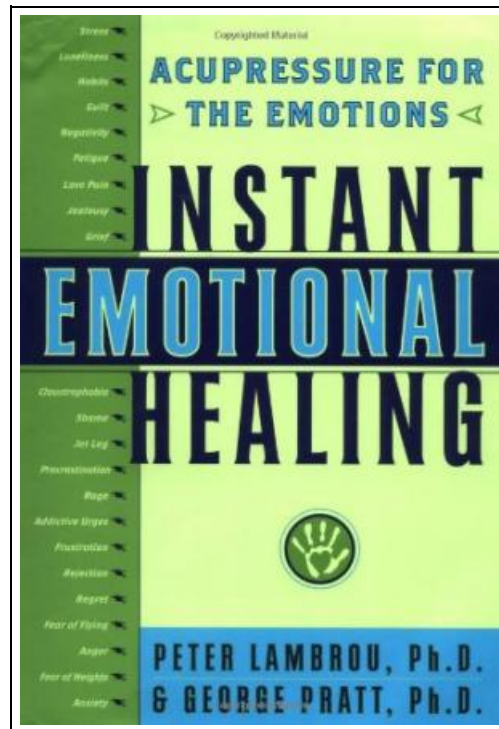


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HARMONY, United States, 2000. Hardback. Book Condition: New. 238 x 154 mm. Language: English . Brand New Book. Does your fear of flying make travel with friends and family impossible? Are you having trouble coping with the loss of a loved one or forgiving 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...



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