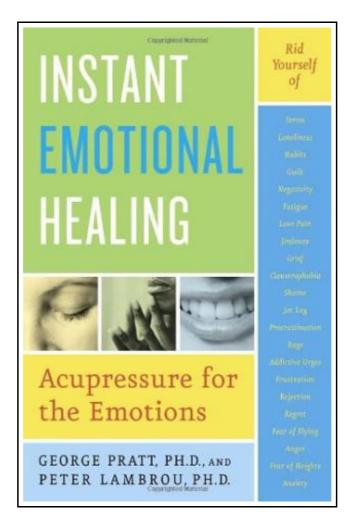
# Instant Emotional Healing: Acupressure for the Emotions (Paperback)



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### Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.

(Newton Runolfsson)

### INSTANT EMOTIONAL HEALING: ACUPRESSURE FOR THE EMOTIONS (PAPERBACK)



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Random House USA Inc, United States, 2006. Paperback. Book Condition: New. Reprint. 231 x 155 mm. Language: English . Brand New Book. Does your fear of flying make travel with friends and family impossible? Are you having trouble coping with the loss of a loved one or forgiving yourself for a mistake you made long ago? For the millions of people who suffer from phobias, anxieties, or distressing emotions such as anger, guilt, and grief, the breakthrough science of Thought Field Therapy an easy-to-use practice often referred to as acupressure for the emotions can make a remarkable difference. In this groundbreaking book, psychologists Peter Lambrou and George Pratt make their highly successful techniques available to everyone through simple exercises that anyone can use to treat everyday emotional roadblocks with immediate and permanent results. A blend of Western psychotherapy and Chinese medicine, Thought Field Therapy (or TFT) uses the body s meridian energy systems to treat emotional issues that can take years to unravel through traditional, talkbased therapy. A combination of breathing and relaxation exercises, affirmations, and tapping on specific pressure points on the body, TFT can instantly eliminate problems such as a fear of flying or public speaking, addictive urges, or painful emotions such as embarrassment or regret. Used on thousands of people with a 95 percent success rate, the step-by-step methods in Instant Emotional Healing now allow you to master this amazingly simple, astonishingly effective practice for yourself and open the door to a lifetime of emotional control and well-being.



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