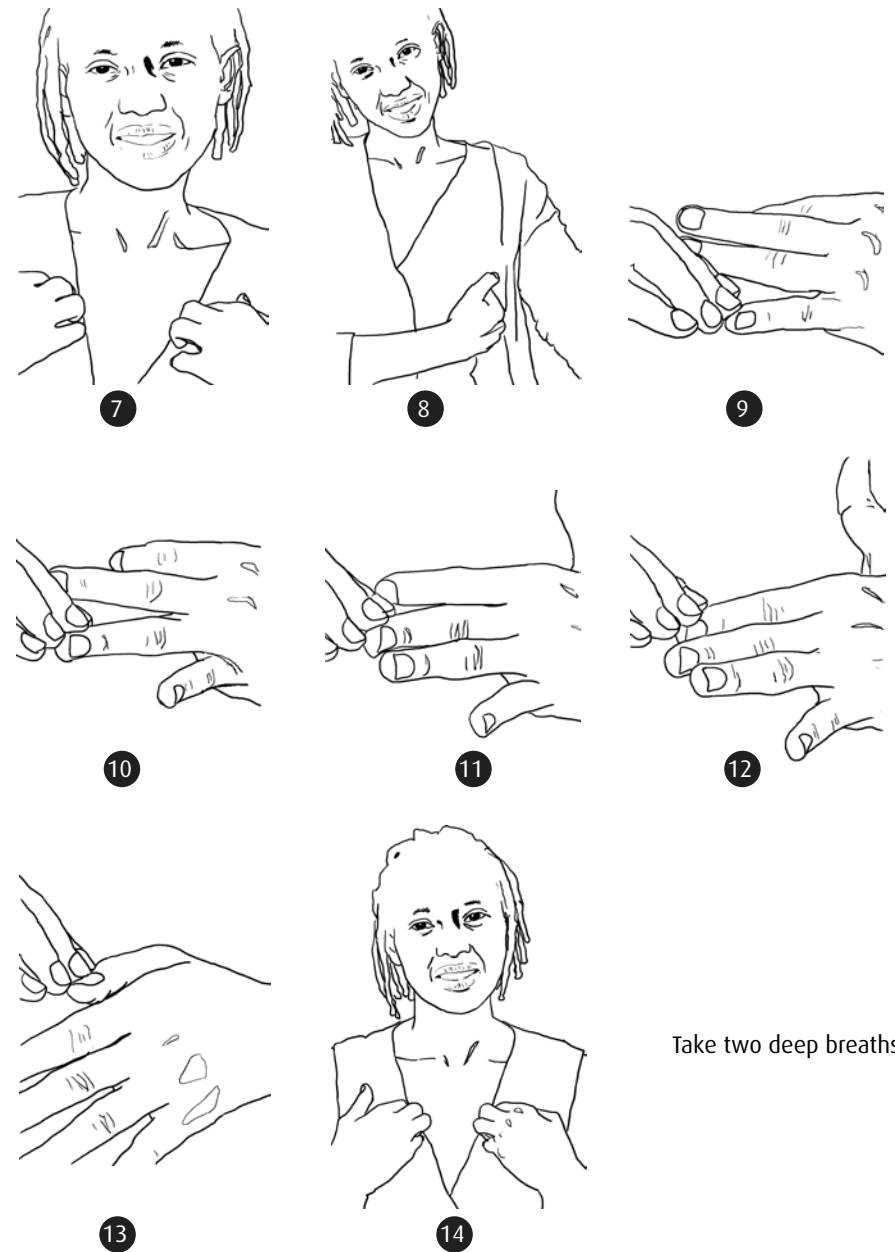


Self Tapping Step by Step

Think about whatever bothers you, and tap firmly and precisely 15 times on each point using two fingers, at a fairly fast rate. Take two deep breaths and repeat the whole sequence twice. Take two deep breaths again when done.



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