

Attracting Abundance With Eft

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Attracting Abundance With Eft

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BERG COLLINS

Tapping Into Wealth Createspace Independent Pub

Are you in a constant struggle with money? Whether it's spending too much, never having enough, or being buried in debt, your thoughts, beliefs and emotions around money are the driving force behind your financial woes. When you are dealing with money problems, EFT (Emotional Freedom Technique) Tapping can help to release your stress and worry when you're facing money challenges, and set you on a path of emotional stability. Although EFT is simple to learn and apply, many find it challenging to formulate set-up statements and reminder phrases. This book has been created to take the guesswork out of tapping by providing 52 EFT Tapping scripts that cover the most common money issues. With EFT Tapping you can end your money struggles and literally tap your way to financial ease. The scripts in this book will help you to neutralize triggers that cause money anxiety, change patterns of behavior and negative habits, release limiting beliefs that keep you stuck, improve confidence, and open you up to a new approach to achieving true financial health and happiness.

Stress Relief for Men DragonRising Publishing

Emotional Freedom Techniques (EFT, or "tapping") is a rapidly growing practice that involves tapping two fingers along specific acupuncture points in order to improve memory and sleep and to relieve stress, anxiety, and pain. While memory loss is a natural part of the aging process, many experience memory issues for reasons other than aging. Stress, anxiety and depression can cause forgetfulness, confusion, difficulty concentrating and other issues that disrupt daily activities, and research suggests that we can ease memory impairments caused by stress with effective coping mechanisms like tapping. Offering real client stories and outcomes from research, this is a comprehensive guide to EFT tapping. Focused on improving memory, it offers practical applications for tapping that can alleviate everyday forgetfulness (like difficulty recalling peoples' names), supercharge learning processes in people of all ages, and treat dementia.

Wealth Beyond Reason Simon and Schuster

EFT (the Emotional Freedom Techniques) has been called a modern miracle in healing. As growing numbers of people know, it works quickly and can be used on virtually any issue, and no previous training or experience is needed to succeed. Building on the Mountroses' popular paperback *Getting Thru to Your Emotions with EFT*, this e-book has hundreds of practical and transformational tips and strategies for using EFT and holistic healing for creating the life you truly desire. "It is a kind of encyclopedia of knowledge in EFT and energy and spiritual healing, written in an easy-to-understand manner. Moreover, the tables and diagrams alone convey many wonderful ideas, methods, and approaches." --Philip Friedman, PhD, author of *Creating Well-Being* Included are 12 leading EFT Experts' proven tips and strategies for making EFT even easier and more effective in all aspects of your life. Here are highlights of what you will

receive in this multi-purpose e-book: * Dozens of practical and transformational tips and strategies for EFT. You can put these into practice immediately, as well as be able to refer to them time and time again.* A pragmatic and spiritual approach to healing that addresses the body-mind-spirit. The Magic Question that can quickly provide clarity when the tapping sequences are not working. * How to use Kinesiology (muscle testing) to pinpoint any issue. Recognize sabotaging beliefs that psychologically reverse you. *15 quick-reference charts and diagrams to make EFT and muscle testing easier and more understandable. * How to center yourself to increase healing and live life more fully. * The Holistic Process, a Mountrose Getting Thru Technique (GTT), which elegantly finds the deeper issues that EFT can then clear. * How to treat being "switched," an energy imbalance that can create a tremendous barrier to healing. Included is information and charts on how to overcome fears of success and fears of getting well. * Knowing your chief defense pattern; application of this knowledge alone can transform and uplift your entire life. * Dealing with energy toxins, which can be behind any symptom or problem. * Three positive installations to greatly enhance EFT. Also find out a technique to create a dynamic future. * An in-depth analysis of the common missing ingredient in healing: forgiveness. Learn the exact misconceptions that hold people back. In addition to using EFT to forgive, included is a powerful easy-to-use forgiveness technique. * Dozens of transformational tips and insights on different key subjects from 12 leading EFT experts, and much, much more...

Freedom at Your Fingertips Hay House, Inc

Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of *The Tapping Solution*, is at the forefront of a new healing movement. In his upcoming book, *The Tapping Solution*, he gives readers everything they need to successfully start using the powerful practice of tapping - or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In *The Tapping Solution*, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear

of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want.

Finding the River Hay House, Inc

Imagine experiencing vibrant health, peace, abundance, and optimism every day. Tapping Into Wellness shares an innovative tool called Emotional Freedom Technique® (EFT), which allows you to have all this and more, literally at your fingertips. Join Kathilyn Solomon as she shares simple instructions, powerful and practical exercises, and real-life case studies from this world of miracles. EFT (also known as tapping) is a fast-spreading, easy-to-learn, and effective approach for men, women, children, and animals. This guide draws on the latest EFT Gold Standard™, showing you how to work through physical or emotional problems and challenges. Often referred to as acupuncture without needles, tapping can help you: Resolve chronic pain and illness, cravings, and addictions Overcome stress, anxiety, and phobias Activate your body's own natural healing system Gain relief from haunting memories and trauma Experience resilience, positive energy, and improved health Praise: "An excellent resource for you to tap into the rich treasure of your mind-body system and release your fears, resolve your past traumas, heal your sicknesses, and far more . . . This book is a fabulous and engaging read, and highly recommended."—Eric B. Robins, MD, mind-body healing expert and co-author of *Your Hands Can Heal You* "Tapping into Wellness is an excellent resource for anyone wishing to move beyond the troubling thoughts and feelings that limit their experience of life."—Brad Yates, author of *Freedom at Your Fingertips* and featured expert in *The Tapping Solution*

EFT Tapping For Abundance: 7 Days to Start Attracting Abundance Partridge Publishing Singapore

Do you have hidden "goal stoppers" blocking you from achieving your dreams and goals? This book shows you exactly how to overcome them with: 1) A process - EFT Tapping - that eradicates the unconscious blocks and beliefs sabotaging your best goal setting intentions. 2) Plus a way to supercharge your chances of "golden goal" success with Matrix Goals Reimprinting which the author calls "the Law of Attraction on rocket fuel". The book answers questions you may have...like *how does EFT work? *how do my mindset and beliefs affect my success? *what are the steps for successful goal setting? *what is the secret to choosing the right goal? *how do you connect with your Future Successful Self "in the matrix"? Resistance and set-backs are part of most attempts to change your habits, reach your goals and realize your dreams. But thanks to Matrix Goals Reimprinting and EFT tapping you can quickly apply the goal success formula set out in this book to move through the 5 Steps... 1. Get inspired 2. Get clear 3. Get focused 4. Get going 5. Keep going ... until you reach your Golden Goal The author is an acclaimed expert in goal setting using EFT tapping therapy as set out in Gary Craig's EFT manual. She has also trained extensively with EFT Master Karl Dawson who created Matrix Reimprinting using EFT to transform negative beliefs, fears and trauma going back to early childhood into positive empowering memories. Real-life client stories and case studies show that by clearing your "goal stoppers" with emotional freedom therapy you can find success with goals such as weight loss, attracting money, creating abundance, finding love and the joy of living the life you love. Shining through the book is the author's passion and mission to help readers to break free from feeling stuck, blast through their blocks, and skyrocket their achievements with EFT, Matrix Reimprinting and Matrix Goals Reimprinting in 5 easy steps. She walks her talk with her own stories of goal successes like: 1. Going from broke and homeless to find her life purpose and create a thriving business promoting and training with inspirational healing experts and

authors. 2. Meeting and marrying her soul mate (they're still on honeymoon 11 years later) 3. Losing 50 lbs 4. Fulfilling her passion as a writer and author of several self-help books which share her healing expertise and skills in EFT.

Goal Success EFT Tapping Hay House, Inc

New science proves that it is our core beliefs that drive the chemical changes in the body, control our thought patterns and essentially produce our reactions to the external world. If we can change what we believe about ourselves and the world around us, we can change our thoughts, and if we can change our thoughts... well, we can change anything. Seven years on from the birth of Matrix Reimprinting - a powerful technique that uses EFT to resolve traumas from our past - its creator, Karl Dawson, has adapted his revolutionary technique to ensure that practitioners focus on core beliefs to achieve lasting change in their clients' lives. This book explores how this work can help with everything from anxiety, grief, phobias and pain management, to parenting and self-image. Whether you are new to Matrix Reimprinting or have known its transformative power since the early days, this book gives you a step-by-step guide to changing core beliefs for yourself or for your clients - whatever the life issue.

Who's That Woman in the Mirror? Hay House, Inc

From Connie Bennett, author of the bestseller *Sugar Shock!*—the book that Mehmet Oz said "spills the beans" on the shocking impact of sugar and simple carbohydrates—comes *Beyond Sugar Shock*, the first book to provide a simple, practical, mind-body-spirit plan to help readers break free of their sugar or carb addiction. For the millions of people who suffer with problems such as low libido, excess weight, overpowering fatigue, and many other unexplained ailments, *Beyond Sugar Shock* provides a step-by-step, six-week program to gently guide readers to a healthier life. In this friendly, compassionate book, they'll find: • A playful, but serious Sugar Shock Quiz to help readers learn about their personal sugar addiction. • Easy, tried-and-true techniques that Connie used—and that her clients and Sugar Freedom Now participants now use—to successfully quit her sugar habits. • Dozens of easy tips and tactics to stomp out carb cravings. • Simple meal plans, tasty recipes, and a food/lifestyle pyramid that shows readers how to let go of quickie carbs and nonfoods (the Standard American Diet or SAD) and instead enjoy real, wholesome, health-giving nutrition. • Entertaining, interactive "adventurcises" (adventurous exercises) such as "Do Sugary Soul Searching," "Party with the Produce," and "Snatch the E-Z Vitamins." • Affirmations to refresh, rejuvenate, and renew the mind, body, and spirit. • Remarkable success stories with before-and-after photos. In *Beyond Sugar Shock*, readers will find out that letting go of their sugar or carb addiction is much simpler than it seems—and it can even be fun! And once they've addressed their addiction, readers will not only look and feel better, but will also experience an overpowering sensation of joyous freedom and a sweeter, balanced life.

Follow Your Passion, Find Your Power McFarland

A revolutionary program that can free your financial energy, increase your wealth, and help you achieve personal life goals "Money is congealed energy," said Joseph Campbell. And releasing it releases life's possibilities. . . . Thousands of people worldwide have learned how to build a powerful new relationship with their money and bring their dreams to fruition through Dr. Maria Nemeth's dynamic workshops. Now you can, too. In *The Energy of Money*, Dr. Nemeth—who received an Audio Publishers Award for her *Sounds True* series on which this book is based—draws upon her more than twenty years' experience in synthesizing spiritual and practical techniques for managing yourself and your work. Combining a complete self-help and self-

discovery regimen with proven methods of money management, this powerhouse guide to prosperity presents twelve principles that will help you to • Uncover the hidden landscape of beliefs, patterns, and habits that underlie and sometimes subvert your everyday use of money and personal resources • Tame the dragons of driven behavior and busyholism • Defuse fears of deprivation and scarcity • Embrace and work through paradox and confusion • Consciously focus your money energy • Clear yourself to receive the energy and support of others and the universe • Develop and stay on your personal path to abundance Through easy-to-follow exercises and meditations, effective worksheets, and other interactive processes, Dr. Nemeth will guide you to financial success and help you manifest your special contribution to the world.

Introducing Emotional Freedom Techniques Llewellyn Worldwide

This title offers simple and effective techniques for emotional health and wellbeing. Emotional Freedom Techniques (EFT) is an energy therapy that is rapidly gaining recognition as a simple, yet very effective way to aid emotional and physical wellbeing. The techniques empower individuals to make their own changes in their thinking and feeling, by combining focus on an issue whilst tapping on the body's energy system. EFT provides highly flexible, easy-to-use and practical solutions for a huge range of emotional issues across all age groups. This book is a comprehensive information resource and 'how to' guide for health professionals and adults to introduce EFT into their day-to-day lives. It provides an extensive exploration of how EFT can be successfully applied to a wide range of social, emotional, behavioural and health issues. It includes case examples of phobias, fears, issues around behaviour, confidence, health issues, speech problems, depression, stress, anger, addictions, abuse, performance issues and managing pain. It offers an overview of some of the latest perspectives within neuroscience and physiology which reflect the changes that occur naturally when using EFT.

Emotional Freedom Techniques Icon Books Ltd

Bestselling author and *The Secret* co-star Dr. Joe Vitale teaches you how to attract money easily and effortlessly by harnessing the astounding power of the Law of Attraction! The potential to attract money and create abundant wealth doesn't reside in your job, your circumstances, or even the economy. It resides within you. Your mind is equipped with the natural ability to attract as much money as you want and need - at anytime, anyplace, in any financial climate, without struggle. You just have to know how to trigger it. You'll learn to identify and conquer the unconscious mental blocks, money myths and misconceptions, and limiting beliefs that are preventing you from attracting money and uncover empowering new thought processes that will open the floodgates to unlimited money and wealth. If having money and financial freedom are at the top of your personal wish list, *The Secret to Attracting Money* will act as the perfect blueprint to make your wishes come true.

The Wizard's Wish Watkins Media Limited

In "Tapping for Wealth and Abundance: The Beginners Guide To Clearing Energy Blocks and Manifesting More Money Using Emotional Freedom Technique," you'll discover how to use the powerful self-healing technique known as EFT, or "tapping," to create greater wealth and abundance in your life. With this simple "Tap and Release" method, you'll remove the energy blocks that are preventing the Law of Attraction from helping you manifest the money you desire in your life. You'll be able to open the energetic channels that will allow more wealth and abundance to flow to you. Here's a bit of what we'll cover: * The Theory and Practice of Emotional Freedom Technique (EFT), and why it is one of the most freeing and powerful techniques you can

use to clear your energy blocks * Using EFT to address blocks to attracting, receiving, and having money and experiencing abundance. Most people don't have just 1 block, it's usually an entire network of related patterns, attitudes and beliefs, so we address the BIG ones and show you how to identify and address the others you may have * Sample Scripts to practice with, so you can get started right away * Tips and tricks for getting the most out of tapping and how to tell if it's working, within minutes * How to avoid common pitfalls, so you can keep moving forward, removing blocks, and installing beneficial patterns with speed and velocity * And much more If you're ready to experience more abundance, less stress around money, and finally get rid of the blocks that are holding you back, scroll up, grab your copy of "Tapping for Wealth and Abundance," and start taking action today...

Spiritual Selling Gildan Media LLC aka G&D Media

This is a new and completely revised edition of the original manual for Emotional Freedom Techniques (EFT), one of the most successful psychology self-help techniques ever developed. Thousands of people tell amazing stories of how it has helped them with psychological problems like anxiety, depression, phobias, and PTSD, as well as physical problems like pain and stress. Author Dawson Church is the best-known researcher in the field, and this manual is based on Clinical EFT, the only version of EFT to be validated in dozens of scientific studies. Step by step, you will learn the "evidence-based" form of EFT used in those studies. You'll discover how you can identify the hidden roots of emotional problems, and how to alleviate them using EFTs "Basic Recipe" as well as advanced techniques. This book shows you how to use Clinical EFT for a variety of common conditions, including pain, fears, addictions and cravings, weight issues, insomnia, and guilt. With the healing keys of EFT, you'll be surprised at how many problems that hold you back can be quickly and easily relieved, opening up new possibilities for your life.

The Heart & Soul of Eft and Beyond TarcherPerigee

Having a good relationship with money is tough—whether you have millions in the bank or just a few bucks to your name. Why? Because just like any other relationship, your life with money has its ups and downs, its twists and turns, its breakups and makeups. And just like other relationships, living happily with money really comes down to love—which is why love is the basis of money maven Kate Northrup's book. After taking the Money Love Quiz to see where on the spectrum your relationship with money stands—somewhere between "on the outs" and "it's true love!"—Northrup takes you on a rollicking ride to a better understanding of yourself and your money. Step-by-step exercises that address both the emotional and practical aspects of your financial life help you figure out your personal perceptions of money and wealth and how to change them for the better. You'll learn about thought patterns that may be holding you back from earning what you're worth or saving what you can. You'll learn how to chart your current financial life and create a plan to get you to where you want to be—whether that's earning enough to live in a penthouse in Manhattan or a cabin in the Rockies. Using client stories and her own saga of moving from \$20,000 of debt to complete financial freedom by the age of 28, Northrup acts as a guide in your quest for personal financial freedom. She'll teach you how to shift your beliefs about money, create a budget, spend in line with your values, get out of debt, and so much more. In short, she'll teach you to love your money, so you can love your life.

The Energy of Money Trafford Publishing

Wondering how to make the Law of Attraction work in your life? With the publication of *The Secret*, the Law of Attraction has

become a worldwide phenomenon. Yet, many people are still not getting the results they want and have been left disappointed and confused. Now motivational coach Bob Doyle, one of the teachers featured in the film version of *The Secret*, dispels the misconceptions and myths about the Law of Attraction and offers a practical, easy-to-use program for creating abundance and happiness. Doyle addresses head-on the objections, questions, and comments that many still have about creating abundance to get the things they want in life. *Follow Your Passion, Find Your Power* is a down-to-earth, no-hype, motivational approach to take control of your life and get the things you want. Doyle makes it clear that the Law is not a personal development tool you can use the right way or the wrong way; it's a profound statement of how energy works in the universe. It has to do with paying attention, recognizing where you are, and aggressively striving for what you want. It is all about passion, vision, and purpose. Get clear on your vision for your life, and follow a step-by-step plan to live your life by design.

Joyful Recovery from Chronic Fatigue Syndrome/Me Rockridge Press

Praise for spiritual selling "This is the only book I have ever read that seamlessly combines spiritual laws and sales. It shows you how to make internal changes that will impact your outside world. For my money, this is the best book out there for entrepreneurs and salespeople." --Dr. Joe Vitale, author of *The Attractor Factor* and *Zero Limits* "Nunziata has discovered the secret to success and abundance: that it comes from within and is created by your thoughts and feelings. His techniques are easy to follow and essential in helping you attain your true business potential. He knows that being successful is not about how many hours you work, but how you see yourself on your most basic level."?? ?? --Susan Kerr, spiritual counselor and author of *The System for Soul Memory* "Nunziata is the real deal when it comes to creating more sales. He has gone deep in his own life to learn his invisible blocks and is the master at teaching others how to do the same. He has an effective process to help salespeople and entrepreneurs move those blocks with ease-like they're children's block toys! As the creator of the *Selling-Without-Selling* program, I share his philosophy and know you will learn so much about yourself and what blocks your way. If you're serious about selling from your heart and soul and feeling really great about yourself and about selling, this book is a must!" --Dr. Terri Levine, Master Certified Coach and author of *The Successful Coach*, *Work Yourself Happy*, and *Stop Managing, Start Coaching* "If you're tired of the push and pull that comes with traditional methods of selling, *Spiritual Selling* is a must-have. The principles Nunziata teaches are based on attraction rather than force. His approach is not some pie-in-the-sky theory. Rather, he skillfully shows how you can begin attracting business to you rather than chasing after it-more business than you dreamed possible. Regardless of what you sell, this book will enlighten you in ways you never imagined." --Kathleen Gage, author of *The Law of Achievement*

*Attracting Abundance with EFT** Createspace Independent Publishing Platform

Emotional Freedom Techniques is a new path-breaking technique. By following the simple steps of tapping certain energy points in our body coupled with awareness and positive affirmations, we can unblock our inner creative force. It helps us enhance our positive traits and arrive at a state of perfect health. With EFT, abundance and well-being are just a tap away.

Memory Improvement Through EFT Tapping Hampton Roads Publishing

Do you have issues that you wish to work on, but find yourself lacking the words to describe how you feel while doing EFT?

Emotional Freedom Techniques (EFT) is a revolutionary self-help, energy, and psychological tool known for its easy application and relatively quick results. Presenting a compilation of author Lena Chen's best newsletter writings between 2009 and 2013, this inspiring volume seeks to help anyone interested in learning more about EFT. These techniques have been endorsed by scientists and medical doctors as well as renowned spiritual and self-help teachers such as Jack Canfield and Deepak Chopra. Based upon a powerful combination of ancient principles of Chinese acupressure and modern psychology, EFT is used by millions of people around the world—because it works! *EFT Meditations* is intended for new and experienced EFT users, professionals and laypeople, and anyone who may need a little boost in life—for peace, love, and inspiration. This guide can help users find the support they need in their lives. Consisting of fifty-two chapters on different topics such as health, money, relationships, love, and enlightenment, *EFT Meditations* guides you to meditate upon important concerns in your life, so that you may practice EFT on a deeper level for profound change and transformation.

EFT Meditations ReadHowYouWant.com

If you long for your dream life but feel trapped in mediocrity & disappointment then keep reading... Are you sick and tired of missing out in life & seeing everyone around you succeed, while you're left behind: broke in a job you hate, in a toxic relationship, or trapped in a body you're unhappy with? Have you tried affirmations, journaling, visualizations, & nothing seems to work? Do you finally want to say goodbye to all of your wasted time & see what ACTUALLY works for you? If so, then it's not by chance that you're reading this! You see, Manifesting all of your wants & desires doesn't have to be difficult, even if you feel like you've tried every other manifesting book & YouTube video already. You should NEVER have to wonder "is the law of attraction actually real or not?". In fact, it's easier than you think. According to the Hertz Vibration Scale, each emotion reflects a different rate of vibration. Emotions like shame, anger, guilt, fear start at very low frequencies. As you move up the ladder, you will find emotions like love, joy, & enlightenment (Smith, 2018). "You become what you believe. You are where you are today in your life based on everything you have believed" - Oprah Winfrey Here's just a tiny fraction of what you'll discover: The ridiculously easy way to hack your brain, boost performance, & release blocks holding you back from greatness (that you can do from home) Scripting done for you! New easy to fill in powerful scripting templates Why modesty is harming you & creating a mediocre life How you can easily release your whole life's trauma from your body at home & skyrocket vibration What is preventing you from contacting your divine energy & what you must heal to fix it Why scripting & meditation are not enough to successfully manifest your desires Why wasting time spending every moment thinking of what you desire is hurting you The mistakes to avoid & how to keep the relationship after you have manifested it These 20 new power affirmations that will have that specific person falling into your arms Moon phase manifesting secrets & what everyone is missing Amazing daily manifestation ritual done for you! Simply rinse & repeat at home! How to create a supercharged manifesting potion with items in your kitchen *BONUS* Secret Manifesting Formula Toolkit Download Inside! (Contains EFT Tapping Video, Guided Meditation MP3, Journal, & Bonus!) & much more! Take a second to imagine how you'll feel once you make your dreams reality. Imagine your friends & families' faces when they see your beautiful new life unfold! Even if you're at rock bottom or have failed to manifest in the past, you can mold your dream life starting today with these amazing secrets. You're holding the key to unlock anything you have ever dreamed of. It's

time to take action! So if you're DONE with settling for a mediocre life, wasting precious time, & ready to live your wildest fantasies then scroll up & click Buy Now.

The Secret to Attracting Money Hay House, Inc

The purpose of this book is to introduce you to one of the most simple, elegant and powerful self-help tools that you may ever come across to change your energy. It's called EFT which is short for Emotional Freedom Techniques. EFT is based on leveraging the wisdom and healing of using energy meridians which have been around for thousands of years. Unresolved negative emotions are often the cause behind many mental and physical issues. With EFT, by simply tapping with your fingertips on certain points on your face and body, while you concentrate on whatever bothers you, EFT helps clear the energy blocks of negative, uncomfortable emotions. "Freedom at Your Fingertips," is the ultimate question and answer guidebook for using Emotional Freedom Techniques to feel more energized and alive. We all have barriers, beliefs and blocks that show up in our lives as physical and emotional limitations. Now with EFT, you'll learn a breakthrough system that offers you a simple, powerful way to erase unwanted negative feelings, clearing the way to more

positive ones. It's a self-help tool that you'll have at your fingertips for resolving just about any physical or emotional issue that bothers you. Using EFT, typically a problem or condition is gone or greatly diminished in just a matter of minutes. In fact, people are usually amazed. They're surprised to find that EFT often works when nothing else seems to help. "Freedom at Your Fingertips" is loaded with a wealth of ideas and information you can put to practical use in all areas of your life immediately. There are 19 topics areas, over 300 examples of specific EFT setup phrases and 50 real life cases stories of proven results for ways you can use EFT to overcome some of the most common emotional and physical issues. Of course, as you'll learn in the book, we encourage you to try EFT on everything and discover its surprisingly wondrous results for yourself. "Freedom at Your Fingertips" is the only book available that has been co-authored by 20 World Class EFT practitioners: Gloria Arenson, Ron Ball, Gwenn Bonnell, Paul & Layne Cutright, Lindsay Kenny, Dr. Alexander R. Lees, Carol Look, Angela Treat Lyon, Rebecca Marina, Betty Moore-Hafter, Carol Solomon, Loretta Sparks, Mary Stafford, Carol Tuttle, Stacey Vornbrock, Maryam Webster, Rick Wilkes, Brad Yates and Jan Yordy. The foreword is by Dr. Joseph Mercola.