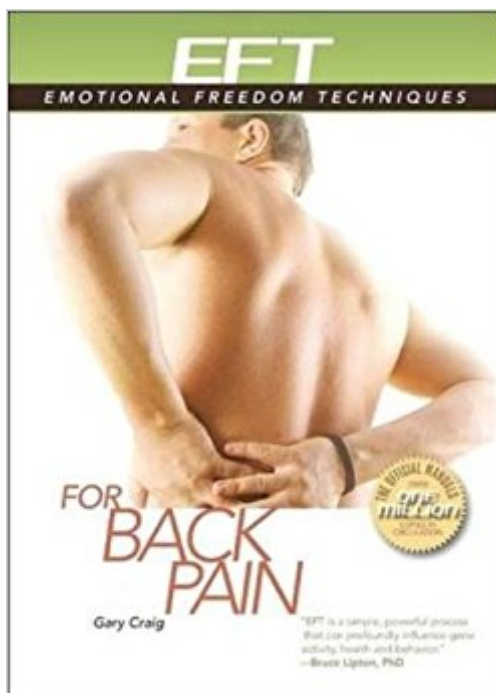


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# EFT For Back Pain (EFT: Emotional Freedom Techniques)



## Synopsis

PUBLISHER'S NOTE: This book is no longer in print. Find the revised and updated new edition ISBN 978-1-60415-219-7. \* Description: How to use EFT for back pain. PUBLISHER'S NOTE: This edition is no longer in print.

## Book Information

Series: EFT: Emotional Freedom Techniques

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## Customer Reviews

Gary Craig has been deeply interested in personal improvement through psychology from an early age. He is the originator of Emotional Freedom Techniques (EFT). Gary is a Stanford engineering graduate, a Certified Master Practitioner of Neuro Linguistic Pr deeply interested in personal improvement through psychology from an early age. He is the originator of Emotional Freedom Techniques (EFT). Gary is a Stanford engineering graduate, a Certified Master Practitioner of Neuro Linguistic Pr deeply interested in personal improvement through psychology from an early age. He is the originator of Emotional Freedom Techniques (EFT). Gary is a Stanford engineering graduate, a Certified Master Practitioner of Neuro Linguistic Pr

It's hard to believe that emotion can have such a huge role in back pain, when we usually attribute it to physical causes - but this book makes it easy to apply EFT in ways that get to the core of the pain. I find I'm using the techniques on other 'painful' areas of my life too, with great results. Being a do-it-yourself sort of person, I love EFT and I'm finding this book is extending my skills and

effectiveness.

EFT works. It is in my opinion a breakthrough. I have used it on some severe PTSD issues and got relief that 10 years of talk therapy didn't even touch.

Gary Craig's book EFT for Back Pain more than lives up to its description. I have shared several ideas from the book with others, and they were inspired to buy the book themselves. I am using quite a few suggestions, and I very seldom experience back pain any more. Before using the suggestions, I had quite a lot of lower back pain and I took pain pills. Now I can keep going on various projects without experiencing any pain. It's wonderful to be pain free.

This little book is just excellent. Not a single word too much. I know all the EFT teaching DVDs from Gary and am very impressed by this material, his way of teaching and the compassionate, clear and humorous way of treating with EFT on a high standard. The healings are striking. Being a professional I highly recommend his book about backpain both for clients and for professionals. It illustrates the different backgrounds of backpains and why they might stay for a long time. The best of all: The healing results are often very quick, profound and lasting once you discovered the source. I appreciate the fact that Gary writes about different special subjects as back pain. EFT is easy to do, easy to understand and yet there is so much to discover about our emotions, thoughtforms, "writings on the walls", unconscious influences on our (poor) body which has to go with whatever we think and feel... I hope to see more of these little wonderful books! I like his way of writing and putting his profound experience and open mindedness into words. Just well done! Thank you, Gary. Bianca Telle, Naturopath and therapist in Germany

The EFT series is fabulous!!! Each one is a little different and I am going to have my work cut out for me now.

I got this book because I had back pain. I went through almost half of the book which was nothing but fluff. I couldn't handle my pain any longer and went to physical therapy which solved my back problem. The book information didn't get straight to the point and I didn't feel like reading anything while being in pain. I still haven't found anything useful in this book that could help relieve back pain. I feel like I have wasted money on this book, and my time reading it.

My sister swears by EFT. I have not used it too much yet but feel it does contain important information.

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