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resource is intended to
be a supplement for
the book gorilla
thumps and bear hugs
by alex ortner each
page has a different
tapping point which
includes pictures of
the place to tap on the
body as well as a
picture of the helpful
and fun way to
remember where to tap
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transforms is their own desire because in each of us is a person waiting to be released to live the life we truly desire filled with love fulfilment and infinitely happy and successful in this

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