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# ENJOY EMOTIONAL FREEDOM: SIMPLE TECHNIQUES FOR LIVING LIFE TO THE FULL



Exisle Publishing (Australia). Paperback. Book Condition: new. BRAND NEW, Enjoy Emotional Freedom: Simple Techniques for Living Life to the Full, Steve Wells, David Lake, Emotional Freedom Therapy or (EFT) is a remarkable technique that alleviates emotional distress using simple yet elegant techniques based on the body's energy meridians. By teaching an easily adopted system of tapping on the body's meridian points, ENJOY EMOTIONAL FREEDOM enables you to 'tune' and 'tone' your body's energy system for immediate relaxation and relief from...

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- Authored by Steve Wells, David Lake
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