



# Emotional Healing in Minutes: Simple Acupressure Techniques For Your Emotions

*Valerie Lynch, Paul Lynch*

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Conquer your fears, phobias and negative emotions with this simple proven technique.

The Emotional Freedom Technique (EFT) is a psychological version of acupressure, incorporating methods from Ancient Chinese Medicine and modern-day Applied Kinesiology. Each session involves gently tapping a sequence of energy points on the body with the fingertips, which releases the negative emotion. The authors provide a clear step-by-step guide with information about where to tap and what to say. This technique can be mastered by anyone and can be used effectively without the need for a therapist. It is a remarkable treatment that has achieved amazing results for a wide range of issues. You can tap away:

stress and panic attacks

- negative emotions from jealousy to anger
- bad habits and addictions
- fatigue, depression and more

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