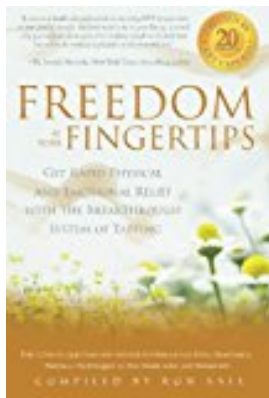


[PDF] Freedom At Your Fingertips: Get Rapid Physical And Emotional Relief With The Breakthrough System Of Tapping

Dr. Joseph Mercola, Ron Ball - pdf download free book



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Description:

From the Publisher "If you are a health care professional or just using EFT for your own or your family's benefit, this book needs to be in your library, as it will help you integrate what some of the

brightest people in the field have learned on the practical application of this powerful tool." -- Dr. Joseph Mercola

"What a Godsend!" -- Dr. Chris Morgan

"A book that offers tremendous hope." -- Burton Moon

"An extraordinary reference." -- Dr. Tom Driber

"Fabulous book filled with quick, painless formulas." -- Anna Bryde

"Best book on EFT I have ever read." -- Dr. Dusan Djukich

"Full of practical gems." -- Dr. Terry Gibson

"Freedom at Your Fingertips," is the ultimate question and answer guidebook for using Emotional Freedom Techniques (EFT) 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.

When we set out to do this book, we asked the big question. What if we could help teach people the principles of EFT (Emotional Freedom Techniques) by pulling together some of the very best EFT teachers and practitioners in the world? Further, what if we could do a book that made it quick and easy for people to find answers to their questions about EFT? "Freedom at Your Fingertips," is the product of these ideas.

It's like having 20 books in one because there are chapters written by some of the foremost experts on EFT. There are over 300 examples of specific EFT setup phrases and 50 real life cases stories of proven results on ways you can use EFT for 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.

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GLOSSARY

From the Inside Flap The preeminent scientist, Albert Einstein, named as Time Magazine's Person of the Century, said that everything, including our bodies, is composed of energy. 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. EFT and other healing modalities delve into the realms of energy psychology and energy medicine. 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. 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. This book is a questions and answers guidebook to refer to often. It's a self-help toolkit that you can use whenever you want to feel better or go beyond what limits you. Welcome to the exciting, extraordinary world of EFT. --This text refers to an out of print or unavailable edition of this title.

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