

Happy Tapping With Mia Charlie Energy Eft For Kids

In this volume of 15 articles, contributors from a wide range of disciplines present their analyses of Disney movies and Disney music, which are mainstays of popular culture. The power of the Disney brand has heightened the need for academics to question whether Disney's films and music function as a tool of the Western elite that shapes the views of those less empowered. Given its global reach, how the Walt Disney Company handles the role of race, gender, and sexuality in social structural inequality merits serious reflection according to a number of the articles in the volume. On the other hand, other authors argue that Disney productions can help individuals cope with difficult situations or embrace progressive thinking. The different approaches to the assessment of Disney films as cultural artifacts also vary according to the theoretical perspectives guiding the interpretation of both overt and latent symbolic meaning in the movies. The authors of the 15 articles encourage readers to engage with the material, showcasing a variety of views about the good, the bad, and the best way forward.

Street-smart Charley, a twelve-year-old orphan from Boston, uses his talent to sing his way into the hearts of a farming family in Maine, but now the boy from Boston's streets has to learn how to cope with farm life.

Being a child in our modern society can sometimes be a stressful experience, especially with pressures around Friendships/Fall-outs, Going to Bed, Starting a New School, Feeling Grumpy, Little Accidents, Separation Anxiety, Fear of the Dark, Losing a beloved Pet, Fear of Creepy Crawlies and more. Mia Monkey and Charlie Chameleon are here to help children to learn and use the magic of Energy EFT or 'tapping' as it is sometimes known. EFT helps to release any negative feelings or emotions children may have and replaces them with positive ones. Mia Monkey also teaches children 'silent tapping' if they are unable to talk about their feelings, thus opening a window to talk about it later when their Fears/Anxieties are under control. Mia Monkey and Charlie Chameleon help children with some of life's little challenges so they can grow up feeling less stressed and anxious, and move forward in life with a little more confidence. Please read Happy Tapping with Mia & Charlie: use it, share it, talk about it and hopefully your children will learn a new life long skill and greatly benefit from its contents.

Children can learn a safe, simple way to deal with uncomfortable emotions. The solution is right at your fingertips! By tapping points on your body, a process done in the clinically proven EFT, together with guided responses, the wizard demonstrates how you can feel better in minutes!

The Ultimate Boutique Handbook

A to Zoo: Subject Access to Children's Picture Books, 10th Edition

The Death and Life of Charlie St. Cloud

Catch and Kill

The Psychosocial Implications of Disney Movies

The Naval Stores Industry in the American South

Lambda Literary Award Finalist - LGBTQ Anthology Dedicated to trans women everywhere, this inspirational collection of letters written by successful trans women shares the lessons they learnt on their journeys to womanhood, celebrating their achievements and empowering the next generation to become who they truly are. Written by politicians, scientists, models, athletes, authors, actors, and activists from around the world, these letters capture the diversity of the trans experience and offer advice from make-up and dating through to fighting dysphoria and transphobia. By turns honest and heartfelt, funny and furious or beautiful and brave, these letters send a clear message of hope to their sisters: each of these women have gone through the struggles of transition and emerged the other side as accomplished, confident women; and if we made it sister, so can you!

Turn negative emotions into positive ones with BIG Ted's Guide to Tapping. Join the lovable bear as he guides you and your child through the near miraculous Positive EFT Emotional Freedom Techniques. You'll both discover how your emotions are transformed by tapping with your magic finger on points around your face, body and hands. BIG Ted is suitable for children of all ages and adults will also benefit from joining in with the fun. This simple guide to EFT takes its lead from Silvia Hartmann's seminal books Positive EFT and Energy EFT

which are both especially suited for working with children.

In season four of Darren Star's hit TV Land series Younger, the editors at Empirical Press are shocked and deeply moved when they read Marriage Vacation, an autobiographical novel by the publisher's estranged wife, Pauline Turner Brooks. Knowing the book will cause a sensation, they decide they must publish it. Now you can read what the hype is about—including page 58 that had everyone buzzing (...and blushing). Marriage Vacation is for anyone who has ever fantasized about what it would be like to run away from it all. By all appearances, Kate Carmichael has the perfect life: two adorable daughters, a prewar townhouse on the Upper East Side, and a husband who runs one of the most successful publishing companies in New York. But when Kate attends a wedding and reconnects with successful friends from graduate school, she suddenly sees her life in a different light: the career she didn't pursue, the dreams she's locked away, the empty veneer of her privilege. When the wedding weekend ends, instead of heading home to her husband and family, Kate gets on a plane and flies halfway around the world. She claims it's just going to be for a week—two max—just so she can clear her head and reconnect with her lost dreams. But the adventure doesn't go quite as planned. This provocative and gripping novel asks: Is a wife and mother allowed to have a midlife crisis? And, if she does, can she ever be forgiven? PRAISE FOR Marriage Vacation "Marriage Vacation has everything you want an in a novel: fascinating characters, drama, secrets, emotional reckonings, and far-flung adventure. If you love Younger, you'll love this book. If you've never watched an episode of Younger (you should change that), you'll still love this book. And just wait until you read page 58!" —Darren Star, creator of Sex and The City and Younger "This brilliant romp helps us understand why Liza was so excited to discover the manuscript, how any woman could leave the dreamy Charles, and what exactly Pauline—by way of her fictional alter ego, Kate Carmichael—did on that mysterious Marriage Vacation. Pack this heartfelt, insightful, funny, sexy book when you take a vacation of your own." —Pamela Redmond Satran, author of Younger

****This book includes FRENCHED (Mia and Lucas) and YANKED (a Mia and Lucas novella)**FRENCHED: When I got dumped by my stupid fiancé a week before the wedding, my plans involved nothing more than ice cream, and blanket fort, and a bonfire of his possessions. But my friends convinced me that bitter tastes better drowned in Bordeaux, so I came to Paris for a single-moon. Then I met him. He's shown me things I've never seen before, and I'm not talking about the Louvre. Is it just the seduction of Paris? Or could this be the real thing? YANKED! I never expected any of this- Getting dumped. Going to Paris alone. Falling for Lucas (he was so not on my list). We've done the long-distance-love thing for eight months now, and I'm ready for more. But after I discover what he's been hiding, will he stay on my list? Or should I cross him off for good?**

How to Let Go of Excessive Stress, Anxiety and Worry and Raise Happy, Healthy, Resilient Families

The Donkey with the Heart of a Hero

Zero

Running with Sherman

Happy Halloween, Mittens

Chronicle of the Horse

Since every song tells a story, the entire world is about to learn about the sadness and pain behind rising R&B artist Mia King. Even being on the run from her past couldn't diminish the star she was meant to be. Mia learned the hard way that the family you were born into could be your greatest downfall, and that true die-hard fans are more than the people who buy your music and stand in line for your concerts... They can literally save your life and be the family you always wished you had. Tags: ebooks, freebies, urban fiction free, african american , Urban Fiction, African American Romance, Urban Romance, Black Romance, Black Authors, Urban books black authors, urban books black authors , african american books, free books, free full books by candace numford, urban romance,ms.bam,interracial romance,African-American romance

Offers an introduction to EFT told through story, activities and rhyme, enhancing children's learning and capturing their interest in EFT. This book is suitable for reading and sharing with your children and can be used as a teaching resource in the classroom or as a tool in therapy.

Written by the award winning author of The Fashion Truck, Emily Benson, The Ultimate Boutique Handbook is a comprehensive, easy to follow guide of how to open a boutique of your own. After reading this guide, you'll have the knowledge and the confidence to build the boutique of your dreams!

A heartwarming story about training a rescue donkey to run one of the most challenging races in America. "McDougall is a gifted storyteller who gets to the heart of the human-animal connection."-John Grogan, author of Marley & Me..

Happy Tapping with Mia & Charlie Energy EFT For Kids

Charley

Marriage Vacation

A Musical Comedy

Gorilla Thumps and Bear Hugs

The Good Daughter

*One of the Best Books of the Year Time * NPR * Washington Post * Bloomberg News * Chicago Tribune * Chicago Public Library * Fortune * Los Angeles Times * E! News * The Telegraph * Apple * Library Journal In this newly updated edition of the "meticulous and devastating" (Associated Press) account of violence and espionage that spent months on the New York Times Bestsellers list, Ronan Farrow exposes serial abusers and a cabal of powerful interests hell-bent on covering up the truth, at any cost – from Hollywood to Washington and beyond. In 2017, a routine network television investigation led to a story only whispered about: one of Hollywood's most powerful producers was a predator, protected by fear, wealth, and a conspiracy of silence. As Farrow drew closer to the truth, shadowy operatives, from high-priced lawyers to elite war-hardened spies, mounted a secret campaign of intimidation, threatening his career, following his every move, and weaponizing an account of abuse in his own family. This is the untold story of the exotic tactics of surveillance and intimidation deployed by wealthy and connected men to threaten journalists, evade accountability, and silence victims of abuse. And it's the story of the women who risked everything to expose the truth and spark a global movement Los Angeles Times Book Prize Finalist Finalist for the National Book Critics Circle Award in AutobiographyIndie Bound #1 BestsellerUSA Today BestsellerWall Street Journal Bestseller*

Annabel dreams of one day being a scientist, but teasing from other kids at school has hurt her confidence and left her feeling sad and alone. Join her as she learns how to use the Magical Tapping Technique to quickly release her sadness and regain her confidence. Through the book, you'll learn about the scientifically proven technique commonly known as "Tapping" and how you can use it for both yourself and your child to overcome stress, anxiety, negative emotions, and much more. Your child will love the fun descriptions and illustrations for each point, such as the Super Eagle Eye Point, Lion Cry Point, Dragon Fire Point, Wolf Point, and more. Your child will be having a blast as they howl, hug, thump on their chest, act like a monkey, and more . . . all while learning how they can use Tapping to help themselves in real life!

Raising children is life's greatest gift and accomplishment, but it can also come with an overwhelming amount of stressors, anxiety and self-doubt. Am I modeling the type of person I want my child to become? Am I doing enough to prepare my child to strive in an ever-changing world? Are my children happy and confident in themselves? In The Tapping Solution for Parents, Children & Teenagers, Nick Ortner encourages readers to first take a look at their own stressors and worry as parents, reminding readers that self-care is vital to helping others. In the first section of the book, parents are guided on using the revolutionary technique known as EFT (Emotional Freedom Techniques) Tapping to release parental overwhelm, quiet worry, manage conflict and transform their experience of parenthood. In the second section, Nick explores specific uses for Tapping with children, ranging from releasing negative emotions like anger, fear and phobias, sadness, grief, guilt, and shame, to overcoming specific challenges such as anxiety disorders, sleep, nightmares, performance anxiety, bullying, school jitters, divorce and much more. Through the use of diagrams, links to videos, and Tapping tips, The Tapping Solution for Parents, Children & Teenagers is an easy-to-use resource to solve everyday issues taking place in our homes.

A childhood bond forged over one summer visit in Chicago and solidified over several summer visits to follow, Mia Scott, Winter Jones, Tanya Mack and Taryn Jackson enjoy a friendship which has grown into a sisterly bond. They understand that their sisterhood is the foundation on which they all stand as they navigate their personal and professional endeavors. Each woman, successful in her own right, excels in her professional conquests, yet, they each find themselves struggling with conquering love. Over the course of a year, across four major cities and due to a set of unfortunate circumstances, they are each propelled into their ultimate destinies. Kia Harris envelopes you into the lives of these four women as they travel their paths of conquest. Readers will be entertained with their tales of love, sadness, sex, celebration and overcoming. The characters come to life, as their feelings, interactions, and respective stories will resonate and engulf readers into their worlds, as they embark on a year to exhale.

Tapping the Pines

Nightwanderers

A World War II Story of Survival, Resilience, and Redemption

Or, How He Made the Yuckies Go Away ~ A Story about the Magic in You

Tapping for Kids

Emotional Freedom Technique (EFT) Tapping for Little Fingers

Whether used for thematic story times, program and curriculum planning, readers' advisory, or collection development, this updated edition of the well-known companion makes finding the right picture books for your library a breeze. • Offers easy subject access to children's picture books • Features a user-friendly organization • Provides in-depth indexing and full bi • Tapping Your Way to a Great, Big Smile: A Practical Guide for Kids to Learn Emotional Freedom Technique, EFT Tapping and Develop Emotional Intelligence Are you a parent looking for a simple and fun activity to help your kids improve their physical and emotional well-being? Would you like your kids to develop emotional intelligence through a simple, mindful exercise that anywhere? If so, It's time to learn about EFT Tapping! Emotional Freedom Technique, or EFT for short, is a therapeutic practice that combines ancient Chinese Acupressure with techniques of modern psychology. Tapping uses meridian points to relieve tension and stress throughout the body. While people of all ages can benefit from EFT tapping, this technique is especially repetitive rhythm of tapping is a powerful method for calming them down. Positive affirmations are used along with tapping to help kids improve their self-confidence. So, if your kids have had a rough day at school (or at home during COVID), or if they have been feeling anxious, it is time to introduce them to EFT tapping! And what better way is there, than through affirmations? Inside this book, you will find: Simple and kid-friendly instructions on how tapping works, step by step A great tool to help kids learn to identify different emotions, even if they are not fully verbal Simple and powerful affirmations to help kids build self-confidence Kid-friendly diaphragmatic breathing exercise to help them calm down and relax, instantly

undoubtedly faced with different stress triggers throughout the day. This is why EFT tapping is so important to their emotional well-being. This book will teach your kids how to calm down when they're having a difficult time, and help them build emotional intelligence at an early age. So Scroll Up, Click, 'Buy Now' and Start "Tapping your way to a great big smile!"

An Anthology by Shirley Jump, Susan Meier, Jackie Braun and Barbara Wallace Can a feisty four-legged matchmaker help four best friends find the romance of their dreams? When a handsome man from Gabby's past agrees to a cross-country road trip, her master plan to re-launch her art career quickly morphs into an unexpected, romantic reunion. Marney's 9-1-1 form of a rugged, blue-eyed cop. Now she is the perfect bodyguard to keep her safe during those dark, steamy nights...yet the headstrong florist can't keep her hands off her sexy-as-sin ex-boyfriend. Will she open her heart before he leaves town for good? Jenny is a woman on a mission – she'll even resort to dognap! reading a reclusive, emotionally-wounded tycoon that love heals all things?

In 1419, a group of thirty-two African men, women and children arrived on the shores of Virginia. They had been kidnapped in the royal city of Kabasa, Angola, and forced aboard the Spanish slave ship San Juan Bautista. The ship was attacked by privateers, and the captives were taken by the English to their New World colony. This group has been shrouded in contr

Energy EFT for Kids

Tapping Your Way to a Great Big Smile!

Climate Refugees in the Twenty-First Century

Charlie Anderson

Floored

The Night Before St. Patrick's Day

Book 2 in the Full Moon series Declan Hall has got everything covered this time around. He is going to make sure that being Alpha is easy, with or without help from anyone. No one's going to tell this guy how to handle anything, not Gabriel, or anybody else, for that matter. This time he is in charge. No arguments, ifs or buts. That's certain! That is until... he meets a woman werewolf who wants to have her own way. Headstrong about absolutely, positively everything. She's the alpha type and she leads by full coercion. A no-holds-barred kind of feminine... a persuasive, narcissistic force to be reckoned with. Declan definitely did not see her coming. So, why isn't Noelle talking to him? Everything was sweet as ... before. Relationships should never be this damn hard. Werewolves are pack animals, aren't they? Let's go hunting... it's anyone's game...

Mittens the kitten wants to help Nick get ready for Halloween. But when Mittens tries to paint spooky faces, put up spooky cobwebs, and make orange cookies, he makes a mess instead! Halloween activities take center stage in this sweet beginning reader about Mittens. This My First I Can Read Book is perfect for shared

reading with toddlers and very young children. Basic language, word repetition, and whimsical illustrations make this book just right for the emergent reader.

This story follows the personal struggle of Mia Hazlett and her two daughters as they embark on the unknown journey of faith and hope. The most endearing part of this entire story is that it has no end. It's written from the perspective of someone in the midst of life's most pressing circumstances: homelessness, marital separation, unemployment, and absolutely defines faith and hope. There are many reflective books of trials, which utterly chronicle a biographer's victorious testimonial, but not Going Through It. Instead this book takes you through the struggle and leaves you hoping, praying, and cheering for this family. It is a must read "If you have ever been unemployed or gone through a divorce or lost your home or all of the above you will relate to this. This is the most honest account of what it feels like to go through tough times I have ever read. If you happen to be going through it right now it will give you hope to keep pushing forward. It's a quick read that will do your heart good." - Jennifer Texada

Filled with endless heartfelt wishes and beautifully cute illustrations, I Wish You Happiness is an inspiring book of hope and happiness for wishers of all ages. This timeless book is a truly thoughtful gift for any occasion.

To My Trans Sisters

The Wizard's Wish

The Billionaire's Matchmaker: An Indulgence Anthology

How to Start, Operate and Succeed in a Brick and Mortar Or Mobile Retail Business

Lies, Spies, and a Conspiracy to Protect Predators

Ballad Of A Bad Bitch

In this poem based on "The Night Before Christmas," Tim and Maureen go to great lengths to set a trap, hoping to catch a real leprechaun on St. Patrick's Day and take his pot of gold.

A stunning, sad and darkly funny story about intense female friendship, from award-winning author, C. J. Flood. It all started with a poo in a flowerbed. Rosie and Titania are as close as sisters - closer, in fact. While Rosie is shy, red-faced and passive, Ti is big, tough and daring. They shouldn't be friends, but they are. Creeping out at night, the girls love to secretly wander through their coastal town, exploring empty streets and sharing their frustrations about school and their different, but equally difficult, families. But when Rosie betrays Ti, the two girls run in different directions - making decisions that could do irreparable damage to both of their lives. As Rosie confronts harsh truths, she must find a way back to Ti, and to herself. Whenever I heard the word kindred, I thought of me and Ti. "Flood has a talent for contemporary detail, voice and atmosphere" The Sunday Times "Emotionally powerful" Guardian "Brilliantly evocative...sharp and funny" The Scotsman ? Praise for Infinite Sky: "Extraordinarily powerful... brilliantly visual and full of feeling" Guardian "Every character is drawn with sympathy, economy and assurance" Amanda Craig, The Times "Loved by young adult journalists, CJ Flood's debut novel is also a burgeoning hit among adult readers" Stylist "A beautiful, delicate debut" Nathan Filer, author of The Shock of the Fall "Infinite Sky is terrific - moving, original and heartfelt. I loved it." Terence Blacker "A beautifully written, poignant account of first love, so full of delightfully recognisable moments, it will have grown-ups welling up too" Irish Times magazine "Strong debut. . . one to watch" The Bookseller

A spoof of 1930s movie musicals.

My purpose for writing this book is to leave a legacy of a man who was truly remarkable. My journal consists of the 30 odd years we spent together, all the adventures and travels.

Rising Tides

I Wish You Happiness

The Tapping Solution for Parents, Children & Teenagers

A Novel

Frenched

Positive EFT Emotional Freedom Techniques for Children

#1 NEW YORK TIMES BESTSELLER • NOW A MAJOR MOTION PICTURE • Look for special features inside. Join the Random House Reader's Circle for author chats and more. In boyhood, Louis Zamperini was an incorrigible delinquent. As a teenager, he channeled his defiance into running, discovering a prodigious talent that had carried him to the Berlin Olympics. But when World War II began, the athlete became an airman, embarking on a journey that led to a doomed flight on a May afternoon in 1943. When his Army Air Forces bomber crashed into the Pacific Ocean, against all odds, Zamperini survived, adrift on a foundering life raft. Ahead of Zamperini lay thousands of miles of open ocean, leaping sharks, thirst and starvation, enemy aircraft, and, beyond, a trial even greater. Driven to the limits of endurance, Zamperini would answer desperation with ingenuity; suffering with hope, resolve, and humor; brutally with rebellion. His fate, whether triumph or tragedy, would be suspended on the trailing wire of his will. Appearing in paperback for the first time—with twenty arresting new photos and an extensive Q&A with the author—Unbroken is an unforgettable testament to the resilience of the human mind, body, and spirit, brought vividly to life by Seabiscuit author Laura Hillenbrand. Hailed as the top nonfiction book of the year by Time magazine • Winner of the Los Angeles Times Book Prize for biography and the Indies Choice Adult Nonfiction Book of the Year award "Extraordinarily moving . . . a powerfully drawn survival epic."—The Wall Street Journal "[A] one-in-a-billion story . . . designed to wrench from self-respecting critics all the blurry adjectives we normally try to avoid: It is amazing, unforgettable, gripping, harrowing, chilling, and inspiring. —New York "Staggering . . . mesmerizing . . . Hillenbrand's writing is so ferociously cinematic, the events she describes so incredible, you don't dare take your eyes off the page."—"People "A meticulous, soaring and beautifully written account of an extraordinary life."—The Washington Post "Ambitious and powerful . . . a startling narrative and an inspirational book."—The New York Times Book Review "Magnificent. . . incredible. . . [Hillenbrand] has crafted another masterful blend of sports, history and overcoming terrific odds; this is biography taken to the nth degree, a chronicle of a remarkable life lived through extraordinary times."—The Dallas Morning News "An astonishing testament to the superhuman power of tenacity."—Entertainment Weekly "A tale of triumph and redemption . . . astonishingly detailed."—O: The Oprah Magazine "[A] masterfully told true story . . . nothing less than a marvel."—Washingtonian "[Hillenbrand tells this] story with cool elegance but at a thrilling sprinter's pace."—Time "Hillenbrand [is] one of our best writers of narrative history. You don't have to be a sports fan or a war-history buff to devour this book—you just have to love great storytelling."—Rebecca Skloot, author of The Immortal Life of Henrietta Lacks

"The Good Daughter is like Law and Order meets The Good Wife." —theSkimm The stunning new novel from the New York Times bestselling author of Pieces of Her—a searing, spellbinding blend of cold-case thriller and psychological suspense. Two girls are forced into the woods at gunpoint. One runs for her life. One is left behind... Twenty-eight years ago, Charlotte and Samantha Quinn's happy small-town family life was torn apart by a terrifying attack on their family home. It left their mother dead. It left their father — Pikeville's notorious defense attorney — devastated. And it left the family fractured beyond repair, consumed by secrets from that terrible night. Twenty-eight years later, and Charlie has followed in her father's footsteps to become a lawyer herself — the ideal good daughter. But when violence comes to Pikeville again — and a shocking tragedy leaves the whole town traumatized — Charlie is plunged into a nightmare. Not only is she the first witness on the scene, but it's a case that unleashes the terrible memories she's spent so long trying to suppress. Because the shocking truth about the crime that destroyed her family nearly thirty years ago won't stay buried forever... Packed with twists and turns, brimming with emotion and heart, The Good Daughter is fiction at its most thrilling.

The powerful bond between two brothers—one alive and the other, killed in a terrible accident—unexpectedly transcends the barriers of life and death, and it is up to one enchanting woman to make their world right. By the author of The Man Who Ate the 747. Reprint. 25,000 first printing.

Global climate change and global refugee crises will soon become inextricably interlinked. A new tsunami of climate refugees flows across the earth. We are now at the moment of truth. "Climate change is with us and we need to think about the next big disturbing idea the potentially disastrous consequences of massive numbers of environmental refugees at large on the planet. In 2020 the United Nations projects that we will have 50 million environmental refugees mostly from Africa, Asia, and Latin America. How will people be relocated and settled? Is it possible to offer environmental refugees temporary or permanent asylum? Will these refugees have any collective rights in the new areas they inhabit? And lastly, who will pay the costs of all the affected countries during the process of resettlement? Environmental refugees are a problem beyond the scope of a single country or agency."John R. Wennersen and Denise Robbins, from the book

A Year to Exhale

A New Approach to Non-Alcoholic Drinks

Merchant Vessels of the United States ... (Including Yachts)

Catalog of Copyright Entries

My Life With Papa

Happy Tapping with Mia and Charlie

Erin Upton is too embarrassed to tell the cops what she was really doing while her townhouse was burglarized, especially since the first officer on the scene is former nuisance next door Charlie Dwyer. Where's the justice in the world when a neighborhood know-it-all grows up to be six-foot-three inches of solid muscle with gorgeous blue eyes and a slow, sexy please-arrest-me-now-officer smile? It's bad enough she's wearing her robe and slippers—did he have to notice her fuzzy hand cuffs on the bathroom sink? He's arrogant as he ever was, which is fine by her—she's too busy with her dance studio's grand opening to make time for a man. But they keep crossing paths, and when Charlie offers to help her put in new flooring at the studio one night, things go from hammering nails to hammering each other in a hurry. And about those hand cuffs... They agree it's a one-time thing. But when that becomes a two-time thing, then a three-time thing, Erin starts to wonder if maybe she and Charlie could be a life-time thing. Her best friends Mia and Coco found love in unexpected places. Is it finally her turn?

Mia Monkey and Charlie Chameleon are her to help children to learn the magic of Energy EFT or 'tapping' as it is sometimes known. EFT helps to release any negative feelings and replaces them with positive ones.

The extraction of raw turpentine and tar from the southern longleaf pine—along with the manufacture of derivative products such as spirits of turpentine and rosin—constitutes what was once the largest industry in North Carolina and one of the most important in the South: naval stores production. In a pathbreaking study that seamlessly weaves together business, environmental, labor, and social history, Robert B. Outland III offers the first complete account of this sizable though little-understood sector of the southern economy. Outland traces the South's naval stores industry from its colonial origins to the mid-twentieth century, when it was supplanted by the rising chemicals industry. A horror for workers and a scourge to the Southeast's pine forests, the methods and consequences of this expansive enterprise remained virtually unchanged for more than two centuries. With its exacting attention to detail and exhaustive research, Tapping the Pines is an essential volume for anyone interested in the piney woods South.

Arrival of the First Africans in Virginia

Third series

Unbroken

Big Ted's Guide to Tapping

Dames at Sea

Chasing the Alpha