



# Tapping For Traders: Use Emotional Freedom Technique (EFT) To Improve Trading Success

By Adam Gregg

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## Tapping For Traders: Use Emotional Freedom Technique (EFT) To Improve Trading Success By Adam Gregg

The journey to become a successful trader can be a difficult one. I know a lot of the mistakes and the frustrations that traders deal with on their path to profitability. Anyone can be successful if they commit to putting in the work and lasting as long as it takes. EFT is a technique that can be used to deal with and clear the range of emotions and limiting beliefs that come up while trading.

The optimal mental state for trading is a relaxed and focused mind. Trading brings up many different emotions like fear, greed, anger, fear, guilt and many others. Using EFT or tapping is a great way to release the negative energy associated with these emotions to help a trader get back into his optimal state. Tapping scripts are given to help a trader deal with many common emotions and limiting beliefs that traders have. After reading this book you will have a new tool that you can use at any time to create the successful traders mindset.

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