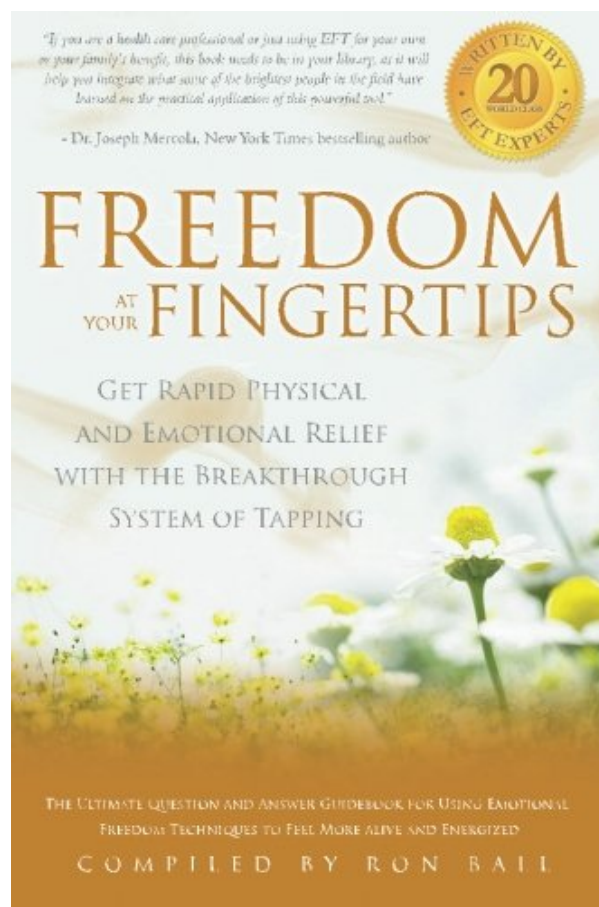


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- Dr. Joseph Mercola, New York Times bestselling author



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As one of guide compilations to recommend, this *Freedom At Your Fingertips: Get Rapid Physical And Emotional Relief With The Breakthrough System Of Tapping By Ron Ball* has some solid factors for you to review. This publication is very appropriate with exactly what you require now. Besides, you will certainly also love this book *Freedom At Your Fingertips: Get Rapid Physical And Emotional Relief With The Breakthrough System Of Tapping By Ron Ball* to review considering that this is one of your referred books to check out. When getting something brand-new based upon encounter, entertainment, and various other lesson, you can utilize this publication *Freedom At Your Fingertips: Get Rapid Physical And Emotional Relief With The Breakthrough System Of Tapping By Ron Ball* as the bridge. Beginning to have reading behavior can be undergone from various methods and also from variant sorts of publications

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If you're a results-oriented, open-minded person, this book can be a valuable tool for your health and well-being. Inside the pages, you'll learn a simple, effective method that may surprise you with its undeniably wondrous results. "Freedom at Your Fingertips" will introduce you to EFT (Emotional Freedom Techniques), a simple, effective method based on centuries old energy meridians healing that you can learn to get relief with all kinds of physical and emotional issues.

EFT is an energy psychology and healing modality that can help erase negative and blocked emotions that can affect your health. EFT is something that you can learn to do for yourself quickly and easily. The book is written for the general public and people new to learning about EFT. It has a wealth of ideas and information you can put to practical use in all areas of your life immediately. Tried everything else? Then try EFT!

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Most helpful customer reviews

81 of 83 people found the following review helpful.

Clear friendly introduction to EFT

By Promise

When I first found EFT, I ordered several books and sets of DVD's on the subject. While watching a DVD

has obvious advantages over reading a book, I have to say that I found this book almost more helpful than the DVD's and it is definitely the most useful of all the books I bought.

It's very readable. There is a great variety of styles presented...from a charming fellow who once studied to be a clown to more serious academics with lots of initials after their names. One of the nice things about EFT is that it is so adaptable to different personalities and uses. Some people have a definite spiritual bent, for example. Others have different perspectives. Here you get to see how 20 people use it in a vast number of different ways, which gives you the freedom to find your own way of using it.

Each presenter writes a short chapter focusing on a particular subject, eg. pain management, sports performance, weight loss, procrastination, etc. There is something here for everyone. Each expert gives examples of how EFT has been used successfully for that problem and offers abundant suggestions for EFT set-up phrases.

It's possible for a beginner to pick up the book and start using EFT almost immediately. And yet it has enough solid information to be used as a reference for an experienced EFT professional for a long time. I've referred to it over and over and have given it to clients.

There's a nice, friendly tone to the book, too, which I appreciate. It doesn't try to impress you with a lot of difficult methodology. It doesn't leave you overwhelmed with information that you feel you'll never assimilate. It doesn't make you feel that you have to spend large sums of money to study further with the writers or consult with them personally, although some of them do offer these options.

55 of 57 people found the following review helpful.

Breakthrough in healing

By Anna Bryde

This is a fabulous book! Freedom At Your Fingertips is a treasure chest filled with quick, painless formulas to help clear away emotional issues and physical ailments. That may sound very simplistic, but EFT is so effective that it almost sounds too good to be true. Well it is good, and it is true, and it really works!

I chose to read the book from cover to cover even though it is designed as a reference book, and found it to be a fascinating discovery journey. I looked into EFT a while ago, (created by Gary Craig, engineer and Master NLP Practitioner) and found it to be very quick and easy to learn to use. I now use EFT regularly for different themes in my life. Some physical pain that I had for a long time just vanished. Some emotional issues also went away. Some of the changes are so subtle that they are almost undetectable, but there is this good "something different" quality present.

It is important to remember to take SUDS ('subjective units of distress scale' from 0 to 10 of the issue being addressed) before tapping so as to be able to really note the shift in energy that takes place.

Freedom At Your Fingertips covers many different subjects by twenty different experts in this Energy Psychology. There is enough material in the book to keep any keen EFT enthusiast busy for a long time. I have also myself been able to help other people with both physical and emotional issues already with EFT. Within these techniques there is a very strong spiritual component present.

It is one of the most powerful healing modalities I have come across to this day, and I have learned many different healing techniques as I am a qualified healing practitioner. The more people who learn EFT and use it, the more we can affect the quantum field and contribute to the healing of our planet. EFT really works! Do yourself a favour and don't hesitate for one more moment in buying this book. What have you got to

lose?

49 of 51 people found the following review helpful.

Tap Your Troubles Goodbye with EFT

By Jean Bonnen

This isn't your ordinary book that you read from front to back. It is a reference for learning Emotional Freedom Technique. A broad range of how we can apply EFT in our own lives is available from the examples provided by experts.

A page in the first chapter shows all the tapping points. These points are easily learned and are the same no matter what the problem is, whether it is physical pain or emotional pain. All you have to do is focus on the feeling that problem gives you, (anger, sadness, physical pain, worry, etc.,) and do the tapping sequence. It is not magic, it is similar to acupuncture in that acupressure points are used. However, it isn't necessary to have any knowledge of acupressure. I taught EFT to a six year old and she has used it successfully on several occasions. It is like straightening out the kink in your garden hose. When the garden hose is blocked, no water flows, you release the kink and water flows easily. EFT releases the kinks in our energy system and the pain is released. I've been using EFT with great success for over four years.

The developer of EFT, Gary Craig, put his free manual on the internet a little over ten years ago. Since then hundreds of thousands of people have downloaded his manual. Craig's web site is [...].

While there are dozens of books written by Gary's students about this amazing work, this is one I highly recommend. Twenty experts have shared their experiences with using Emotional Freedom Techniques. You can go to [...] get a thumbnail sketch of the authors and their tips on how to use EFT.

Any new idea takes a while to catch on. Only about 16 % of the population are willing to try something new. Although EFT is based on acupressure points, which have been used for thousands of years in the Eastern world, it is not as widely known in our Western world. Here is a method that can banish pain and other negative feelings. It is easily learned and applied with the fingertips. You always have your fingertips with you.

Could it get any easier? Be an adventurer. Be one of the 16%.

See all 36 customer reviews...

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