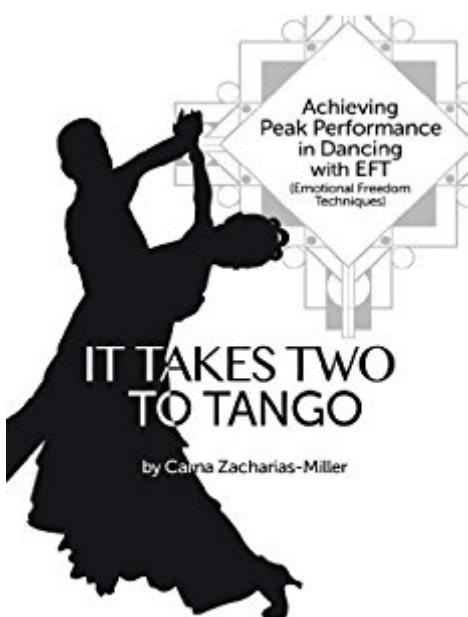


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# It Takes Two To Tango: Achieving Peak Performance In Dancing With EFT (Emotional Freedom Techniques)



Consultant: Joseph E. Hack



## Synopsis

For Amateur and Professional Dancers: Ballroom, Latin, Ballet, Jazz, Hip Hop and moreAn easy-to-follow method for boosting peak performanceAre you a professional or amateur dancer who is passionate about dancing? Are you proud of what you do and are you continuously striving to improve your skills? You know, of course, that instruction and practicing are your most important tools. There is, however, an exciting and easy way to boost peak performance in dancing. It is called EFT (tapping).EFT (Emotional Freedom Techniques) is a body/mind healing method that uses tapping with the fingertips on specific points of your energy meridians while you are "tuned in" to your thoughts and feelings. In short, EFT is a form of mindful acupressure. It allows you to work with physical discomfort, limiting beliefs, and negative emotional intensity| creating the space for shifts and wellbeing to occur.This book, written by a certified EFT practitioner who is a ballroom dancer herself, will teach you how to integrate EFT in your practice of dancing. It's easy, it's natural, it's rewarding. Her consultant contributes his expertise from the dance professional's point of view.

## Book Information

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## Customer Reviews

It takes two to tango. What a fascinating title!!! I am an artist and loved to dance when I was young.

Especially tango, English waltz and rumba which my father taught me in the living room when I was eight years old. EFT - emotional freedom technique sounded interesting to me, thus, I ordered the book after I read some of the reviews and browsed through the online pages. I found a true treasure. A healing guide for everyone who needs a searchlight for finding one's lost self in the dark. The book is clearly structured and easy to work with. Carna knows how to write and engages the reader in a conversation with herself and Joe, her partner. He says, "You get what you put into it," referring to the peak performance in dancing. I would like to extend his remark: The reader gets from the book what he or she puts into it: meaning what kind of expectations, intentions and readiness the reader brings to the book to face the dark in her or his emotional cave. Carna does not light a fire in the cave and does not want you to look at your haunting shadows. No, she leads you out of the cave into the daylight. What I especially like about the book:-- checklists on how to learn and apply the technique quickly ( a EFT fold-out card might have been helpful)-- stories to engage the mind and feel empathy with oneself and others-- recommendations for further reading and cross references to websites-- encouragement to enter into a inner conversation (phrase your problem, face it, tap on it, release it, trust the process)-- the invitation to build up confidence in oneself (quick fixes are only half of the story - EFT builds up awareness) EFT is not a magic pill, Carna warns. Peak performance in dancing is more than a zeal for accomplishment. It is a metaphor for the dance of life, an invitation to become a whole human being, a spiritual being who is able to connect the body with the mind and the heart. Carna is a bridge builder, a midwife, a wounded healer. I may order more books as gifts for fellow artists. Angela

My comments are from the student dancer perspective. This book is a must for both amateur and professional dancers from any genre of dance. It is a way to overcome the stumbling blocks on the way to being a great dancer. Can't hold a frame...EFT (Emotion Freedom Techniques) can help. Afraid of being judged in a competition...EFT can help. Can't get an idea across to a student...EFT can help. EFT was not around when I was taking lessons and starting to compete. I wish it had been. I've experienced EFT from the loving direction of Carna Zacharias-Miller in teleconferences. Even in that setting, I could feel and understand Carna's devotion to and mastery of EFT. She is a master with framing the phrases for the EFT process. In "It Takes Two To Tango", Carna has put together a very wide range of scripts for many conceivable issues that may pop up from time to time while learning to or teaching dance. While I was just reading the book there were more than one issue come to the surface that I want to deal with and as I paid attention to the issues I can see how they could affect a dancer. The sets of exercises she has presented in her book would also be good

for anyone who gets the jitters when they go in front of an audience to give a presentation. Or any circumstance in which they feel a bit or a lot uncomfortable. EFT can help. I highly recommend this book if you want to incorporate joy and happiness into your dancing and your life in general.

I have been a dancer for many years, and found practical and beautifully illustrated applications of EFT from cover to finish to support the dancer's journey. While the book is focused on dance, the principles of EFT and emotional well being are applicable to all areas of life, so I highly recommend the book to anyone who is interested in self-care and self-awareness. The bottom line is, this book is an enjoyable, informative and well written must read!

I highly recommend *It Takes Two To Tango*, especially for those who may not be familiar with EFT. I found it to be easy to understand and to follow. Its scope could be much broader than dance performance. It could help with many blockages that we struggle with in our lives and relationships. Thank you Carna for writing this book. What a new and exciting approach that will help me in so many ways.

just as described

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