



## Eft Tapping Handbook: A Powerful and Proven Guide for Using Eft Tapping Strategies to Lose Weight, Beat Stress, Increase Confidence, Improve Health and Harness Your Emotional Wellbeing (Paperback)

By Holly Thomason

Createspace, United States, 2014. Paperback. Book Condition: New. 220 x 82 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.EFT Tapping Handbook The book is just solid in terms of content and instruction. - Cameron You re stressed out. You ve gained weight. You just can t seem to get a break and make yourself feel better. Does this sound like you? There s got to be relief.right? Rest assured, there is a way. There is help. You can do it! You can make it through! I know you can and I m here to help. All illness, pain, and psychological problems are the result of imbalances in the body s energy. It s true. And that s why EFT works so well. EFT, or The Emotional Freedom Technique, also called EFT Tapping has been proven quite effective in reducing stress, removing certain phobias and some low-level psychological disorders as well as helping you to lose weight. Specialists of EFT claim that it is effective in reducing chronic pain, addiction, and just about anything else that ails a person. So what are you waiting for? Great health and feeling better can be achieved by using the EFT...



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