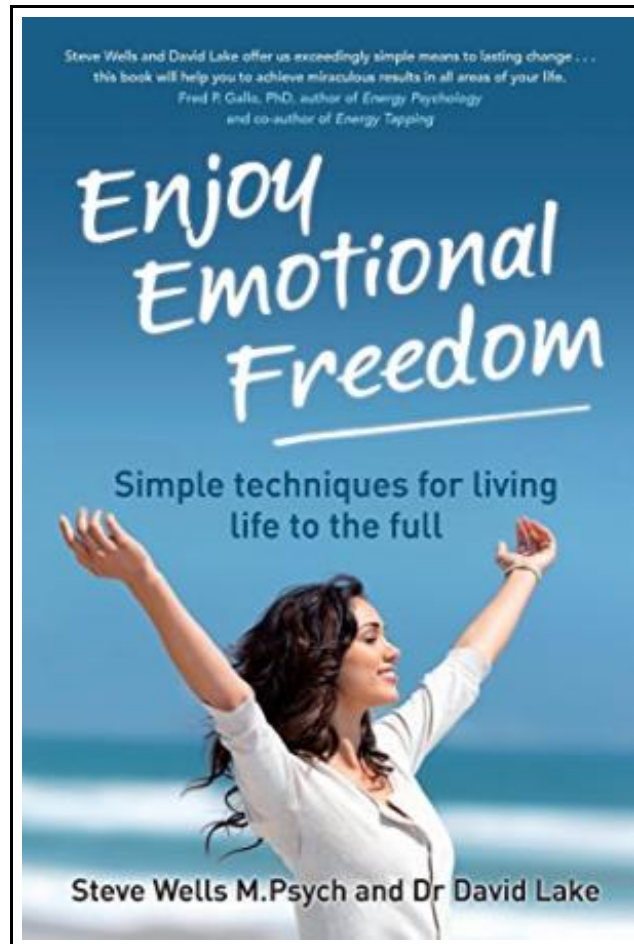


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ENJOY EMOTIONAL FREEDOM: SIMPLE TECHNIQUES FOR LIVING LIFE TO THE FULL



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Exisle Publishing (Australia). Paperback. Book Condition: new. BRAND NEW, **Enjoy Emotional Freedom: Simple Techniques for Living Life to the Full**, Steve Wells, David Lake, Emotional Freedom Therapy or (EFT) is a remarkable technique that alleviates emotional distress using simple yet elegant techniques based on the body's energy meridians. By teaching an easily adopted system of tapping on the body's meridian points, ENJOY EMOTIONAL FREEDOM enables you to 'tune' and 'tone' your body's energy system for immediate relaxation and relief from stress and anxiety. EFT is one of the few techniques that ordinary people can use to gain some control over dysfunctional feelings. ENJOY EMOTIONAL FREEDOM is full of deceptively simple yet highly effective tips and strategies that guide you into ways of being better balanced and more emotionally 'fit', regardless of any negative thinking you might be saddled with at present. Let the authors give you the life-long gift of emotional freedom. This is a little book about a big subject. It represents the fruit of a decade of experimentation and innovation in the field of energy psychology by two of the most enthusiastic and original contributors. In a nutshell the techniques taught in this book allow someone to 'tune' and 'tone' their body's energy system for the immediate benefit of relaxation and a reduction of the body's stress responses. They can also learn how to apply the meridian energy stimulation directly to a number of emotional issues with predictable positive results: typically, these are the issues of fear, anxiety and hurt. There are very, very few techniques that ordinary people can use alone to gain some control over dysfunctional feelings - and the techniques in this book represent two of them. The SET technique is a body technique-not really a mental one. It does have a great effect on...

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