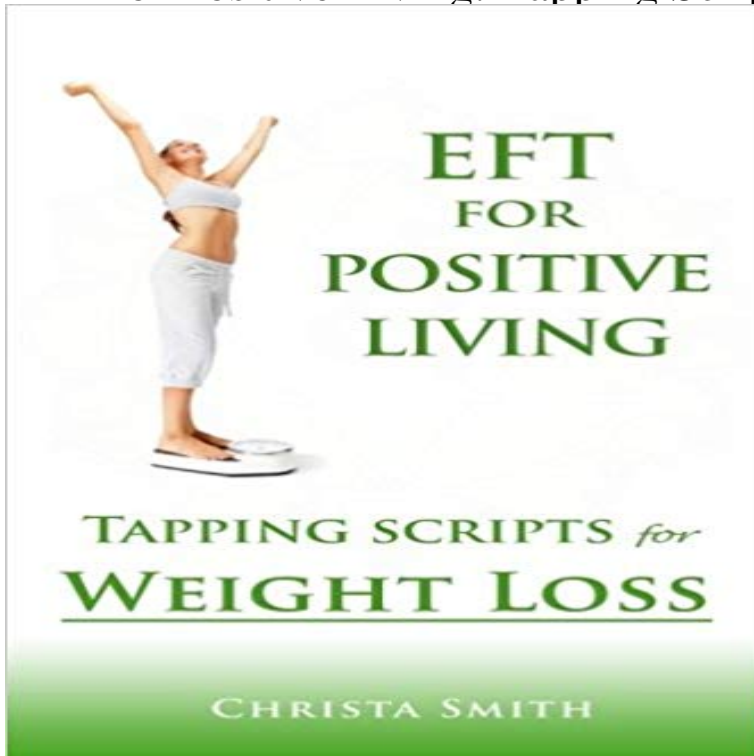


EFT for Positive Living: Tapping Scripts for Weight Loss



EFT targets the emotional issues that causes weight gain, so it is a powerful technique to help people reach and maintain their ideal weight. Although EFT is simple to learn and apply, many find it challenging to formulate set-up statements and reminder phrases. This book has been created to take the guess work out of tapping by providing 52 EFT Tapping scripts that cover the most common weight loss obstacles, such as cravings, body image, emotions, exercise, food, forgiveness, and limiting beliefs.

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