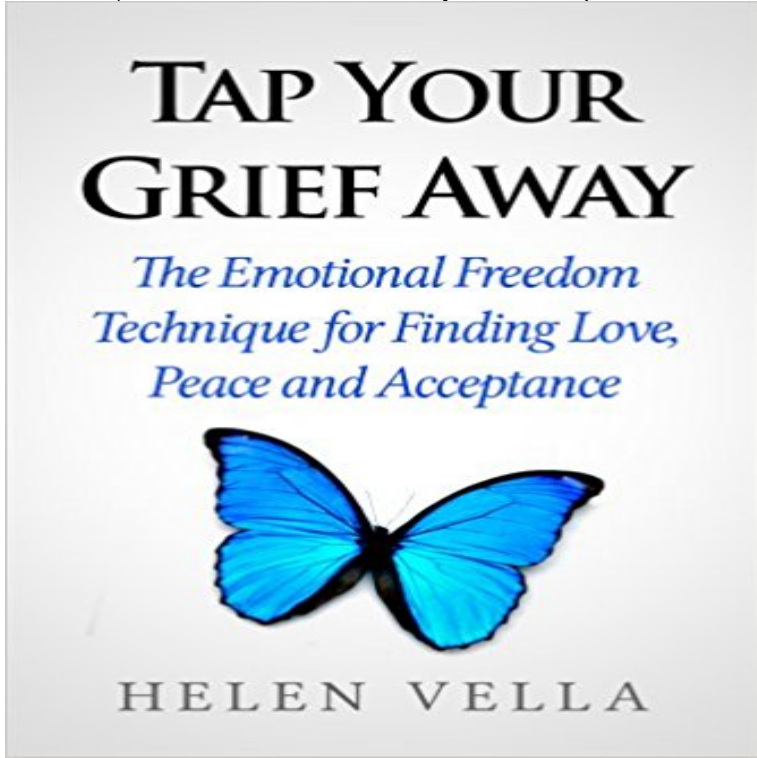


# Tap Your Grief Away: The Emotional Freedom Technique for Finding Love, Peace and Acceptance (EFT Guidebooks Book 2)



How To Heal Grief Through Emotional Freedom Technique I Believe Anyone Can Overcome Grief and Live a Life of Love, Peace and Acceptance With These Powerful Healing Methods You could be just one tapping exercise away from true inner peace! In this book you will learn: How To Use Emotional Freedom Technique (EFT) To Resolve Grief Everyone faces struggles and challenges in life. We all must deal with the death of those we love at one point or another. Why do some people move and continue to lead happy lives while others can get stuck in grief, misery and depression? In this book, youll find true comfort and empowerment through acceptance, love and peace. How To Use Emotional Freedom Technique To Overcome Anger Anger is a deadly emotion. It can destroy your health, your relationships and your life if you let it. In this book, youll discover tapping exercises to help you release your anger without harming yourself or others. How To Get Rid of Anxiety, Stress and Past Regrets In addition, youll learn how to use EFT and a special tapping exercise to eliminate old habits of living in the past. These are the old patterns that keep you stressed, anxious, regretful and stuck in the past. When you quickly and easily eliminate these old patterns with tapping, youll find an amazing new peace, freedom and happiness that will allow you to achieve the success youve always wanted. Heres to your success! About The Author Helen Vella specializes in Holistic Health and Wellness using techniques that help each individual overcome challenges, find their purpose, realize their potential, nurture their inner strength and reach their personal goals, to live their best life. With her focus on the well-being of others, she brings hope and healing to children and adults with behavioral and emotional challenges. She is fully qualified in many aspects to gain true Health and Wellness in mind,

body and spirit. She was awarded the Jefferson Award for Community Service for Volunteering, by Child Rescue Network. She won the BPW Speak Off Award for representing the State of Florida. Has been nominated at Women Of Distinction, Visionary Award. Nominated by WOAMTEC for Leadership Award for the local community. She has published a multitude of articles on Networking, Emotional Freedom, The Power of Positive Thinking, Stress & Anxiety in the workplace, Emotional Eating to name but a few. Learn how to achieve love, peace and happiness today! Scroll up and grab your copy now.

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