



Principles of EFT (Emotional Freedom Technique): What it is, how it works, and what it can do for you (Discovering Holistic Health)

Lawrence Pagett with Paul Millward

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This is the definitive introductory guide to Emotional Freedom Techniques (EFT), a therapeutic psychological tool that draws on Chinese medicine and NLP (Neurolinguistic Programming) to remove blockages within the energy system.

Traditional and modern approaches of EFT are explained alongside a comprehensive description of EnergyEFT, the most advanced and evolved form. Simple practical usages of EFT for stress reduction are included, with step-by-step instruction on how to use tapping to remove stress and energise yourself. There are case studies and practical examples demonstrating how EFT can relieve a wide range of negative emotional conditions including anxiety, anger, depression, insomnia and migraines. The book also explores how EFT can improve and maximise positive emotional and spiritual functioning in terms of health and wealth transformation.

The uses of EFT are numerous and this handbook is an ideal starting point for anyone interested in learning more about the positive impact EFT techniques can have on their wellbeing.

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