



## Anxiety - Your Easy EFT Guide To Freedom

By Ms Suzanne Zacharia

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 48 pages. Dimensions: 9.8in. x 6.8in. x 0.3in. EFT is the best method I know of for helping to set you free from anxiety. Suitable for all, from total beginners who have never heard of EFT before, to experienced practitioners who want more structured sessions with their anxiety clients. Unless you suffer from schizophrenia or psychosis, EFT can help you. Anyone with anxiety will want to get rid of it or cure it as soon as possible. Anxiety feels awful! But there is a way out. It is an issue that in my experience requires anything between six sessions and a few years with EFT. This depends on how many aspects, the person's nutrition, any addictions, etc. For example, if an anxious person also has Borderline Personality Disorder, Autism, and Lupus, it may take significantly longer than someone who only has the diagnosis of anxiety. I say the word only very carefully, as anxiety can be very debilitating, and somehow only does not quite fit; but I think you know what I am trying to say. So you may need to put in some time, effort, and persistence,...



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