



## Emotional Healing in Minutes: Simple Acupressure Techniques for Your Emotions

By Valerie Lynch

HarperCollins Publishers, United Kingdom, 2002. Paperback. Book Condition: New. 213 x 155 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Conquer your fears, phobias and negative emotions with this simple proven technique. The Emotional Freedom Technique (EFT) is a psychological version of acupressure, incorporating methods from Ancient Chinese Medicine and modern-day Applied Kinesiology. Each session involves gently tapping a sequence of energy points on the body with the fingertips, which releases the negative emotion. The authors provide a clear step-by-step guide with information about where to tap and what to say. This technique can be mastered by anyone and can be used effectively without the need for a therapist. It is a remarkable treatment that has achieved amazing results for a wide range of issues. You can tap away: stress and panic attacks \* negative emotions from jealousy to anger \* bad habits and addictions \* fatigue, depression and more.



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