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Emotional Freedom Technique For Dummies

By Helena Fone

John Wiley and Sons Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 234 x 184 mm. Language: English . Brand New Book. A member of the Energy Therapies family - which includes, acupuncture, acupressure and shiatsu - Emotional Freedom Technique is a simple and increasingly popular self- development therapy used to treat a wide range of physical and emotional issues. Popularised by figures including Paul McKenna, EFT is based on the theory that negative emotions are caused by disturbances in the body s energy. Often referred to as acupuncture without needles, EFT involves locating and tapping on meridian points in the body while thinking of a negative emotion and using positive suggestion and thoughts to alter the body s energy flow, restore balance and reprogram thought processes. This no-nonsense guide introduces readers to the theories and methods behind the technique and shows them how to use it to reduce the physical and emotional impact of a wide range of issues including, depression, fears, phobias, anger, addictions, sleeplessness and pain. It s simple, safe, anyone can practice it at home and with EFT For Dummies readers can banish bad habits for good. Includes information on: The path to emotional freedom -...



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