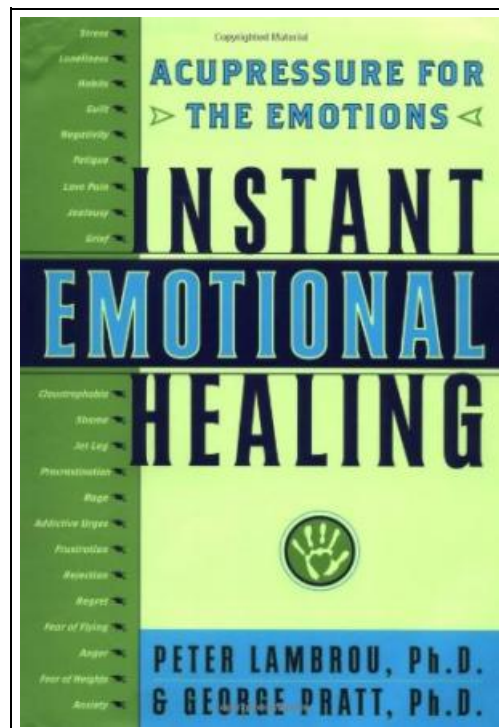


Instant Emotional Healing: Acupressure for the Emotions (Hardback)



Filesize: 2.33 MB

Reviews

A whole new eBook with a brand new point of view. It is definitely simplistic but shocks in the 50 percent of the publication. I am just pleased to explain how this is the greatest ebook i have read during my very own daily life and could be he best ebook for possibly.
(Mitchell Kuhn III)

INSTANT EMOTIONAL HEALING: ACUPRESSURE FOR THE EMOTIONS (HARDBACK)



To save **Instant Emotional Healing: Acupressure for the Emotions (Hardback)** eBook, remember to refer to the web link below and save the file or gain access to additional information which are have conjunction with INSTANT EMOTIONAL HEALING: ACUPRESSURE FOR THE EMOTIONS (HARDBACK) ebook.

HARMONY, United States, 2000. Hardback. Book Condition: New. 238 x 154 mm. Language: English . Brand New Book. Does your fear of flying make travel with friends and family impossible? Are you having trouble coping with the loss of a loved one or forgiving yourself for a mistake you made long ago? For the millions of people who suffer from phobias, anxieties, or distressing emotions such as anger, guilt, and grief, the breakthrough science of Thought Field Therapy--an easy-to-use practice often referred to as acupressure for the emotions --can make a remarkable difference. In this groundbreaking new book, psychologists Peter Lambrou and George Pratt, two pioneers in this emerging field, make their highly effective techniques available to everyone through simple step-by-step exercises that anyone can use to treat everyday emotional roadblocks with immediate and permanent results. Thought Field Therapy is a revolutionary blend of Western psychotherapy and Chinese medicine that uses the body's meridian energy systems to treat emotional issues that can take years to unravel through traditional, talk-based therapy. A combination of breathing and relaxation exercises, affirmations, and tapping specific pressure points on the body, Thought Field Therapy can instantly eliminate problems such as a fear of flying, public speaking, addictive urges, or painful emotions such as embarrassment or regret. Drs. Lambrou and Pratt, who practice at the prestigious Scripps Memorial Hospital in La Jolla, California, have used these techniques on over six thousand patients with a 95 percent success rate, teaching their methods to business executives, professional athletes, and celebrities. Instant Emotional Healing explores the science behind Thought Field Therapy, and presents easy-to-follow exercises that will enable you to master the breathing techniques, focused-thought exercises, and tapping methods that can restore complete emotional balance, relaxation, and well-being in a matter of minutes. You will learn how to...



[Read Instant Emotional Healing: Acupressure for the Emotions \(Hardback\) Online](#)



[Download PDF Instant Emotional Healing: Acupressure for the Emotions \(Hardback\)](#)



[Download ePub Instant Emotional Healing: Acupressure for the Emotions \(Hardback\)](#)

See Also



[PDF] Overcome Your Fear of Homeschooling with Insider Information
Access the link listed below to download and read "Overcome Your Fear of Homeschooling with Insider Information" PDF document.
[Save PDF](#)
»



[PDF] Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer
Access the link listed below to download and read "Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer" PDF document.
[Save PDF](#)
»



[PDF] Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)
Access the link listed below to download and read "Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)" PDF document.
[Save PDF](#)
»



[PDF] The Water Goblin, Op. 107 / B. 195: Study Score
Access the link listed below to download and read "The Water Goblin, Op. 107 / B. 195: Study Score" PDF document.
[Save PDF](#)
»



[PDF] Meet Trouble: Slipcase
Access the link listed below to download and read "Meet Trouble: Slipcase" PDF document.
[Save PDF](#)
»



[PDF] Oxford Primary Illustrated Science Dictionary
Access the link listed below to download and read "Oxford Primary Illustrated Science Dictionary" PDF document.
[Save PDF](#)
»

**[PDF] Learning with Curious George Preschool Math**

Follow the link under to read "Learning with Curious George Preschool Math" file.

[Read](#) [Book](#)

»

**[PDF] Christmas Favourite Stories: Stories + Jokes + Colouring Book: Christmas Stories for Kids (Bedtime Stories for Ages 4-8): Books for Kids: Fun Christmas Stories, Jokes for Kids, Children Books, Books for Kids, Free Stories (Christmas Books for Children) (P**

Follow the link under to read "Christmas Favourite Stories: Stories + Jokes + Colouring Book: Christmas Stories for Kids (Bedtime Stories for Ages 4-8): Books for Kids: Fun Christmas Stories, Jokes for Kids, Children Books, Books for Kids, Free Stories (Christmas Books for Children) (P" file.

[Read](#) [Book](#)

»

**[PDF] Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 3: Such a Fuss (Hardback)**

Follow the link under to read "Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 3: Such a Fuss (Hardback)" file.

[Read](#) [Book](#)

»

**[PDF] Ohio Court Rules 2015, Practice Procedure**

Follow the link under to read "Ohio Court Rules 2015, Practice Procedure" file.

[Read](#) [Book](#)

»

**[PDF] ESL Stories for Preschool: Book 1**

Follow the link under to read "ESL Stories for Preschool: Book 1" file.

[Read](#) [Book](#)

»

**[PDF] The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)**

Follow the link under to read "The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)" file.

[Read](#) [Book](#)

»