



It is in your Hands: Emotional Freedom Technique (EFT), Second Edition. Completely Revised: The Power to Eliminate Stress, Anxiety, and All Negative Emotions.

Ph.D., Sobeida Salomon

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IT IS IN YOUR HANDS is an introduction to a new psychological therapeutic method called Emotional Freedom Technique (EFT). It is a practical procedure to eliminate all negative emotions, including stress, anxiety, fears, phobias, past traumas (including Post Traumatic Stress Disorder, PTSD), substance abuse, and all addictions. With EFT, the user no longer has to go through months of expensive, and usually ineffective, conventional "talk therapies." In a matter of minutes, anyone can be free from any negative emotional or psychological difficulty that in the past has prevented him/her from reaching full potential, or from living a joyful, blissful life. EFT puts in your hands the power to eliminate all negative emotions. It is simple, effective, and most importantly, it is free! Emotional Freedom Technique (EFT) and Thought Field Therapies (TFT) access the body's energy meridian system to release the negative energy attached to a particular negative emotion. The energy meridian system is a natural network of energy pathways circulating throughout the body. EFT uses the same principles of energy therapies, such as acupuncture, except that EFT does not require needles and it heals psychological problems, not just physical ones. EFT/TFT is the outcome of a recent scientific discovery that found that the cause of negative emotions is not the memory of a traumatic event, but the negative energy entangled around the memory. This finding shows that by releasing this energy, the negative emotion is instantly eliminated. Thousands of people have reported relief from past traumas and negative feelings that had previously defied months of conventional treatment. The reader only needs to learn a series of meridian end points, how to use the hands to tap on these points for a few minutes, and the ability to concentrate and feel a particular negative emotion. It is that simple! IT IS IN YOUR HANDS is written in a simple style, with many practical exercises, case studies to treat specific negative emotions, and illustrations designed to gradually develop and apply the principles.

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Robert Hay:

The reason why? Because this It is in your Hands: Emotional Freedom Technique (EFT), Second Edition. Completely Revised: The Power to Eliminate Stress, Anxiety, and All Negative Emotions. is an unordinary book that the inside of the book waiting for you to snap it but latter it will distress you with the secret the idea inside. Reading this book close to it was fantastic author who all write the book in such amazing way makes the content inside easier to understand, entertaining method but still convey the meaning completely. So , it is good for you for not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of rewards than the other book have got such as help improving your expertise and your critical thinking method. So , still want to hold off having that book? If I ended up you I will go to the book store hurriedly.

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In this period globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of personal references to get information example: internet, newspaper, book, and soon. You will observe that now, a lot of publisher that print many kinds of book. The actual book that recommended to you personally is *It is in your Hands: Emotional Freedom Technique (EFT), Second Edition. Completely Revised: The Power to Eliminate Stress, Anxiety, and All Negative Emotions.* this reserve consist a lot of the information on the condition of this world now. This particular book was represented how can the world has grown up. The vocabulary styles that writer make usage of to explain it is easy to understand. The particular writer made some study when he makes this book. Here is why this book appropriate all of you.

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