

# EFT Emotional Freedom Technique: Acupressure, Color Breathing, Visualization



## EFT - Emotional Freedom Technique & Acupressure, Color Breathing, Visualization: Natural Eyesight Improvement by Clark Night

★★★★☆ 4.2 out of 5

Language : English  
File size : 10935 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 535 pages  
Lending : Enabled



## A Comprehensive Guide to Emotional Healing and Optimal Well-being

The Emotional Freedom Technique (EFT), also known as tapping, is a groundbreaking self-help method that has been shown to effectively address a wide range of emotional and physical issues. By combining elements of Traditional Chinese Medicine, acupressure, and modern psychology, EFT allows individuals to access and release negative emotions and limiting beliefs that may be preventing them from living a happy and fulfilling life.

In this comprehensive guide, you will learn everything you need to know about EFT, including its history, principles, and step-by-step instructions on how to perform the technique. You will also discover the various ways in

which EFT can be used to address common emotional and physical issues, such as:

- Anxiety and Stress
- Depression and Mood Swings
- Trauma and PTSD
- Pain and Chronic Illness
- Relationship Issues
- Performance Enhancement

In addition to the core EFT technique, this book also explores advanced techniques such as color breathing and visualization. These techniques can help you to deepen your connection to your emotions, access subconscious beliefs, and accelerate the healing process.

With over 15 years of experience teaching and practicing EFT, the author provides expert insights and case studies that demonstrate the transformative power of this technique. You will learn how to use EFT to:

- Resolve deep-seated emotional issues
- Promote physical healing and well-being
- Improve your relationships
- Enhance your creativity and productivity
- Live a more balanced and fulfilling life

Whether you are new to EFT or have been using it for years, this book will provide you with the tools and knowledge you need to maximize the benefits of this powerful technique. With EFT Emotional Freedom Technique: Acupressure, Color Breathing, Visualization, you will embark on a journey of self-discovery and healing that will empower you to create a life filled with joy, peace, and abundance.

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Don't wait to experience the transformative power of EFT. Free Download your copy today and start your journey to emotional freedom and optimal well-being.



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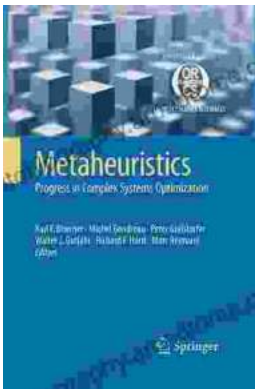
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