



Emotional Healing in Minutes: Simple Acupressure Techniques for Your Emotions (Paperback)

By Valerie Lynch

HarperCollins Publishers, United Kingdom, 2002. Paperback. Book Condition: New. 213 x 155 mm. Language: English . Brand New Book ***** Print on Demand *****.Conquer your fears, phobias and negative emotions with this simple proven technique. The Emotional Freedom Technique (EFT) is a psychological version of acupressure, incorporating methods from Ancient Chinese Medicine and modern-day Applied Kinesiology. Each session involves gently tapping a sequence of energy points on the body with the fingertips, which releases the negative emotion. The authors provide a clear step-by-step guide with information about where to tap and what to say. This technique can be mastered by anyone and can be used effectively without the need for a therapist. It is a remarkable treatment that has achieved amazing results for a wide range of issues. You can tap away: stress and panic attacks * negative emotions from jealousy to anger * bad habits and addictions * fatigue, depression and more.



READ ONLINE
[6.13 MB]

Reviews

This sort of ebook is every thing and made me hunting forward and a lot more. I have read through and i also am confident that i am going to going to go through once again once more in the foreseeable future. I discovered this publication from my dad and i encouraged this book to discover.

-- **Prof. Kip Spinka IV**

This type of book is almost everything and helped me hunting forward and more. I was able to comprehended almost everything using this published e pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Edwardo Ziemann**