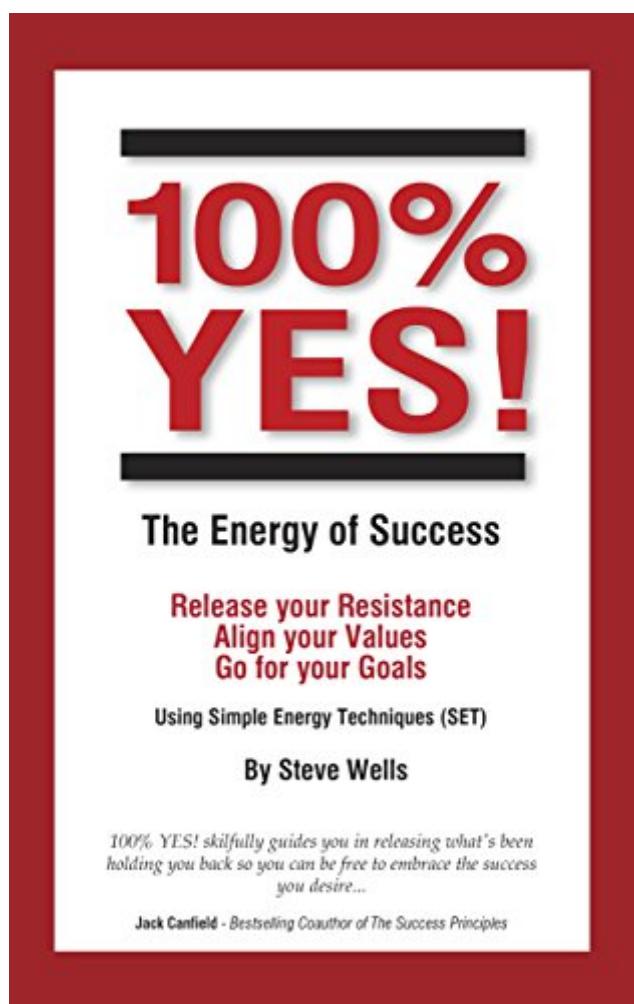


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# 100% YES! The Energy Of Success: Release Your Resistance Align Your Values Go For Your Goals Using Simple Energy Techniques (SET)



## Synopsis

If you have felt stuck, held back by fear or inner resistance, and are not making the progress you'd like to make in achieving your goals, you'll find the information in this book to be a breath of fresh air. Instead of empty motivation or mere affirmations, the author presents a powerful practical program for personal change with a clear framework and exciting new energy techniques for releasing your resistance, uncovering your unique version of success and setting yourself on the path to achieving it. This book shows you how to use revolutionary new Simple Energy Techniques (SET), aka "tapping", to free yourself from the emotional blocks behind self-sabotage, procrastination, inertia and false starts. Then you can be free to go for your goals 100% and achieve your own unique version of success. In the powerful success state that author Steve Wells calls "100% YES!" no parts of you are holding back, and the feeling of the wind at your back replaces that sense of constantly pushing against resistance. This book will show you how you can uncover your 100% YES! by using these simple yet powerful techniques to release your attachments to fear and limiting beliefs, clarify and align with your values, and accessing your energy and power to go for it. Part inspirational guidebook, part workbook, and part workshop experience this book has been designed to allow you to progress step by step through the process of learning and applying these powerful new techniques to achieve your own success. You'll be inspired by numerous examples of real people from the author's live 100% YES! Workshops using these techniques to gain greater emotional freedom and life success. Simple Energy Techniques (SET) is a gentle and natural process of tapping on energy points on the body (which correspond with the points used in acupressure and acupuncture) for emotional relief, and can be used to free you from the fear and emotional barriers that have been holding you back. SET was developed by the author together with colleague Dr. David Lake, and includes refinements and simplifications to earlier energy techniques, Emotional Freedom Techniques (EFT) and Thought Field Therapy (TFT). SET is easy to use, gentle, natural and effective as self-help. It can also be combined with virtually any therapy or coaching approach to enhance the results. From showing you how to use SET to release negative emotions such as fear and anxiety, you'll learn how to go much deeper to discover and release the unconscious negative beliefs that have been holding you back from being all that you can be. The core of the personal success program in this book is based around discovering, aligning with and living your values. You'll learn how to release your attachments to false values and other people's values to uncover your true values, and become crystal clear on what you really want. Next, you'll learn some powerful processes to overcome conflicts in your values and resolve the parts that seem to be pulling you in different directions. Once you're clear on your

values, you'll learn how to set goals that align with your highest values so that you are powerfully attracted towards them. And you'll learn some unique strategies to build your commitment and take action on your goals so that you become unstoppable. Ultimately, you'll discover a powerful program for accessing your inner power to create and live your life your way. Discover your 100% YES! now.

## **Book Information**

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## **Customer Reviews**

Well, I have read A LOT, I mean a LOT of books on tapping/EFT and personal development books in general. But of course I would run to pick up Steve Well's new book because he had a HUGE impact on my learning EFT as a practitioner...and a TREMENDOUS impact on my personal style as a speaker and a coach. Through his own brilliant and charismatic style of peak performance coaching, Steve gave me permission to both go very deep into trauma with great respect and reverence for the process and then shift naturally into my own sense of humor and lightness as part of the healing process. Here are some of CLEAR STANDOUTS of Steve Well's book because it flows from his distinct philosophy. 1. It has the best of the Steve Wells, I have learned from, modeled

and followed since 2009 when I first saw him on video! His direct, clear approach to connecting your ultimate success in life with your actual values.2. things like this...thoughts DON'T create your reality (shocker!)...only "emotionally connected thoughts" do. It is surprising and important to understand this difference...especially for those well version in law of attraction personal development surge of the past 10 years.3. people can have periods in their life where they finally "outrun" their self doubts and feel confidence but "Negative beliefs are still there, unless you deal with it, it has just gone underground" Finally.... an answer for all of us who have experienced the "unexpected shocker" of old self doubts crashing back loudly due to a relationship, career or health change.4. Ultimately success is not about us getting or being better, stronger, more perfect...

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