



Instant Emotional Healing: Acupressure for the Emotions (Paperback)

By Peter T Lambrou, Emeritus Professor of Music George Pratt

Random House USA Inc, United States, 2006. Paperback. Book Condition: New. Reprint. 231 x 155 mm. Language: English . Brand New Book. Does your fear of flying make travel with friends and family impossible? Are you having trouble coping with the loss of a loved one or forgiving yourself for a mistake you made long ago? For the millions of people who suffer from phobias, anxieties, or distressing emotions such as anger, guilt, and grief, the breakthrough science of Thought Field Therapy an easy-to-use practice often referred to as acupressure for the emotions can make a remarkable difference. In this groundbreaking book, psychologists Peter Lambrou and George Pratt make their highly successful techniques available to everyone through simple exercises that anyone can use to treat everyday emotional roadblocks with immediate and permanent results. A blend of Western psychotherapy and Chinese medicine, Thought Field Therapy (or TFT) uses the body's meridian energy systems to treat emotional issues that can take years to unravel through traditional, talk-based therapy. A combination of breathing and relaxation exercises, affirmations, and tapping on specific pressure points on the body, TFT can instantly eliminate problems such as a fear of flying or public speaking, addictive urges,...

[DOWNLOAD](#)



[READ ONLINE](#)

[7.81 MB]

Reviews

Absolutely essential go through pdf. It is written in simple terms and never difficult to understand. I am just very happy to let you know that this is actually the greatest pdf we have go through in my individual life and might be the greatest pdf for actually.

-- **Pete Bosco**

Most of these publication is the ideal ebook readily available. it was actually written very flawlessly and beneficial. I discovered this book from my i and dad suggested this book to find out.

-- **Prof. Lavern Brakus**

Other Kindle Books



Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on alphabet tracing and number tracing for the...



Overcome Your Fear of Homeschooling with Insider Information (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****. Homeschooing: YOU CAN DO IT! If you are considering homeschooling, Overcome Your Fear of Homeschooling will help you understand...



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying—including cyberbullying—arms parents and teachers with real solutions for a...



And You Know You Should Be Glad (Paperback)

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.A highly personal and moving true story of friend-ship and remembrance from the New York Times bestselling...



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website—a simple and effective guide for parents and students to...



Readers Clubhouse Set B Safe Streets (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. 231 x 147 mm. Language: English . Brand New Book. This is volume eight, Reading Level 2, in a comprehensive program (Reading Levels 1 and 2)for beginning readers.Two nine-book sets teach...
