

## **Emotional Healing**

by Annie O'Grady, Certified EFT Coach & Mentor

### **Would you like to learn to achieve your own emotional healing – fast?**

Try the amazing tapping technique EFT for **emotional healing!**

Emotional Freedom Techniques is simple, safe, highly effective, often fast, often works where nothing else does.

We've all been hurt by someone, or by some event. The hurt can last for days, months, years, even if we try and hide it.

But here's fantastic news – we don't have to live with that! Often we can stop the emotional pain in minutes, when we know how. Not just push it down, but permanently neutralise it. And also maybe stop some physical pain that comes with it.

Hundreds of U.S. war veterans have been helped out of Post Traumatic Stress Disorder symptoms into **emotional healing** by private EFT practitioners. While that application can take longer than stress from everyday troubles, EFT is still much faster than traditional therapies.

I can help you permanently heal some present or past upset or trauma in a one-hour session in person in Adelaide, or on the phone, or on Skype. At the same time I can also teach you to do EFT **emotional healing** for yourself.

Phone me on 61 8 8537 0447, or email me at [annie@EFTemotionalhealing.com](mailto:annie@EFTemotionalhealing.com).  
Visit my website where you can check out my book "Tapping Your Troubles Away with EFT" [www.EFTemotionalhealing.com](http://www.EFTemotionalhealing.com)  
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