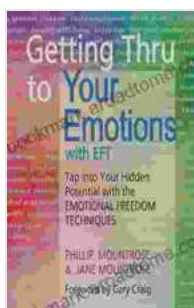


Getting Thru To Your Emotions With Eft: The Ultimate Guide to Emotional Freedom Technique

If you're looking for a way to improve your emotional health, EFT (Emotional Freedom Technique) is a great option. EFT is a self-help technique that can help you to release negative emotions, such as stress, anxiety, and fear. It's also helpful for improving your physical health, as it can help to reduce pain and inflammation.



Getting Thru to Your Emotions with EFT: Tap into Your Hidden Potential with the Emotional Freedom Techniques

4.3 out of 5

Language	: English
File size	: 2542 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 268 pages
Lending	: Enabled



EFT is based on the idea that negative emotions are caused by energy blockages in the body. By tapping on specific acupressure points, you can release these blockages and allow the negative emotions to flow out. EFT is a simple and effective technique that can be used by people of all ages and backgrounds.

How to Use EFT

To use EFT, follow these steps:

1. Identify the negative emotion that you want to release.
2. Rate the intensity of the emotion on a scale of 0 to 10, with 0 being no intensity and 10 being the most intense.
3. Choose an affirmation that you will repeat while tapping.
4. Tap on the karate chop point (located on the side of the hand, just below the little finger) while saying the affirmation.
5. Tap on the top of the head, eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, and under the arm while continuing to say the affirmation.
6. Repeat steps 4-5 until the intensity of the emotion has decreased.

It's important to be patient when using EFT. It may take several sessions to see results. However, with regular use, EFT can help you to improve your emotional health and well-being.

Benefits of EFT

EFT has many benefits, including:

- Reduces stress and anxiety
- Relieves fear and phobias
- Improves depression
- Reduces pain and inflammation

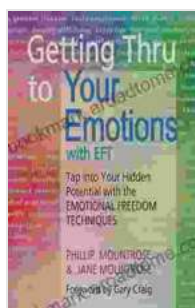
- Boosts energy
- Improves sleep
- Enhances self-esteem
- Promotes relaxation

EFT is a safe and effective technique that can be used to improve your emotional and physical health. If you're looking for a way to improve your well-being, EFT is a great option.

Getting Thru To Your Emotions With Eft

If you're interested in learning more about EFT, I recommend the book Getting Thru To Your Emotions With Eft. This book is a comprehensive guide to EFT that will teach you everything you need to know to get started. The book includes step-by-step instructions, exercises, and case studies. It's a great resource for anyone who wants to learn more about EFT.

EFT is a powerful tool that can help you to improve your emotional health and well-being. If you're ready to make a change, I encourage you to give EFT a try.



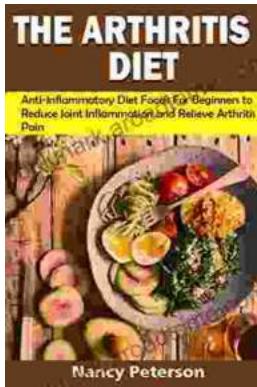
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by Phillip Mountrorse

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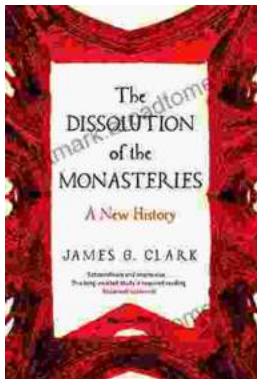
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