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



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## 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 excitingâ "and easyâ "way to boost peak performance in dancing. It is called EFT (â œtappingâ •).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 â œtuned inâ • 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 intensityâ | 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. Itâ ™s easy, itâ ™s natural, itâ ™s rewarding. Her consultant contributes his expertise from the dance proâ ™s point of view.

## Book Information

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## Customer Reviews

Ball room dance is so much more than learning the Vienna Walze and the Cha Cha. It is a life style, that challenges many traditional beliefs about male and female power and their different definitions

of true leadership, grace and pose. It requires absolute commitment to harmony and balance, a willingness to be seen and judged - yes, everybody's looking when you dance on a higher level. Dancers bring their vulnerability to the floor, their emotions, their handicaps as well as their beauty. As a teenager in Germany, I trained ballroom dance on the gold star level, and remember these feelings well. Having Carna's book available at that time would have made such a difference. Carna's passion for true dance, and her commitment to her fellow dancers, as well as her personal, deep understanding of the emotional struggles and mental beliefs that dancers go through on the competitive level, makes her easy to read, astoundingly easy to read and follow EFT Book "It takes two to tango" a must read for anybody who is serious about taking their dancing experience and performance to a higher level. Professional dancers will gain an invaluable edge over their competition by following Carna's tapping scripts and her deep insights into the mental and emotional game of ballroom. They will be able to overcome the Freeze effect, and the "Flash Syndrome". They will simply be better, more successful dancers, who perform with ease, grace and passion, displaying strength and harmony while bringing out the best that they have to offer, over and over again. And Yes, this book is not just for dancers.

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.

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