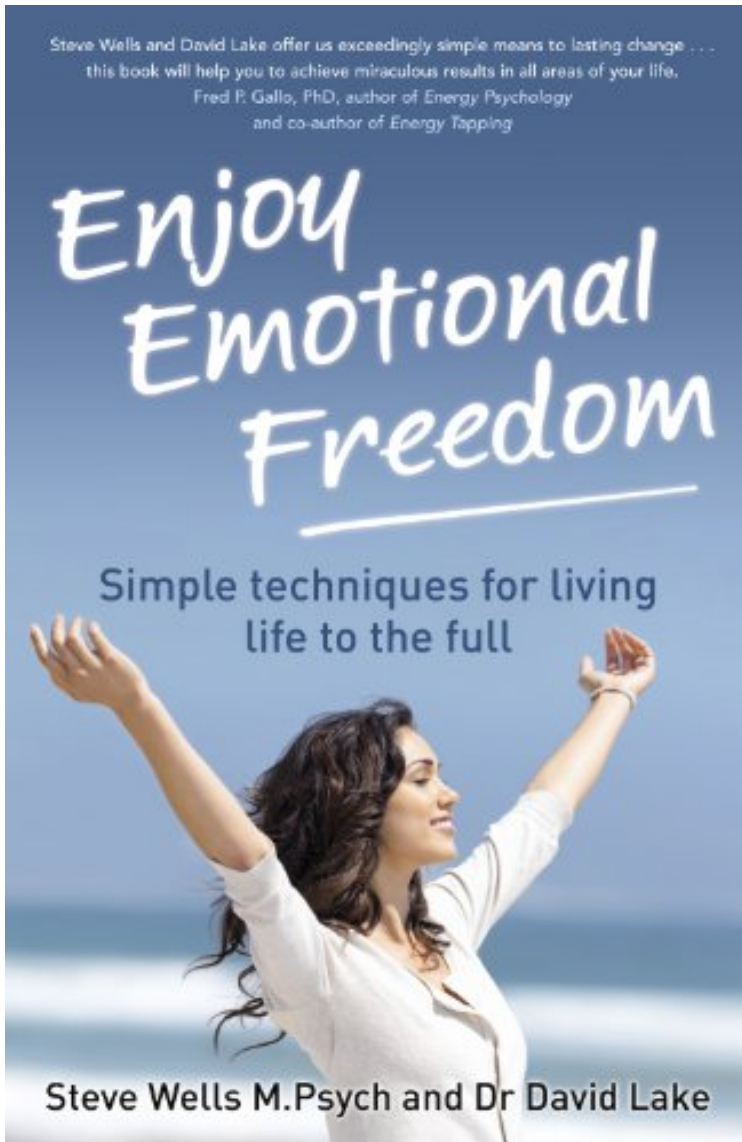


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# Enjoy Emotional Freedom: Simple techniques for living life to the full (English Edition)



*Par Steve Wells, David Lake*  
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## Description :

Prsentation de l'diteur 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 bodys meridian points, ENJOY EMOTIONAL FREEDOM enables you to tune and tone your bodys 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 the thoughts over time but not necessarily a direct one. The feeling that hurts us is stuck in the body. This is where the change (processing of emotion) will occur. You know you have a problem because when you think of something you have unpleasant feeling-reactions. If there is no hot feeling when you think of a problem then where is the problem? ENJOY EMOTIONAL FREEDOM enables and empowers the ordinary person to start getting results now, without having to be psychologically-minded or clever. It's full of useful tips and strategies which can be deceptively simple. This book guides you into ways of being better balanced and more emotionally fit regardless of the thinking you might be saddled with at present. Best of all, it gives you the life-long gift of being able to help yourself far more than you ever imagined. Dr David Lake is a medical practitioner and psychotherapist. Steve Wells is a psychologist, professional speaker and peak performance consultant. They are internationally recognized as innovative leaders and skilled practitioners in the new field of Energy Psychology. ENDORSEMENT 'Celebrated energy psychology pioneers Steve Wells and Dr. David Lake condense years of clinical experience down to sheer brilliance in their newest book "Enjoy Emotional Freedom". The authors gently guide the reader on a wonderfully supportive journey leading to lasting change, personal well-being and increased self-esteem. Wells and Lake's signature emphasis on continuous tapping, with their unique "Simple Energy Techniques" (SET), is a refreshing switch from complicated routines for the average reader, and itself is a much-welcomed addition to the family of fast, effective energy therapies. "Enjoy Emotional Freedom" not only ably guides beginners, but also includes a wealth of information for advanced clinicians and practitioners to use in their personal and professional lives. I recommend only a few hand-picked resources to my clients and students - "Enjoy Emotional Freedom" has just been added to that very short list. Congratulations to the authors for a triumph that immediately distinguishes itself from the crowd. Well done! Maryam Webster, M.Ed. Director, The Energy Coach Institute Author, "Everyday Bliss For Busy Women" Presentation de l'diteur 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. 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