



Pocket-Guide EFT: Emotional Freedom Techniques (German Edition)

Steve Wells, David Lake

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Die energetische Therapie, auch Klopfakupressur oder einfach kurz ›Klopfen‹ genannt, ist die derzeit weltweit am schnellsten wachsende Therapieform.

Und das nicht ohne Grund, denn sie ist leicht anwendbar und zeigt meist augenblicklich Wirkung. Weil inzwischen viele Varianten angeboten werden, ist es gut, den ›Stammbaum‹ dieser Methode zu betrachten, um an die besten Früchte zu gelangen.

Entdeckt und entwickelt wurde sie vor 20 Jahren von Roger Callahan. Aus seiner Schule sind zwei prominente Vertreter hervorgegangen. Fred Gallo hat eine sehr differenzierte, auf Diagnose beruhende individuelle Therapie (EDxTM, Energetic Diagnosis and Treatment Technique) entwickelt; Gary Craig eine generalisierte Anwendung für jedermann (EFT, Emotional Freedom Techniques).

Bei EFT wird eine Folge von sieben bzw. zwölf Punkten geklopft, wodurch die meisten Problemstellungen abgedeckt werden. Diese Methode ist sehr leicht zu erlernen und kann von jedem ohne weitere Anleitung selbst genutzt werden.

Steve Wells ist von Gary Craig persönlich ausgebildet, der diesen Pocket Guide ausdrücklich empfiehlt.

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