



EFT Tapping: Quick and Simple Exercises to De-Stress, Re-Energize and Overcome Emotional Problems Using Emotional Freedom Technique

Mike Moreland

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EFT Tapping: Overcome Stress, Fatigue and Emotional Problems

Do you feel stressed out a lot of the time? Do you often feel tired and worn out? Is your mind occupied with problems and do you struggle with emotional issues?

You're not alone! These are common issues that a lot of people face today. Fortunately, there are plenty of good methods that can be used to resolve these kinds of issues. There's cognitive therapy, talk therapy, meditation, yoga, etc. These methods can definitely be helpful. However, they are not always as easy to learn and seeing a therapist can get pretty expensive.

This book deals with a different technique that may work better for you: **EFT Tapping**. It is effective, easy to learn and quick to do: you can already feel better after just a few minutes! Also, EFT is a simple self-help technique so you don't need an expensive therapist.

In this book you will learn how to do a standard EFT Tapping session to work on any issue you may have. Additionally, the book focuses on a few specific issues, providing tapping sequences and scripts to help you:

- de-stress;
- re-energize; and
- overcome emotional problems, such as low self-esteem, depression and anxiety.

Discover EFT Tapping

Emotional Freedom Technique or EFT is a psychological acupressure technique that involves tapping near the end points of energy meridians in your body. EFT is an effective combination of mind-body medicine and acupressure that can help with physical, mental and emotional health issues.

EFT Tapping borrows much of its healing process from the meridian system that traditional acupuncture has used for over 5,000 years. Whereas acupuncture focuses primarily on the treatment of physical ailments, EFT addresses and relieves both physical and mental issues. In essence, EFT Tapping combines the cognitive benefits of conventional therapy with the physical benefits of acupuncture. EFT is also a less invasive technique in that it stimulates meridian points by tapping with the fingertips, rather than by using needles.

EFT works by tapping away negative energy blockages and disturbances. It thereby helps restore your energy flow in its natural balanced state, which is ideal for overall health and well-being. Through EFT, many people have:

- improved their personal performance;

- strengthened their relationships;
- freed themselves from limiting beliefs; and
- achieved a vibrant physical and mental health.

Improve Your Life with EFT Tapping

EFT Tapping has been proven useful in healing, or reducing the intensity of, physical illnesses and emotional problems. In this book you will learn the 5 basic steps of a classic EFT exercise, which you can use to work on any specific issue you may have. You will also learn an alternative tapping sequence called the EFT Heart and Soul Protocol, so that you can add variety to your exercises and choose the tapping protocol you're most comfortable with. The book is instructive and to the point: **it uses diagrams to illustrate tapping points and also includes a list of videos to practice and improve your tapping skills.**

Millions of people around the world already use EFT for a happier, healthier and more balanced life. Use the information you'll find in this book to improve your condition, resolve any emotional or internal conflicts you may be experiencing or any problems you may be facing. Why not give it a try? Take advantage of EFT to be more positive and happy. Use EFT Tapping to make your life better!

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Sharon Self:

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