



## Principles of EFT (Emotional Freedom Technique): What it is, how it works, and what it can do for you (Paperback)

By Lawrence Pagett, Paul Millward

JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. This is the definitive introductory guide to Emotional Freedom Techniques (EFT), a therapeutic psychological tool that draws on Chinese medicine and NLP (Neurolinguistic Programming) to remove blockages within the energy system. Traditional and modern approaches of EFT are explained alongside a comprehensive description of EnergyEFT, the most advanced and evolved form. Simple practical usages of EFT for stress reduction are included, with step-by-step instruction on how to use tapping to remove stress and energise yourself. There are case studies and practical examples demonstrating how EFT can relieve a wide range of negative emotional conditions including anxiety, anger, depression, insomnia and migraines. The book also explores how EFT can improve and maximise positive emotional and spiritual functioning in terms of health and wealth transformation. The uses of EFT are numerous and this handbook is an ideal starting point for anyone interested in learning more about the positive impact EFT techniques can have on their wellbeing.



[READ ONLINE](#)  
[ 8.89 MB ]

### Reviews

*This publication could be worthy of a study, and superior to other. it was writtern extremely perfectly and beneficial. I am just easily could possibly get a delight of reading through a published pdf.*

*-- Prof. Bernie Torphy*

*I just started off reading this article ebook. It is actually writter in basic words and not confusing. I am just very happy to let you know that this is the best ebook i actually have read through inside my individual daily life and can be he finest ebook for possibly.*

*-- Dayne Johns*