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New book highlights success of clinical EFT tapping



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EFT Examiner

February 1, 2014

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Dawson Church, Ph.D.

Interested in learning about the one of the most successful psychology self-help techniques ever developed? A completely revised edition of "**The EFT Manual**" was published February 1. Author **Dawson Church, Ph.D.**, is a leading **emotional freedom techniques (EFT)** researcher and founder of the National Institute for Integrative Healthcare.

"This book shows people how to use what we call clinical EFT," said Dr. Church in an exclusive interview with Examiner.com. "We hear from people all the time who watch YouTube videos and get a taste of how tapping works, but they don't make the progress they want. This book features the method of EFT that is used in clinical research and gets proven results."

The manual includes step-by-step instructions on how to perform EFT tapping to ease many emotional and physical symptoms. It features inspiring stories about people whose lives were changed by tapping and a summary of studies showing that EFT tapping is an

effective way to cope with post-traumatic stress disorder, anxiety, depression, performance issues, phobias, headaches and much more. There's a chapter on how people use this innovative technique to address five major areas in life: relationships, health, work, money and spirituality.

"If we had new drug that was a cheap and effective way to cure or reduce symptoms of big problems, it would be a really big deal," Dr. Church says. "**Studies** show that EFT tapping can have a major impact on these issues without the drugs."

EFT tapping was developed by Stanford engineer **Gary Craig** in the 1990s. There's been a surge of interest in tapping as more and more people experience the benefits of using this self-help technique. Tapping is a simple practice that combines principles of the ancient practice of acupressure and modern psychology to neutralize negative emotions, beliefs, habits, etc.

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