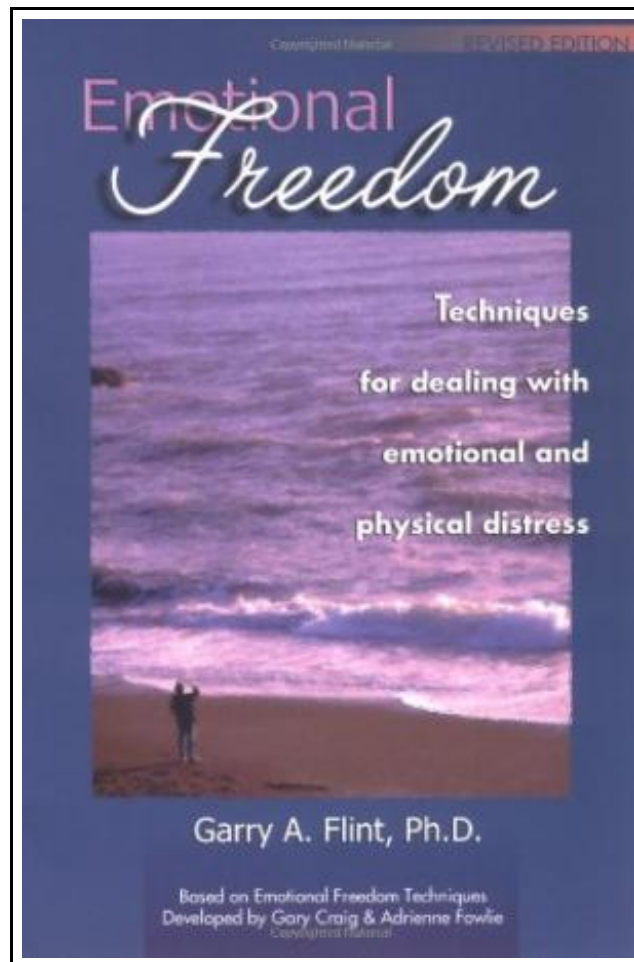


Emotional Freedom: Techniques for Dealing with Emotional and Physical Distress



Filesize: 5.42 MB

Reviews

This created ebook is great. it was writtern very properly and useful. Its been printed in an exceedingly easy way in fact it is just right after i finished reading this pdf where basically modified me, alter the way i think.

(Aglae Becker)

EMOTIONAL FREEDOM: TECHNIQUES FOR DEALING WITH EMOTIONAL AND PHYSICAL DISTRESS

[DOWNLOAD](#)

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.



[Read Emotional Freedom: Techniques for Dealing with Emotional and Physical Distress Online](#)



[Download PDF Emotional Freedom: Techniques for Dealing with Emotional and Physical Distress](#)

Other PDFs



Preventing Childhood Eating Problems : A Practical, Positive Approach to Raising Kids Free of Food and Weight Conflicts

Book Condition: Brand New. Book Condition: Brand New.

[Download Book »](#)



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Download Book »](#)



Way it is

Second Story Press. Paperback. Book Condition: new. BRAND NEW, Way it is, Donalda Reid, It's the 1960s - the time for equal rights, peace, and love. But for Ellen Manery, it's the time to work...

[Download Book »](#)



My First Bedtime Prayers for Girls (Let's Share a Story)

Shiloh Kidz, 2016. Book Condition: New.

[Download Book »](#)



My First Bedtime Prayers for Boys (Let's Share a Story)

Shiloh Kidz. BOARD BOOK. Book Condition: New. 1634096452 Special order direct from the distributor.

[Download Book »](#)