

This is the print version of the Official Manual for Emotional Freedom Techniques or EFT. It is one of the most successful psychology self-help manuals ever published. EFT is a remarkable new technique which uses the body's natural stress-reduction points. When organized into the EFT basic recipe, self-stimulation of these points by touching or tapping has been demonstrated to rapidly reduce anxiety, depression, phobias and other conditions. EFT originator Gary Craig takes the reader through the basic steps of identifying the emotional roots of their problems, and crafting a combination of words that will trigger a healing response. He then demonstrates the one-minute healing routine that is the basis of EFT. He discusses the ways in which EFT can be applied to a variety of common conditions, including pain, fears, addictions and cravings, weight issues, insomnia and guilt.

Face to Face with Leopards (Face to Face with Animals), Meditations On Bad Faith: An Exploration of Dogma and an Exhortation to Unitarian Universalism, Saber-Toothed Cat (21st Century Junior Library: Dinosaurs), Sins of an Angel (Sanguinary Seductions), Racconti, Time of the Hawklords: From a Concept by Michael Moorcock, O: A Presidential Novel, Trigonometry, Student Solutions Manual, Designing crown contour in fixed prosthodontics: a neglected arena: designing crown contour,

caskeyles.com: The EFT Manual (): Gary Craig: Books. 8 offers from \$ 8.99. The EFT Manual (Everyday EFT: Emotional Freedom Techniques). EFT is a remarkable new technique that uses the body's natural stress-reduction points. Tapping on these points according to the easy-to-follow EFT 'basic recipe' has been demonstrated to rapidly reduce anxiety, depression, phobias and other conditions.

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