



EFT Tapping Handbook: A Powerful and Proven Guide for Using EFT Tapping Strategies to Lose Weight, Beat Stress, Increase Confidence, Improve Health and Harness Your Emotional Wellbeing

Holly Thomason

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EFT Tapping Handbook

"The book is just solid in terms of content and instruction." – Cameron

You're stressed out. You've gained weight. You just can't seem to get a break and make yourself feel better.

Does this sound like you? There's got to be relief...right? Rest assured, there is a way. There is help. You can do it! You can make it through! I know you can and I'm here to help.

All illness, pain, and psychological problems are the result of imbalances in the body's energy.

It's true. And that's why EFT works so well. EFT, or The Emotional Freedom Technique, also called "EFT Tapping" has been proven quite effective in reducing stress, removing certain phobias and some low-level psychological disorders as well as helping you to lose weight. Specialists of EFT claim that it is effective in reducing chronic pain, addiction, and just about anything else that ails a person. So what are you waiting for? Great health and feeling better can be achieved by using the EFT methods in this guide. I am positive you will experience relief from the issues that you're currently facing.

**EFT Tapping Handbook is a great new book you can begin using immediately for
Weight Loss, Stress Management, Addiction Relief, Better Health and Emotional Wellbeing**

EFT is founded on ancient wisdom of acupuncture that was traditionally used with needles, as was witnessed by the Chinese more than 5000 years ago. However, in modern practice, the acupuncture points are normally aroused by tapping them with the fingertips while listening to certain affirmations.

EFT works on the basis of making a person change how he/she feels about something and this happens in the sense that, the tapping stimulates the acupuncture points thus affecting the

electromagnetic level and electrochemical level that normally have a great influence on how a person feels.

Here Is A Preview Of What You'll Learn...

- History of EFT
- Tapping and Steps in Locating the Tapping Points
- Tapping Affirmations
- Benefits of Tapping
- Tapping for Weight Loss, Stress Management, Overcoming Addictions, Eliminating Headaches
- Using EFT to Attract Wealth
- And much, much more!

Once you read through this guide, I'm sure you will be able to use this amazing technique to free yourself from whatever may be troubling you.

Are you ready to start dropping pounds, reduce stress or maybe end an addiction?

Buy this book now to begin learning how to use EFT and Tapping to alleviate stress, addictions, create better health, give you emotional wellbeing, and more!

Don't forget your **FREE GIFT** with ebook purchase! Just my way of saying "thanks."



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Ashley Wright:

In this 21st millennium, people become competitive in every single way. By being competitive now, people have do something to make all of them survives, being in the middle of typically the crowded place and notice by means of surrounding. One thing that oftentimes many people have underestimated the idea for a while is reading. Sure, by reading a guide your ability to survive increase then having chance to endure than other is high. To suit your needs who want to start reading any book, we give you this specific EFT Tapping Handbook: A Powerful and Proven Guide for Using EFT Tapping Strategies to Lose Weight, Beat Stress, Increase Confidence, Improve Health and Harness Your Emotional Wellbeing book as nice and daily reading book. Why, because this book is more than just a book.

Leslie White:

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Stephen Redmond:

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