

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.

Histoire de la ville dOrle?ans. (French Edition), Improving Penaeus Monodon Hatchery Practices: Manual Based On Experiences in India (FAO Fisheries and Aquaculture Technical Papers), The ornithology of the Straits of Gibraltar, Evaluation of the Sensitivity of Inventory and Monitoring National Parks to Nutrient Enrichment Effects from Atmospheric Nitrogen Deposition Eastern Rivers and Mountains Network (ERMN), A Synopsis of The Reptiles and Amphibians of Illinois,

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