



## The Art & Science of Emotional Freedom: EFT Manual

By Sivyer, Ananga

DragonRising, 2003. Condition: New. 2003. 2nd. Paperback. Num Pages: 116 pages. BIC Classification: JM. Category: (G) General (US: Trade); (P) Professional & Vocational; (UF) Further/Higher Education; (UP) Postgraduate, Research & Scholarly; (UU) Undergraduate. Dimension: 296 x 209 x 10. Weight in Grams: 346. EFT Manual. 116 pages. This EFT workbook introduces readers to techniques which can be easily learnt to use for emotional and physical healing. Readers can learn how to quickly and effectively dissolve fears, phobias, sadness, anxiety and the negative core beliefs/limitations imposed upon us and assimilated by us throughout our lives. Category: (G) General (US: Trade); (P) Professional & Vocational; (UF) Further/Higher Education; (UP) Postgraduate, Research & Scholarly; (UU) Undergraduate. BIC Classification: JM. Dimension: 296 x 209 x 10. Weight: 342. . . . .

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