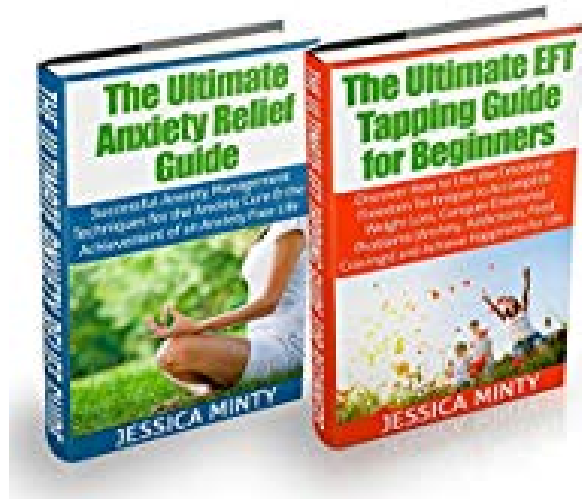


Anxiety Relief & EFT Tapping Box Set: Successful Anxiety Management Techniques; the Emotional Freedom Technique to Accomplish Weight Loss & tapping free, stress relief, weight loss)



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Achieve Emotional FREEDOM and Happiness for Life! Includes a FREE BONUS! Regularly priced at \$6.99. Read on your PC, Mac, smart phone, tablet or Kindle device. This book teaches you how to use EFT Tapping and Affirmation Statements to reach your goals and dreams. It also gives you helpful tips and techniques to take advantage of the benefits of EFT and positive thinking in getting the things you want. This effective technique will also help with anxiety and phobias. Here Is A Preview Of What You'll Learn... Emotional Freedom Technique: The Basics Foundation of EFT Tapping: Your Body's Energy Level EFT Tapping Tips and Tricks to Make EFT More Effective Using EFT Tapping to Address Specific Problems Tap Your Way to a Happy Life And much, much more! Download your copy today! Learn How to Use EFT to Accomplish Weight Loss, Conquer Emotional Problems and Achieve Happiness for Life Now! Anxiety Has No Place In Your Life. Conquer it! It's normal to feel afraid and worried. In fact, harbouring apprehensions is an essential trait needed for our very survival as humans. Ideally, knowing what we are afraid of is supposed to help us pay close attention to the problem at hand and devise solutions to address it right away.

However, it's an entirely different thing when these same fears and insecurities begin to get the better of us. Anxiety comes about when we lose control of our fears. It becomes particularly troublesome when we cease to function well, if at all, because of our inability to pull ourselves together. As such, it is necessary to identify the factors that lead to anxiety, as well as the different strategies and techniques that can be used to overcome its debilitating effects. Here Is A Preview Of What You'll Learn...

Defining Anxiety and Its Role in your Life Understanding the Triggers and Risk Factors that Cause Anxiety Disorders Determining the Physical, Emotional and Behavioral Manifestation of Anxiety Probing the Effects of Anxiety on Your Personal and Professional Life Altering Negative Thought Patterns through Professional

Help Modifying Your Day to Day Lifestyle to Free Yourself from Anxiety And Much Much More!!!
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