



Introducing EFT (Emotional Freedom Techniques): A Practical Guide (Introducing...)

Judy Byrne

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EFT Founding Master Judy Byrne gives you practical advice on how to use Emotional Freedom Technique to improve your emotional well-being and change your life. In Introducing EFT, through the proven method of 'tapping' you will learn how to remove negative feelings, let go of the past, improve willpower and aim for a positive future.

CLEAR AWAY NEGATIVE EMOTIONS and find inner peace

CURB CRAVINGS and take back control of your life

TAP INTO YOUR POTENTIAL and eradicate those nagging doubts

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