

It is in Your Hands: Emotional Freedom Technique (EFT) : the Power to Eliminate Stress, Anxiety, and All Negative Emotions, 2011, 110 pages, Sobeida Salomon, 0965564304, 9780965564304, SpiralPress, 2011

IT IS IN YOUR HANDS is an introduction to a new psychological therapeutic method called Emotional Freedom Technique (EFT). It is a practical procedure to eliminate all negative emotions, including stress, anxiety, fears, phobias, past traumas (including Post Traumatic Stress Disorder, PTSD), substance abuse, and all addictions. With EFT the user no longer has to go through months of expensive, and usually ineffective, conventional "talk therapies." In a matter of minutes, anyone can be free from any negative emotional or psychological difficulty that in the past has prevented him/her from reaching full potential, or from living a joyful, blissful life. EFT puts in your hands the power to eliminate all negative emotions. It is simple, effective, and most importantly, it is free! Emotional Freedom Technique (EFT) and Thought Field Therapies (TFT) access the body's energy meridian system to release the negative energy attached to a particular negative emotion. The energy meridian system is a natural network of energy pathways circulating throughout the body. EFT uses the same principles of energy therapies, such as acupuncture, except that EFT does not require needles and it heals psychological problems, not just physical ones. EFT/TFT is the outcome of a recent scientific discovery that found that the cause of negative emotions is not the memory of a traumatic event, but the negative energy entangled around the memory. This finding shows that by releasing this energy, the negative emotion is instantly eliminated. Thousands of people have reported relief from past traumas and negative feelings that had previously defied months of conventional treatment. The reader only needs to learn a series of meridian end points, how to use the hands to tap on these points for a few minutes, and the ability to concentrate and feel a particular negative emotion. It is that simple! IT IS IN YOUR HANDS is written in a simple style, with many practical exercises, case studies to treat specific negative emotions, and illustrations designed to gradually develop and apply the principles. About the Author: Dr. Sobeida Salomon is a sociologist and an expert in adult education and counseling. She has a Ph.D. from the University of Kentucky and a M.Sc. from the University of Guelph (Canada). She has many years of international experience in counseling, substance abuse prevention, and gender/cultural issues. She has worked with local and state governments, universities, and nonprofit organizations. Dr. Salomon has conducted qualitative research in the area of gender development, smoking cessation, and health promotion.

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Home in your hands , Lee Lynch, 1986, Lesbians, . .

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Health In Your Hands , Dr. S. K. Sharma, 2006, Alternative medicine, 280 pages. .

EFT for Weight Loss The Revolutionary Technique for Conquering Emotional Overeating, Cravings, Bingeing, Eating Disorders, and Self-sabotage, Gary Craig, 2010, Health & Fitness, 274 pages. According to new scientific studies, EFT is very successful at helping people attain and maintain their goal weight. That's because it doesn't rely on diets or restrictions.

Healing Your Mind and Soul: Therapeutic Interventions in Quantum Reality , Garry Flint, Aug 1, 2012, Psychology, 244 pages. In his groundbreaking book, Healing Your Mind and Soul, Flint approaches healing from the point of view of quantum reality. He creates a model of quantum reality, which.

In Your Hands , David Holtrop, Feb 1, 2007, Religion, 76 pages. IN YOUR HANDS is a unique combination of tips for life and parenting. This book speaks of the powerful, world-changing choices we all have to make every day, parenting tips.

This Life Is in Your Hands One Dream, Sixty Acres, and a Family Undone, Melissa Coleman, Apr 12, 2011, Biography & Autobiography, 352 pages. Set on a rugged coastal homestead during the 1970s, This Life Is in Your Hands introduces a superb young writer driven by the need to uncover the truth of a childhood tragedy.

The Great Joy of Healing Past Lives Making This a Fabulous Lifetime with EFT Tapping, Judith Rivera Rosso, Mar 10, 2014, Body, Mind & Spirit, . вЂњ...insights, wisdom, and methodologies for healing past life experiences in a beautiful and remarkable way.вЂќ Lindsay Kenny, EFT Master-Trainer вЂњThere is gold between the.

EFT for Sports Performance , Gary Craig, , , . .

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