



# The EFT Manual (Everyday EFT: Emotional Freedom Techniques)

*Gary Craig*

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## **The EFT Manual (Everyday EFT: Emotional Freedom Techniques) Gary Craig**

This is the print version of the Official Manual for Emotional Freedom Techniques or EFT. It is one of the most successful psychology self-help manuals ever published. 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 touching or tapping has been demonstrated to rapidly reduce anxiety, depression, phobias and other conditions. EFT originator Gary Craig takes the reader through the basic steps of identifying the emotional roots of their problems, and crafting a combination of words that will trigger a healing response. He then demonstrates the one-minute healing routine that is the basis of EFT. He discusses the ways in which EFT can be applied to a variety of common conditions, including pain, fears, addictions and cravings, weight issues, insomnia and guilt.

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