

FOR IMMEDIATE RELEASE

Helping Kids Rise and Shine: New Guidebook by Australian Author Paul Boulton Brings Hope and Healing to Children Facing Stress, Anxiety, and Bullying

[City, Country] — All around the world, children are facing higher levels of anxiety, stress, abuse and bullying than ever before.

Now, a new resource aims to change that. *Helping Kids Rise and Shine: A Tapping Guidebook for Stress, Anxiety, and Bullying* by Australian author and intuitive therapist **Paul Boulton**.

Paul introduces readers to his **Targeted Energy Focused Tapping (Targeted EFT)** — a safe, evidence-based technique that uses gentle tapping on acupressure points to calm overwhelming emotions and restore balance.

The book informs and guides parents, teachers and caring adults to deliver Paul's Targeted EFT tapping process to help children aged 7–12 and beyond, by reducing the stress and overwhelm they have felt from the issues, abuse, and life's challenges they have experienced.

"Every child deserves to feel safe, supported, and capable of handling life's challenges," says Paul. "This book gives parents the tools they can use to help their kids."

The inspiration for writing this book, came to Paul a few years ago, when bullying in schools became a major media focus. Paul decided the best way he could help, was to write an all-inclusive training manual so that parents, teachers, and caring adults could help children at home or at school.

Helping Kids Rise and Shine addresses not only bullying, but also stress, anxiety, rejection, abandonment, sexual abuse, depression, and related topics that a child might experience and suffer from.

The book contains background stories that illustrate different aspects of fears, issues and wounds that can be generated within a family and affect sensitive children.

Also, a key benefit of Targeted EFT is that it is used in conjunction with the specifically worded Tapping statements that Paul has written that are aimed at the issues the child is suffering from. The book provides over 60 statements, organized into categories, to help adults select the most suitable statements for supporting the child's issues.

The book includes:

- **Information** and perspectives to help people understand the challenges that children face in families, home, school, and social environments.
- **Practical support** for parents, educators, and therapists working with children.
- **Step-by-step** tapping instructions.
- **Resources** to help the child to build clarity, confidence, resilience, and healthy habits.

For over 20 years, Paul has helped many hundreds of clients worldwide — including CEOs and doctors, defence personnel, people from all walks of life — navigate their mental, emotional and life challenges with his unique therapeutic approach.

His goal is to have *Helping Kids Rise and Shine* accessible to parents, families, schools, libraries and people everywhere so they can help support and empower children to develop mental and emotional strength, self-acceptance, and independence.

Readers have already praised the book as:

“A definite must-have resource for families, or any health practitioner, teacher, or counsellor working alongside not only youth, but...adults dealing with emotional and mental issues.”

“A game-changer in schools.”

“Parenting needs a manual like this.”

“Paul’s compassionate understanding and heartfelt writing offer clear guidance, written in layman’s terms.”

[*Foreword Clarion Reviews*](#) gave the book a rating of 4 out of 5.

Helping Kids Rise and Shine is available now in paperback and eBook editions on Amazon and other major retailers.

About

Paul Boulton is an Intuitive therapist, author, and the creator of Targeted Energy Focused Tapping (Targeted EFT). For over 20 years, Paul who is based in Australia has guided many hundreds of clients worldwide — to benefit from the practical, effective therapy-based processing he offers. So, they can recover from the stress, anxiety, bullying and trauma they have experienced.

His work focuses on making emotional healing empowering, and accessible for all ages.

Paul’s latest book, *Helping Kids Rise and Shine: A Tapping Guidebook for Stress, Anxiety, and Bullying*, provides children ages 7–12 and beyond with clear, supportive tools to build confidence and resilience.

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