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The Tapping Manual: The Complete Guide to Using EFT (Emotional Freedom Techniques) for Common Issues – Including Anxiety, Depression, PTSD, Phobias, Weight ... Work, Family (The Tapping Series Book 7)

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About EFT and The EFT Manual xvii. “muscular armour” based on his observations that emotional trauma can result in rigidity in certain regions of the body (Reich, 1927). A pioneering psychiatrist named Joseph Wolpe (1958) treated veterans of WWII who had posttraumatic stress disorder (PTSD), searching for a cure.

About EFT and The EFT Manual - Energy Psychology Certification

EFT is an innovative, energy technique based on the body's meridian system (neuro- pathways). It is a relatively new mind / body discovery that uses your body's meridian system to create emotional and physical changes.

EFT Beginner's Guide - Starwood Counseling Center

The EFTfree Manual A Comprehensive Guide to Using EFT (Emotional Freedom Techniques) Version 2.1 Betty Moore-Hafter Jade Barbee Carna Zacharias-Miller ... We offer the EFTfree Manual with appreciation to EFT developer Gary Craig, who has creatively and generously taught the healing art of EFT to hundreds of thousands of

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Tapping (EFT) Manual – Tapping Points and Instructions. Free EFT Tapping Manual. Introduction. Tapping (also known as EFT – Emotional Freedom Techniques) can bring you quick, effective RELIEF from stress, anxiety, overwhelm, pain and suffering, distressing thoughts, disturbing memories, and

limiting beliefs.

Tapping (EFT) Manual - Tapping Points and Instructions ...

Update: Gary Craig retired in June 2010 and released EFT into the public domain. Gary Craig was the creator of EFT, Emotional Freedom Techniques. I spent countless hours studying Gary's EFT Video Series (all the sets), reading his free EFT manual and newsletters, and attending workshops where Gary worked on-stage with individuals with a broad range of physical and emotional challenges.

Gary Craig - EFT Manual - Emofree.com - Thriving Now

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Emotional Freedom Techniques (EFT) - Emotional Health

EFT stands for (Emotional Freedom Techniques) and I first introduced it to the public in 1995. It integrates the Chinese meridian system into the therapy process by tapping on meridian points with your fingertips. Properly done, it reduces the conventional therapy process from weeks, months or years to a fraction of that time (often to minutes ...

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