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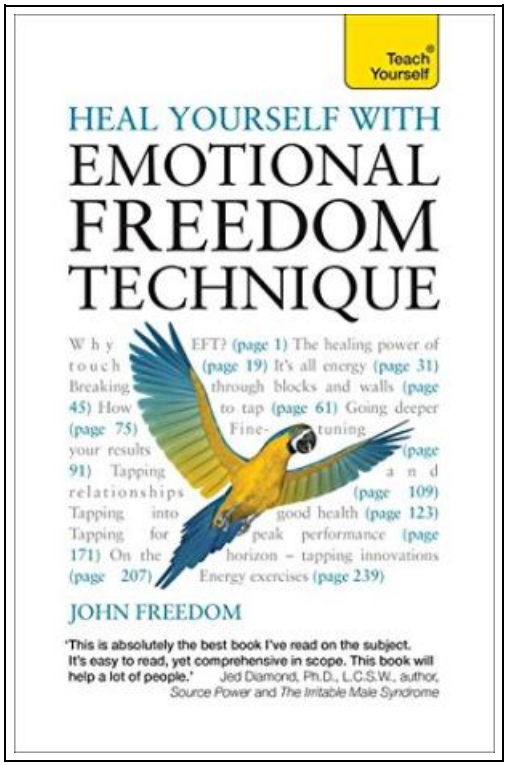

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Reviews

Comprehensive guide! Its this sort of very good go through. It generally is not going to price too much. Its been designed in an remarkably basic way which is simply following i finished reading this pdf where really changed me, affect the way i really believe.
(Prof. Jeremie Blanda DDS)

HEAL YOURSELF WITH EMOTIONAL FREEDOM TECHNIQUE (PAPERBACK)

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Hodder Stoughton General Division, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. Emotional Freedom Technique is a new and innovative alternative therapy that is rapidly becoming the next big trend in personal growth and alternative health. It is a safe and non-invasive healing method for treating mind/body issues, based on tapping acupuncture points while you focus on a particular problems. Featured on Oprah and Dr. Oz and on numerous other programmes on TV and online, noted EFT expert and educator John Freedom teaches the basics of EFT to make change easy. Includes chapters on tapping to achieve goals and outcomes, tapping for career success, tapping for intimacy and relationships, tapping for peak performance, and tapping into better health.EFT has been shown to be effective in treating fears and phobias, performance anxiety, guilt, shame, self-sabotage, and other emotional conditions. It is also being used to enhance and improve academic and athletic performance, psychic and intuitive abilities, confidence and self-esteem, and overall health and well-being.

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