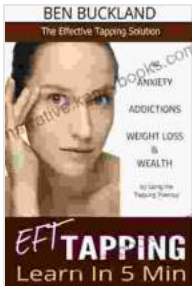


Learn EFT in Minutes: The Effective Tapping Solution for Anxiety, Addictions, Weight Loss



Tapping: Learn EFT in 5 Min - The Effective Tapping Solution for Anxiety, Addictions, Weight Loss & Wealth by Using the Tapping Therapy by Ben Buckland

★★★★☆ 4.1 out of 5

Language	: English
File size	: 860 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 262 pages
Lending	: Enabled



Are you struggling with anxiety, addictions, or weight gain? If so, you're not alone. Millions of people suffer from these conditions every year. But there is hope. EFT (Emotional Freedom Techniques) is a simple and effective tapping solution that can help you overcome these challenges and improve your physical and emotional health.

What is EFT?

EFT is a mind-body technique that combines elements of acupuncture, acupressure, and tapping. It works by stimulating specific meridian points on the body to release blocked energy and promote healing. EFT has been shown to be effective for a wide range of conditions, including:

- Anxiety
- Addictions
- Weight gain
- Stress
- Trauma
- Depression

How does EFT work?

EFT works by stimulating the body's energy system. When we experience negative emotions, such as anxiety or fear, our energy system becomes blocked. This blockage can lead to a variety of physical and emotional problems.

EFT helps to unblock the energy system by stimulating specific meridian points on the body. This stimulation helps to release the blocked energy and promote healing.

How do I use EFT?

EFT is a simple and easy-to-use technique. You can learn how to do EFT in just a few minutes. Here are the basic steps:

1. Identify the problem that you want to address.
2. Rate the intensity of the problem on a scale of 0 to 10, where 0 is no intensity and 10 is the most intense.

3. Tap on the karate chop point (located on the side of the hand, between the thumb and forefinger) while saying the following setup statement:
"Even though I have this [problem], I deeply and completely accept myself."
4. Tap on the following points in sequence while saying a reminder phrase that describes the problem:
 - Top of the head (crown)
 - Eyebrow (inner)
 - Side of the eye (outer corner)
 - Under the eye
 - Under the nose
 - Chin
 - Collarbone (left)
 - Collarbone (right)
 - Under the arm (left)
 - Under the arm (right)
 - Top of the head (crown)
- Repeat steps 3 and 4 until the intensity of the problem has decreased to 0.

What are the benefits of EFT?

EFT has a number of benefits, including:

- It is simple and easy to use.
- It is effective for a wide range of conditions.
- It is safe and non-invasive.
- It can be used to address both physical and emotional problems.
- It can help to improve your overall health and well-being.

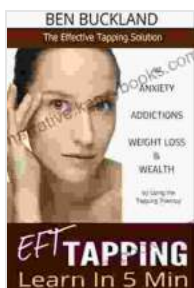
Learn more about EFT

If you are interested in learning more about EFT, there are a number of resources available. You can find books, articles, and videos online. You can also find EFT practitioners in your area who can teach you how to use the technique.

EFT is a powerful tool that can help you to overcome a variety of challenges and improve your physical and emotional health. If you are ready to make a change in your life, I encourage you to learn more about EFT.

Free Download your copy of Learn EFT in Minutes today and start experiencing the benefits of this amazing technique!

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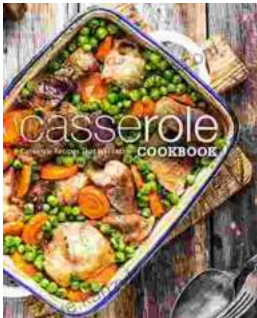
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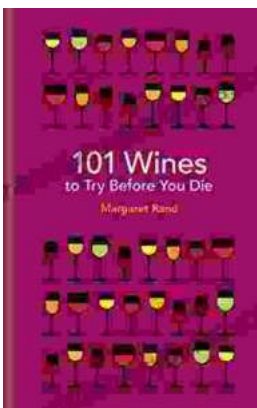
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