



## Emotional Freedom: Techniques for Dealing with Emotional and Physical Distress

By Garry A Flint

Garry A. Flint, United States, 2001. Paperback. Book Condition: New. Revised ed.. 228 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book gives clear, simple, fully illustrated instructions about the use of Emotional Freedom Techniques (EFT). It is manual for the use of EFT. EFT consists of five treatment steps: selecting your target issue, creating an affirmation with a brief description of the issue, tapping on the 12 basic acupressure points, tapping on 9 optional acupressure points, and then repeating the 12 basic acupressure points. After a glossary chapter, a separate chapter teaches each treatment step in a clear, understandable way. Other chapters include describing EFT as an experimental, outcome-based, treatment, the use of shortcuts, and an easy approach to problem solving when treatment stalls. Then there are chapters giving a detailed review of EFT, a flowchart, and chapters dealing with treating trauma, addictions and learned physical pain. To make your treatment objectives easier, there is an appendix that lists many issues and aspects of issues. A final chapter sets this book apart from all others. This chapter makes EFT available to your inner-self, a part of you that can simply treat issues when...



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