



Tapping for Life: How to eliminate negative thoughts and emotions for good using TFT

Janet Thomson MSc

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- Would you like to eliminate anxiety, phobias or fears forever?
- Would you like to move beyond the emotional traumas of your past, increase your self esteem and become more motivated?

Welcome to Thought Field Therapy (TFT). No other treatment presently available, conventional, complementary, or alternative can claim the same success with these, and many other complex psychological and emotional problems that plague so many of us and prevent us from getting the most out of life.

Now in its third decade of development, Thought Field Therapy (TFT) is a totally unique form of meridian therapy. It is best described as a natural, drug-free, non-invasive system to eliminate the cause of negative emotions. There are no adverse side effects, and with an unprecedented success rate of up to 98%, most individuals experience significant, usually complete relief from their problem within a few minutes.

And best of all, with this book, anyone can learn how to do it. With chapters targeting specific problems, this book gives you everything you need to understand this amazing therapy and use it to free yourself from anxiety and fear for good."

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