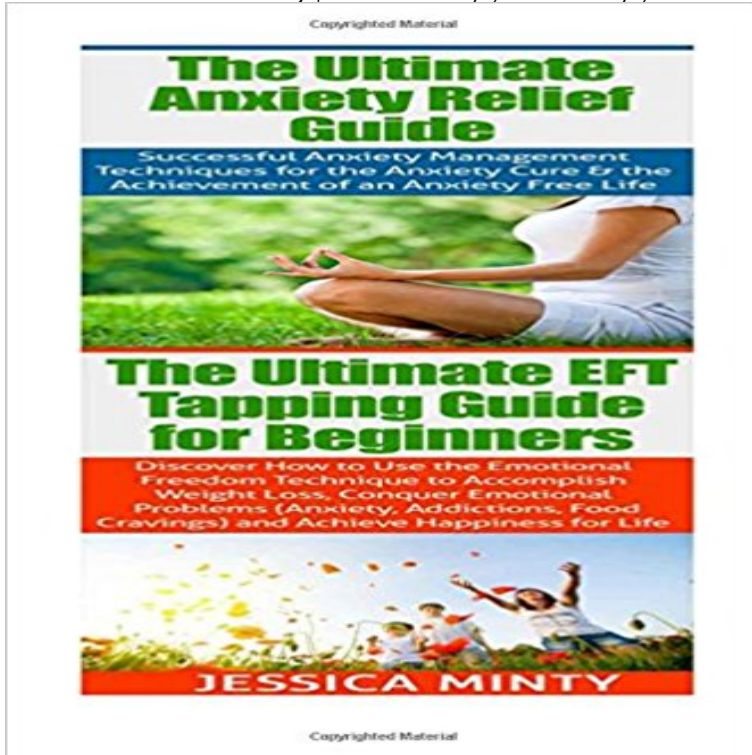


# Anxiety Relief: EFT Tapping: Anxiety Management & Stress Solutions for Overcoming Anxiety, Worry, Cravings, Temptation & Bad Habits



Achieve Emotional FREEDOM and Happiness for Life! This book teaches you how to use EFT Tapping and Affirmation Statements to reach your goals and dreams. It also gives you helpful tips and techniques to take advantage of the benefits of EFT and positive thinking in getting the things you want. This effective technique will also help with anxiety and phobias. The Emotional Freedom Technique is a collection of exercises, based on the psychology of Dr Roger Callahan, which removes hindrances to your goals by examining the unresolved emotional issues which are holding you back. The techniques in this book will show you tried and tested methods for you to use in your own life. Instead of a passive philosophy, EFT allows you to be pro-active and positively take control of your own emotional well-being. EFT allows you to be free of potentially damaging crutches, such as medications, and gives the power back to you. Here Is A Preview Of What Youll Learn... Emotional Freedom Technique: The Basics Foundation of EFT Tapping: Your Bodys Energy Level EFT Tapping Tips and Tricks to Make EFT More Effective Using EFT Tapping to Address Specific Problems Tap Your Way to a Happy Life Learn How to Use EFT to Accomplish Weight Loss, Conquer Emotional Problems and Achieve Happiness for Life Now! Anxiety Has No Place In Your Life. Conquer it! Its normal to feel afraid and worried. In fact, harboring apprehensions is an essential trait needed for our very survival as humans. Ideally, knowing what we are afraid of is supposed to help us pay close attention to the problem at hand and devise solutions to address it right away. However, its an entirely different thing when these same fears and insecurities begin to get the better of us. Anxiety comes about when we lose control of our fears. It becomes particularly troublesome when we

cease to function well, if at all, because of our inability to pull ourselves together. As such, it is necessary to identify the factors that lead to anxiety, as well as the different strategies and techniques that can be used to overcome its debilitating effects. Here Is A Preview Of What Youll Learn... Defining Anxiety and Its Role in your Life Understanding the Triggers and Risk Factors that Cause Anxiety Disorders Determining the Physical, Emotional and Behavioral Manifestation of Anxiety Probing the Effects of Anxiety on Your Personal and Professional Life Altering Negative Thought Patterns through Professional Help Modifying Your Day to Day Lifestyle to Free Yourself from Anxiety Purchase your copy today!

Sábado, 10 Junio 2017 Inicio los gea agea webmail contactar buscar... Inicio Secciones Enlaces Guiones doctrinales LO MÁS LEÍDO Temas de reflexión y diálogo sobre la familia Más de 50 sectas satánicas actúan en España Cinco reglas de oro para tratar a los adolescentes Definición y valoración de la clonación Diez principios para mejorar la autoestima en la familia ULTIMAS NOTICIAS La "Anunciación" a San José El conflicto de Oriente Medio Relación de Actividades de GEA Valencia 2014 Presentación de AGEA VALENCIA LA MENTALIDAD HIDALGA EN INDIAS LOS BLOGS DE AGEA Mi Siglo Biología y Antropología Bio-Logo El Blog de José A. Puig 3 aula 3 Aula Hontanar AGEA Valencia La "Anunciación" a San José Por Juan María Silvela Milans del Bosch Hay dos personajes del Nuevo Testamento que en mis lecturas de exégesis nunca he llegado a entender del todo; son San Juan Bautista y San José. Sobre el primero de ellos, un libro, titulado: Los esenios, Qumrán, Juan Bautista y Jesús de Hartmut Stegemann (1), me aclaró bastante el personaje, pero me quedan varias dudas sobre el mismo. Continuar leyendo El conflicto de Oriente Medio Relación de Actividades de GEA Valencia 2014 GEA Valencia ha publicado la relación de las actividades llevadas a cabo durante 2014 incluyendo, 37 conferencias y 3 intervenciones radiofónicas, 26 publicaciones en prensa escrita y 20 publicaciones en varios blogs. Continuar leyendo Presentación de AGEA VALENCIA Hoja de Presentación de AGEA VALENCIA LA MENTALIDAD HIDALGA EN INDIAS Los españoles emigrados a América tenían un extraordinario interés en mantener las tradiciones y costumbres heredadas de sus antepasados. Cuando éstos pertenecían a la nobleza, era aún mayor el empeño por conservar esa condición de nobles hidalgos, y acreditarla debidamente mediante documentos, que la justificaran, para así transmitirlo a sus descendientes. Continuar leyendo Más artículos... FRANCISCA DE TRUJILLOS, UNA MUJER DE CARÁCTER, EN PANAMÁ Atrévete a cambiar el mundo con Gea Murcia Conferencia-coloquio: Hacer del matrimonio algo grande Concierto de Polifonía Sacra por la Coral Nuestra Señora de las Nieves Para proteger al concebido y a su madre 12345678910»Final RECOMENDAMOS iffd.org NOTICIAS DE AGEANET Escriba su correo electrónico Suscribirse Aviso Legal Política de privacidad Contactar

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