

The Eft Manual



The Eft Manual

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Author Dawson Church is the best-known researcher in the field, and this manual is based on Clinical EFT, the only version of EFT to be validated in dozens of scientific studies. Over 100 clinical trials of EFT have appeared in peer-reviewed medical and psychology journals.

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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. Gary Craig’s EFT manual was the EFT bible, but it is not easily available anymore.

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About EFT and The EFT Manual xvii “muscular armour” based on his observations that emotional trauma can result in rigidity in certain regions of the body (Reich, 1927). A pioneering psychiatrist named Joseph Wolpe (1958) treated veterans of WWII who had posttraumatic stress disorder (PTSD), searching for a cure.

About EFT and The EFT Manual - Energy Psychology Certification

This is a new and completely revised edition of the official manual for Emotional Freedom Techniques (EFT) - one of the most successful psychology self-help manuals ever published. EFT is a remarkable new technique that uses the body's natural stress-r

The EFT Manual - Hay House

Emotional Freedom Techniques or EFT is a remarkable new technique which uses the body's natural stress-reduction points. When organized into the EFT "basic recipe," self-stimulation of these points by tapping has been demonstrated to rapidly reduce anxiety, depression, phobias and other conditions.

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Free EFT Manual - How to Get Started with EFT Tapping

Gary Craig was the creator of EFT, Emotional Freedom Techniques. I spent countless hours studying Gary’s EFT Video Series (all the sets), reading his free EFT manual and newsletters, and attending workshops where Gary worked on-stage with individuals with a broad range of physical and emotional challenges.

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