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Heal Yourself with Emotional Freedom Technique: Teach Yourself

By John Freedom

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Heal Yourself with Emotional Freedom Technique: Teach Yourself, John Freedom, 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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