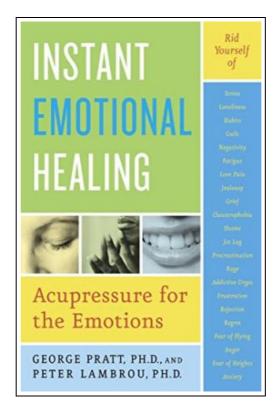
Instant Emotional Healing: Acupressure for the Emotions (Paperback)



Filesize: 5.04 MB

Reviews

This is basically the finest pdf i have got study right up until now. I could possibly comprehended almost everything out of this published e book. I am just happy to explain how here is the finest pdf i have got go through in my very own daily life and might be he finest publication for actually.

(Emilie Pollich)

INSTANT EMOTIONAL HEALING: ACUPRESSURE FOR THE EMOTIONS (PAPERBACK)



Random House USA Inc, United States, 2006. Paperback. Condition: New. Reprint. Language: English. Brand new Book. Does your fear of flying make travel with friends and family impossible? Are you having trouble coping with the loss of a loved one or forgiving yourself for a mistake you made long ago? For the millions of people who suffer from phobias, anxieties, or distressing emotions such as anger, guilt, and grief, the breakthrough science of Thought Field Therapy--an easy-to-use practice often referred to as "acupressure for the emotions"--can make a remarkable difference. In this groundbreaking book, psychologists Peter Lambrou and George Pratt make their highly successful techniques available to everyone through simple exercises that anyone can use to treat everyday emotional roadblocks with immediate and permanent results. A blend of Western psychotherapy and Chinese medicine, Thought Field Therapy (or TFT) uses the body's meridian energy systems to treat emotional issues that can take years to unravel through traditional, talk-based therapy. A combination of breathing and relaxation exercises, affirmations, and tapping on specific pressure points on the body, TFT can instantly eliminate problems such as a fear of flying or public speaking, addictive urges, or painful emotions such as embarrassment or regret. Used on thousands of people with a 95 percent success rate, the step-by-step methods in Instant Emotional Healing now allow you to master this amazingly simple, astonishingly effective practice for yourself--and open the door to a lifetime of emotional control and well-being.



Read Instant Emotional Healing: Acupressure for the Emotions (Paperback) Online Download PDF Instant Emotional Healing: Acupressure for the Emotions (Paperback)

You May Also Like



The Witch's Daughter (Paperback)

Random House USA Inc, United States, 1999. Paperback. Condition: New. Reprint. Language: English. Brand new Book. With the bold adventure and brilliant magic that have made him one of fantasy's bestselling authors, R. A. Salvatore...

Save ePub

»



How to Deliver a Great Speech That Will Change Minds & Influence People: Tips, Tricks & Expert Advice for Effective Public Speaking (Paperback)

Atlantic Publishing Co, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. Public speaking is an art, and some of the most effective communicators in history have been artists. Think of Steve Jobs,...

Save ePub

>>



Saudi Arabia's Permeable Internet Ict (Information and Communications Technology) - Examination of Chinese Closed Internet Restrictions Compared to U.S. Open Web, Saudi Diversification (Paperback)

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Due to countless political, economic, and social interactions between China and the United States since China's opening to the West in 1971,...

Save ePub

w



A Valentine's Day Romance (Paperback)

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English. Brand new Book. Todd is a Christian teacher at a Christian Bible college who takes a cabin near a lake on his summer...

Save ePub

>>



Writing with Hemingway: A Writer's Exercise Book (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand new Book. A work of creativity such as an artist's song, a dance, a musical instrument, a paint brush, produce a vision...

Save ePub

»



Nevada's Remarkable Women: Daughters, Wives, Sisters, and Mothers Who Shaped History (Paperback)

ROWMAN & LITTLEFIELD, United States, 2015. Paperback. Condition: New. 2nd Edition. Language: English. Brand new Book. This book presents the compelling histories of fifteen pioneer women, all born before 1900, who traveled Nevada Territory in

Download Document

»



Knocking at Haven's Door (Paperback)

Createspace Independent Publishing Platform, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. Knocking at Haven's Gate describes four paradigms of hospitality in Scripture and Tradition. In our time, hospitality often seems to

Download Document

>>



How to Prepare for the PMP Exam (version 4 update) (PMP certification exam authoritative reference books(Chinese Edition)

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: Unknown Pages: 371 in Publisher: Machinery Industry Press List Price: 55.00 yuan

Download Document

>>



Lego Star Wars: The Force Awakens (Paperback)

DK Publishing (Dorling Kindersley), China, 2016. Paperback. Condition: New. Reprint. Language: English. Brand new Book. Meet the brave new LEGO(R) Star Wars(TM) heroes who must battle to protect the galaxy in this new reader from

Download Document

>>



Warrior Woman (Paperback)

Random House USA Inc, United States, 2004. Paperback. Condition: New. Reprint. Language: English. Brand new Book. A bestselling master of historical fiction, James Alexander Thom has brought unforgettable Native American figures to life for millions

Download Document

»