

## Get more out of life

Kim Thornton's parents are visiting from Boston this week. "And I've been knocking myself out to make sure everything goes well" says the 39-year-old St. Louis store manager. "I just wish I could stop feeling so stressed so I could really enjoy our time together!"

Studies show that negative emotions like stress and anger are the number-one roadblock to happiness. But now you can get rid of them by using a new technique called ESM, or Emotional Self-Management, say

Ever wish you could make stress, anger, anxiety and the blues simply—pouff!—disappear, just like that? Well, now you can, thanks to a breakthrough scientific discovery that reveals how you can banish them with a simple flick of your fingers. Here's all you need to know to start using ESM to enhance your happiness ...



# Try the new "emotional acupressure" and Get rid of bad moods fast!

psychologists Peter Lambrou, Ph.D., and George Pratt, Ph.D., authors of *Instant Emotional Healing*. Based on the premise that the mind and body are one interconnected system, ESM has you tapping certain parts of the body to affect regions of the brain linked to certain emotions.

How does it work? Rooted in the ancient practice of acupressure—as well as the latest brain research—ESM is believed to affect the nerves leading to regions of the brain, such as the hypothalamus, that control our feelings, say Lambrou and Pratt.

How did they discover ESMs effectiveness? By conducting studies asking people to describe their emotional responses after tapping on various acupressure sites.

About 95% of the patients Lambrou and Pratt have treated for stress and anger stopped feeling bad within minutes! And that's not all: ESM seems to offer lasting relief and it's easy to use:

### First, ask yourself, "What am I feeling?"

"Women push aside their emotions when they're natural caretakers who put others' needs first," says psychologist MaryAnn Troiani, Psy.D., author of *Spontaneous Optimism*. As a result, we get out of

touch with what we're feeling. So when we're angry or anxious, all we know is that we're in a bad mood. But since ESM approaches each emotion differently, you need to, identify your problem before treating it, says Pratt.

So he suggests that after sitting quietly for a moment and taking a few deep breaths, you think back to when you first got into a bad mood and try to figure out what emotion is fueling it—whether it's "anger over what my best friend said," for example, or "stress over having to do too



much." Figured it out?

### Next, say the magic words

Lambrou and Pratt recommend that you repeat, three times, a positive statement about ridding yourself of a bad emotion. Examples: "I'm letting go of my anger" or "I feel relaxed and calm." Studies show that positive thoughts make ESM more effective, they explain. After "priming the pump" that way, you'll be ready for the next, most important step:

### Then, tap your way to happiness

No matter what the negative emotion you'd like to get rid of, the taps

below are done just once, in the order that follows, using two fingers unless otherwise directed.

Ready to try the strategies that have been so successful for Pratt's and Lambrou's clients? Then ...

#### To be less angry:

Tap your:

1. Eyebrow—just inside the inner edge
2. Pinky fingernail—at the base of the side closest to the ring finger.
3. Collarbone—below the bone and to the right or left of center. Because the acupressure point here is unusually large, tap with the flat of your hand for best results.

#### To banish stress, fear and anxiety:

Carolyn Mitchell, a 40-year-old, stay-at-home mom of three from Coronado, California, used to have panic attacks every time she drove on the freeway. But the problem disappeared—after she used the following tapping sequence a few times before setting out. "I now use it to get rid of all my stress and anxiety," she says.

To reap the same benefits as Carolyn, tap in this order:

1. Under the eye, in the middle of the bony ridge below the eye socket.

2. Under the nose—halfway down the cleft between nose and upper lip.

3. Under the lip—just above the middle of the chin.

4. Under the arm, about four inches below the armpit. Since this is another large acupressure point, use all four fingers.

5. Collarbone—below the bone and to the right or left of center.

#### To beat the blues:

"People who have low energy are more prone to depression," says Troiani. For a mood-lifting energy boost, tap the following spots:

1. Eyebrow—just inside the inner edge.
2. Under the eye, in the middle of the bony ridge below the eye socket.
3. Collarbone—below the bone and to the right or left of center.
4. Back of the hand—50 times! After making a fist with one hand, tap the depression between the knuckles of your pinky and ring finger, using the number of fingers that feels most comfortable. Why the prolonged tapping? "This area is linked to the endocrine system, and the extra taps help release the alertness-boosting hormones norepinephrine and epinephrine," says Lambrou.

—Barbara Hustedt Crook

### For fast, temporary relief when you're feeling bad

No time to follow the simple directions above? *Instant Emotional Healing* co-author Peter Lambrou, Ph.D., prescribes a 30-second technique that condenses all the basic components of ESM. "You can cut almost any negative emotion in half for up to an hour" simply by:

1. Tapping the "back-of-hand" spot (to find it, make a fist with one hand to

locate the depression between the knuckles of the ring and pinky finger) for the whole time you're (in this order)...

2. Rolling your eyes in a complete circle, first in one direction, then the other.
3. Counting to five.
4. Humming a few notes of a favorite tune.
5. Counting to five again.