

*(Reprint from InnerSelf)*

## **How about self-help family therapy? EFT TAPPING – a pain-free family lifestyle!**

by Annie O'Grady

**How would you like a self-help technique to enable everyone in the family to quickly overcome their personal obstacles? A family therapy that goes wherever each of you goes?**

**Sounds like a pipedream? No, it's real.**

EFT tapping (Emotional Freedom Techniques) is a revolutionary self-help acupressure technique for stress release. U.S. television host Dr. Mehmet Oz has featured it on his show.

Just about anyone can do EFT. It's easy to learn, and it often works fast, on emotional, physical and performance issues.

It's based on acupuncture principles for balancing your meridian energy circuits, using fingertapping instead of needles -- but its range of effectiveness is far wider than acupuncture's range.

Millions of people around the world have a high success rate in applying EFT tapping to help themselves feel better quickly.

**So -- in a typical EFT family day...**

**OVERWHELM** Mum wakes up feeling overwhelmed by the day's tasks ahead. She takes a few minutes to quickly fingertap on a series of acupuncture points, over and over. Refreshed, she gets started.

**TENSIONS** Dad drives off to work feeling tense about conflicts he'll face in a meeting. As he drives, he taps away these tensions focussing on exactly what he is feeling. Now his mind is clear, and he is excited by opportunities he now sees that the meeting will present.

**'I CAN'T DO IT'** Their young son is reluctant to go to school because of a maths test. Over breakfast Mum discovers he thinks he can't do maths because he couldn't do his homework. They spend a few minutes tapping away his test anxiety. He happily rushes to get his schoolbag.

**HEADACHE** Teenage daughter has a headache. She doesn't want to join in this new family hobby, but she doesn't want this pain either. In the bathroom she tries out the tapping routine. Soon her headache has gone. She's impressed but won't admit it.

**ANGER** Gran is upset about a quarrel with a neighbour. Mum shows her how to tap away her anger in minutes, so that she can enjoy feeling calm about what happened – and this will nurture Gran's blood pressure.

While more serious personal problems need more EFT skill and persistence, happier daily living is a great start!

Empowering EFT learning is also available through a private consultation with an EFT practitioner, or EFT Workshops or training courses.

### **Practical daily help**

EFT is the fastest-growing of the new energy healthcare therapies.

Many scientific studies show it to be of significant help in reducing anxiety, depression and pain.

The method was developed out of the energy medicine lineage pioneered by chiropractor Dr. George Goodheart and psychiatrist Dr. John Diamond.

Tens of thousands of documented cases demonstrate EFT founder Gary Craig's success in his aim to shorten the time taken for therapy from years and months to hours and minutes.

Worldwide, many families now make this kind of self-help family therapy part of their lifestyle.

**You can start learning and applying EFT tapping right away through Annie O'Grady's book, ['Tapping Your Troubles Away with EFT'](#)**

Annie is a certified EFT practitioner and trainer consulting on Skype around the world, and in person in Adelaide, South Australia.

She conducts EFT workshops, classes, demonstrations for the public, also for special interest groups (women's issues, health, business stress etc.) by request.

#### **Telephone :**

With Australia      0448 338 289

Outside Australia +61 448 338 289

[annie@EFTemotionalhealing.com](mailto:annie@EFTemotionalhealing.com)

[www.EFTemotionalhealing.com](http://www.EFTemotionalhealing.com)