

Great EFT tips book for reducing stress, healing and more

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EFT (Emotional Freedom Technique) is a great way to eliminate pain, release emotional problems, improve relationships and reach goals that you are stuck on. This Steve Wells [ebook](#) on EFT goes beyond the basics and gives lots of tips on using it. I went to a Steve Wells EFT workshop in Florida about 9 years ago and he is a great teacher and EFTer. If you download the e-book it would be fair to sign up for Steve's EFT newsletter as the book is free for subscribers and is \$19.95 for everyone else. Links below.

PS Given the extra potential stresses in 2012 I would recommend one of the ideas in this book which is just tap every day whether you are working on a special issue or not. There is a hand version of the tapping that is unobtrusive to do in public or at work. Secondly as the founder of EFT Gary Craig suggests "Tap on Everything" - you never know what improvements you might see!