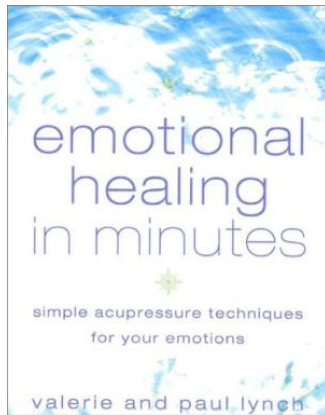


Read Doc

EMOTIONAL HEALING IN MINUTES: SIMPLE ACUPRESSURE TECHNIQUES FOR YOUR EMOTIONS



HarperCollins Publishers, United Kingdom, 2002. Paperback. Book Condition: New. 213 x 155 mm. Language: English . Brand New Book ***** Print on Demand *****.Conquer your fears, phobias and negative emotions with this simple proven technique. The Emotional Freedom Technique (EFT) is a psychological version of acupressure, incorporating methods from Ancient Chinese Medicine and modern-day Applied Kinesiology. Each session involves gently tapping a sequence of energy points on the body with the fingertips, which releases the negative emotion. The authors provide...

Download PDF Emotional Healing in Minutes: Simple Acupressure Techniques for Your Emotions

- Authored by Valerie Lynch
- Released at 2002



Filesize: 8.85 MB

Reviews

Extremely helpful for all class of people. It is probably the most incredible ebook i actually have go through. I discovered this publication from my dad and i recommended this ebook to discover.

-- **Victoria Hickie PhD**

Comprehensive information for publication enthusiasts. I could possibly comprehend every little thing using this composed e pdf. You can expect to like the way the article writer create this pdf.

-- **Abby Kozey IV**

A really wonderful ebook with perfect and lucid answers. It is rally interesting throug looking at period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Gustave Moore**
