Get PDF

EMOTIONAL FREEDOM TECHNIQUE FOR DUMMIES



For Dummies. Paperback. Condition: New. 328 pages. Dimensions: 9.2in. x 7.2in. x 0.8in.A member of the Energy Therapies family - which includes, acupuncture, acupressure and shiatsu -Emotional Freedom Technique is a simple and increasingly popular self- development therapy used to treat a wide range of physical and emotional issues. Popularised by figures including Paul McKenna, EFT is based on the theory that negative emotions are caused by disturbances in the bodys energy. Often referred to as acupuncture without needles,...

Read PDF Emotional Freedom Technique For Dummies

- Authored by Helena Fone
- Released at -



Reviews

Completely among the best ebook I actually have possibly read. It can be rally fascinating through reading through period of time. I am very easily can get a pleasure of studying a written ebook.

-- Mr. Antone Rogahn Sr.

Thorough guide for ebook lovers. I am quite late in start reading this one, but better then never. Its been designed in an remarkably straightforward way which is simply soon after i finished reading this publication in which actually altered me, affect the way i think. -- Gunner Labadie

Very useful to all of class of people. It is really simplified but unexpected situations within the 50 % in the ebook. I am delighted to let you know that this is actually the best book i have read in my personal daily life and can be he finest ebook for at any time. -- Gwen Schultz