

Most common questions

- Part 1: Making Tapping A Part Of Your Daily Routine – Pod #335
- Part 2: Why do I keep having to deal with the same issues over and over again? – Pod #336
- Part 3: Tapping for Clutter – Pod #337
- Part 4: Tapping for Self-Criticism – [Pod #339
- Part 5: There are so many issues. Where do I start with Tapping? – Pod #340

Understanding how tapping works and how to talk about it with others

- Why Tapping Works w/ David Feinstein, PhD – Pod #471
- Sharing Information About Tapping with Others w/ Robin Bilazarian – Pod #306
- All About The Tapping Points w/ Beth Kearn – Pod #232

My personal favorites

- Tapping for Long-Term Transformation w/ Rick Hanson, Ph.D. – Pod #349
- How We Inherit Trauma Genetically w/ Mark Wolynn – Pod #292
- Tools to add to your Tapping Tool Box w/ Kris Ferraro – Pod #367
- The Tapping I Do To Start Each Day – Pod #333
- Why You SHOULD Swear While Using Tapping – Pod #310

Fan favorites

- Tapping for Resistance to Intentions and Progress – Pod #302
- Tapping for Anxiety and Worry w/ Julie Schiffman – Pod #352
- Tapping for Feeling Stillness and Peace – Pod #301
- Releasing Limiting Beliefs – Pod #314
- Intention Based Tapping w/ Steve Wells – Pod #347
- How You See Yourself Can Stop Your Healing w/ Brad Yates – Pod #353
- Tapping To Stay Healthy During Cold And Flu Season – Pod #195
- Letting Go of Limiting and Unhelpful Beliefs – Pod #268
- How To End A Tapping Session – Pod #405
- Tapping For A Good Night's Sleep – Pod #250
- How To Get More Out Of Your Goals With Tapping – Pod #435
- When The Body Is The "Enemy" and Weight Release Is A "Battle" – Pod #377