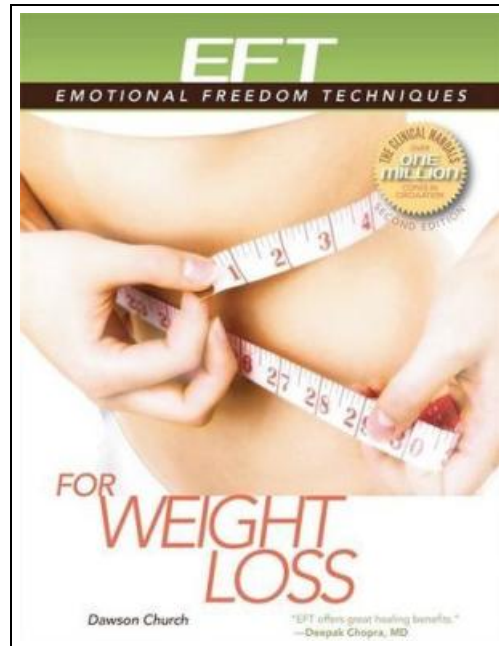


EFT for Weight Loss



Filesize: 5.46 MB

Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.
(Newton Runolfsson)

EFT FOR WEIGHT LOSS



Energy Psychology Press, United States, 2013. Paperback. Book Condition: New. 2nd Second Edition, Second ed.. 174 x 126 mm. Language: English . Brand New Book. Weight loss is one of the most frustrating problems imaginable. People trying to lose weight usually fail, and most wind up weighing more than before. Not with EFT! Several studies show that by using the method in this book, called Clinical EFT because it s the only version of EFT validated in dozens of clinical trials, you can lose weight, and keep it off permanently. One study found that people lost an average of 11 lb. in the year after a Clinical EFT weight loss program. In this book you ll hear from dozens of people who lost weight successfully with EFT. Their deeply moving stories tell how many other parts of their lives improved too, from skin tone to marriage, from self-confidence to financial abundance. That s because EFT, also called Tapping, eliminates stress. Author Dawson Church has conducted many scientific studies of EFT. These show that Clinical EFT reduces cortisol, your main stress hormone, while lowering anxiety, depression, and pain, leading to long-term weight loss. Clinical EFT has been used successfully by thousands of people to lose those unwanted pounds without expensive drugs or risky surgery, and is your proven solution to keeping weight off permanently. When you experience the simple, powerful, science-based solutions in these pages, you ll understand why tens of thousands of people like you have made EFT for Weight Loss the best-selling book on the subject ever published.



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