

MARKET

- Anyone who struggles with excessive worry or tension, bad habits, unpleasant memories or dealing with change.
- People wanting to achieve a better emotional balance.

SALES POINTS

- Emotional Freedom Techniques (EFT) and specifically Simple Energy Techniques (SET) enable ordinary people to help themselves overcome emotional problems.
- EFT is attracting an ever-growing following due to the effectiveness and simplicity of its method.
- The authors are leaders in the field; this book draws on over a decade of their research and innovation.

CATEGORY

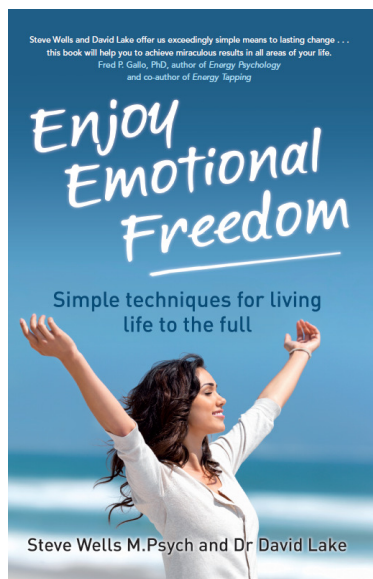
- Self Help

SPECIFICATIONS

- 234 x 153mm
- 9¼ x 6 in
- Paperback
- 224 pages
- 65 000 words approx
- April 2010
- A\$34.99 | NZ\$39.99
- 978 1 921497 48 3

Enjoy Emotional Freedom

Simple techniques for living life to the full.



By teaching a simple system of tapping on the body's meridian points, this book enables you to 'tune' and 'tone' your body's energy system for the immediate benefit of relaxation and a reduction of the body's stress responses generally. The techniques can also be used to help resolve a number of emotional issues, typically fear, anxiety and hurt. There are very few techniques that ordinary people can use alone to gain some control over dysfunctional feelings, but this is one of them, allowing anyone to get results without having to be psychologically minded or clever. The book is full of deceptively simple yet highly effective tips and strategies that guide you into ways of being better balanced and more emotionally 'fit', regardless of any negative thinking you might be saddled with at present. It gives you the life-long gift of being able to help yourself far more than you ever imagined possible.

AUTHORS:

Steve Wells is a psychologist, professional speaker and performance expert from Perth, Western Australia. He has been using and teaching EFT techniques for the past twelve years and regularly consults and presents worldwide with elite athletes and corporate personnel to improve their performance.

David Lake is a medical doctor practising on the Northern Beaches of Sydney. With a lifelong interest in therapeutic techniques that actually work to promote healing, David has specialised in using Energy Therapies to treat anxiety, phobias, post-traumatic stress and relationship problems.

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