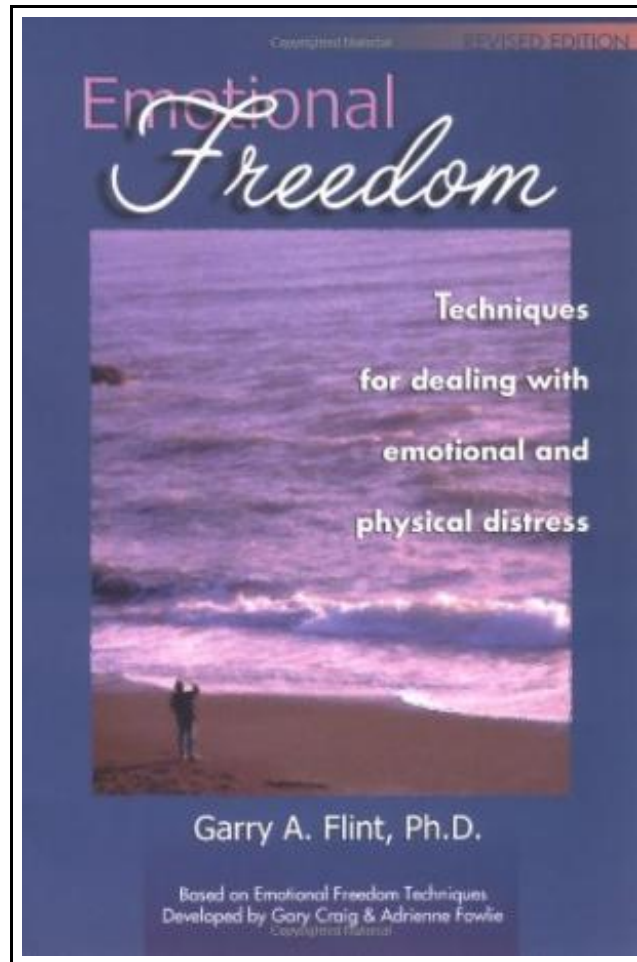


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Reviews

Comprehensive information! Its this sort of excellent read. I could possibly comprehended every little thing out of this published e pdf. You wont sense monotony at at any moment of your time (that's what catalogs are for about when you ask me).

(Prof. Mauricio Howe III)

EMOTIONAL FREEDOM: TECHNIQUES FOR DEALING WITH EMOTIONAL AND PHYSICAL DISTRESS

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Garry A. Flint, United States, 2001. Paperback. Book Condition: New. Revised ed.. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book gives clear, simple, fully illustrated instructions about the use of Emotional Freedom Techniques (EFT). It is manual for the use of EFT. EFT consists of five treatment steps: selecting your target issue, creating an affirmation with a brief description of the issue, tapping on the 12 basic acupressure points, tapping on 9 optional acupressure points, and then repeating the 12 basic acupressure points. After a glossary chapter, a separate chapter teaches each treatment step in a clear, understandable way. Other chapters include describing EFT as an experimental, outcome-based, treatment, the use of shortcuts, and an easy approach to problem solving when treatment stalls. Then there are chapters giving a detailed review of EFT, a flowchart, and chapters dealing with treating trauma, addictions and learned physical pain. To make your treatment objectives easier, there is an appendix that lists many issues and aspects of issues. A final chapter sets this book apart from all others. This chapter makes EFT available to your inner-self, a part of you that can simply treat issues when asked or even automatically use EFT to treat problematic issues as they arise.



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