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Years ago, when I started out learning EFT, there was exactly one EFT manual – Gary Craig's original EFT manual. And maybe one YouTube tapping channel. And maybe one YouTube tapping channel. Gary Craig's EFT manual was the EFT bible, but it is not easily available anymore.

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The Emotional Freedom Techniques are a group of brief therapeutic interventions and self-help tools, sometimes known as "acupuncture without needles" or "tapping therapy". EFT brings together the principles of traditional Chinese medicine, neuroscience and cognitive-behavioural therapy by combining stimulation of a series of acupressure points with cognitive restructuring (specially ...

(Emotional Freedom Techniques) Self-Help and Recovery

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EFT TAPPING PROCEDURE (The Basic Recipe)

How to do the EFT Tapping Basics - The Basic Recipe The Basic Tapping Procedure - The Centerpiece of EFT. The EFT Tapping Basic Recipe is an easy to use healing tool that provides the very foundation for expanding your emotional freedom.

How to do the EFT Tapping Basics - The Basic Recipe | PART

EFT is a form of psychological acupuncture that uses light tapping with your fingertips instead of inserting needles to stimulate traditional Chinese acupuncture points.

EMOTIONAL FREEDOM TECHNIQUES (EFT) - Carol Look

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