



# The Healing Power of EFT & energy Psychology

Tap into your body's  
energy to change your  
life for the better

**DAVID FEINSTEIN,  
DONNA EDEN  
& GARY CRAIG**

FOREWORD BY CANDACE PERT, PhD

# Healing Power Of Eft And Energy Psychology

**L Darling-Hammond**



## **Healing Power Of Eft And Energy Psychology:**

*Healing Power of EFT and Energy Psychology* David Feinstein, Donna Eden, Gary Craig, 2006 This groundbreaking book explains how to tap into your body's energy not only to change your health but to change your behaviours and thought patterns as well. Your body is comprised of energy pathways and energy centres that are in constant motion interconnecting with your cells, organs, immune system, mood and thoughts. The Healing Power of EFT and Energy Psychology incorporates the concepts of Emotional Freedom Techniques (EFT) to show you how to shift these energies so you can influence your physical health, your emotional patterns and your state of mind. With this strategy, stubborn phobias often fade in minutes, the lifelong effects of an early trauma can frequently be reduced or completely eliminated, uncontrollable anger can rapidly become manageable and even elusive physical problems may respond where other treatments have failed. Here are simple step by step instructions to help you change unwanted habits and behaviours, enhance your ability to love, succeed and enjoy life, overcome fear, guilt, shame, jealousy or anger. The energy approach presented in this book is clearly illustrated and easy to follow. It will help bring about significant change in your life.

*The Healing Power of EFT and Energy Psychology* David Feinstein, Donna Eden, Gary Craig, 2010 Your body is comprised of energy pathways and energy centres that are in constant motion interconnecting with your cells, organs, immune system, mood and thoughts. THE HEALING POWER OF EFT AND ENERGY PSYCHOLOGY incorporates the concepts of Emotional Freedom Techniques (EFT) to show you how to shift these energies so you can influence your physical health, your emotional patterns and your state of mind. With this strategy, stubborn phobias often fade in minutes, the lifelong effects of an early trauma can frequently be reduced or completely eliminated, uncontrollable anger can rapidly become manageable and even elusive physical problems may respond where other treatments have failed. Here are simple step by step instructions to help you change unwanted habits and behaviours, enhance your ability to love, succeed and enjoy life, overcome fear, guilt, shame, jealousy or anger. This clearly illustrated and easy to follow energy approach will help bring about significant change in your life.

*Introducing Emotional Freedom Techniques* Christine Moran, 2017-07-05 Emotional Freedom Techniques (EFT) is an energy therapy that is rapidly gaining recognition as a simple yet very effective way to aid emotional and physical wellbeing. This title provides an exploration of how EFT can be successfully applied to a wide range of social, emotional, behavioural and health issues.

**The Trauma Therapies** John S. Marzillier, 2014 In this authoritative book, John Marzillier describes and reviews the various forms of trauma therapy, examining what the therapies consist of, their research basis, their similarities and differences and what they tell us about trauma and its effects.

**Tapping** Donna Eden, David Feinstein, PhD, 2024-05-28 A lucid guide to energy psychology that demonstrates techniques and procedures that can bring about remarkably rapid changes in the way people feel and move through the world.

Bessel van der Kolk MD, 1 New York Times nonfiction bestselling author of *The Body Keeps the Score*. What if the answer to what's holding you back was at your very fingertips? That's exactly the solution presented in

Tapping We all face a range of issues in common areas of life from worry depression and trauma to self defeating habits addictions and relationships Thankfully Tapping is an accessible and authoritative new work that offers a vibrant response to the psychological and spiritual trials presented by a world in unprecedented distress Renowned clinical psychologist Dr David Feinstein along with the world s most sought after expert on energy medicine Donna Eden promise Whether the emotional issue at hand is caused by stress or anxiety physical ailments aging the pressures of parenting work or staying centered and grounded in this world we offer a framework and a set of tools to help you show up at your best Tapping energy points on the skin while bringing problems and goals to mind changes the brain in ways that help to overcome those challenges and support those aspirations This stimulating practice places an astonishingly effective tool into your hands quite literally Emerging from time honored healing traditions the procedure signals your nervous system to reduce fear anger stress and grief while activating brain regions involved with problem solving and managing emotions to help you find inner balance and take charge of the internal models that govern your life As cultural historian Dr Jean Houston declares in her foreword this is a stunning call to action at a time of desperate personal and collective need Created for everyday and professional readers alike here is an unprecedented resource for self care and personal growth Through their extensive research and field tested refinements on this method Eden and Feinstein combine the scientifically validated effectiveness of tapping with the best practices of psychotherapy helping you move forward to a healthier and happier life

[The Basics Of Reiki](#) Penelope Quest,2012-02-02 The Basics of Reiki by Penelope Quest offers a clear and accessible introduction to an increasingly popular and powerful healing art Best known as a gentle hands on healing technique for physical ailments Reiki is also a holistic system which can be used for healing body mind emotions and spirit In this helpful and easy to follow book you will discover everything you need to know including the origins and development of Reiki as a healing system what to expect when receiving a Reiki treatment how Reiki treats both the symptoms and the causes of illness easing physical pain and helping to clear emotional blockages how easily you can be attuned to Reiki and what to expect at each level of training how to use Reiki for self healing and for healing other people animals plants and the environment practical exercises and visualisations to encourage relaxation and develop insight and energy awareness This is the perfect choice for those who want to find out more about Reiki and the benefits it can offer from a highly qualified and experienced Reiki Master

**The SAGE Handbook of Counselling and Psychotherapy** Colin Feltham,Ian Horton,2012-01-20 Electronic Inspection Copy available for instructors here At about 700 pages and with contributions from more than 100 authors the editors have shown considerable skill not to mention application in sculpting a text that is economically delivered and lucid in its writing Dave Mearns Professor Emeritus University of Strathclyde Glasgow The field of counselling and psychotherapy moves on but The Sage Handbook of Counselling and Psychotherapy keeps up Professor Sue Wheeler Director of the Doctoral Programme Institute of Lifelong Learning University of Leicester This book is the definitive text on the theory and practice of counselling

and psychotherapy The editors are to be commended Professor Robert Bor CPsychol FBPSS CSci UKCP Reg FRAeS Lead Consultant Clinical Counselling Health Psychologist Royal Free Hospital and Co Director Dynamic Change Consultants [www.dccclinical.com](http://www.dccclinical.com) The what's what from the who's who in counselling in psychotherapy Professor Del Loewenthal RCTE University of Roehampton This long awaited third edition brings together the fundamentals of counselling and psychotherapy theory research skills and practice It addresses what every successful trainee or practitioner needs to know do think feel and use in a way that is entirely comprehensive accessible and jargon free Including new material on interpersonal psychotherapy cognitive analytic therapy pluralistic therapy and mindfulness as well as body psychotherapy hypnotherapy Asperger Syndrome ADHD and low self esteem this book continues to be essential reading for trainees or experienced practitioners alike Colin Feltham is Emeritus Professor of Critical Counselling Studies Sheffield Hallam University Fellow of the British Association for Counselling and Psychotherapy BACP Senior Registered Practitioner and former co editor of the British Journal for Guidance and Counselling Ian Horton is now retired and was Principal Lecturer in Counselling and Psychotherapy at University of East London Chair of the UKRC Executive a BACP accredited counsellor and UKRC registered independent counsellor He is a fellow of the BACP

[Living The Reiki Way](#) Penelope Quest, 2012-02-02 Practising Reiki is not simply about healing others it is also about healing yourself and growing spiritually In LIVING THE REIKI WAY Penelope Quest offers practical and spiritual guidance on how you can absorb the six key Reiki principles into your everyday life They are Live in the now Live without anger Live without worry Live with gratitude Live with kindness Work honestly and diligently By encouraging us to live by these principles in the present Penelope Quest will help us to achieve long term happiness and contentment

[The Great Joy of Healing Past Lives](#) Judith Rivera Rosso, 2014-03 insights wisdom and methodologies for healing past life experiences in a beautiful and remarkable way Lindsay Kenny EFT Master Trainer There is gold between the covers of The Great Joy of Healing Past Lives and it gets an absolute and unequivocal yes from me read it Bennie Naud Master Trainer EFT and Matrix Reimprinting Is Death the End of Us Many modern teachers physicians psychiatrists psychologists and scientists are joining some of history's greatest thinkers to affirm that we are timeless Our lives do continue Learn how to revisit past lives to free yourself and others of trauma from the distant past for greater health and happiness now and in the future

**The Promise of Energy Psychology** David Feinstein, 2005-11-03 This groundbreaking book explains how to tap into your body's energy not only to change your health but to change your behaviors and thought patterns as well Your body is comprised of energy pathways and energy centers that are in constant motion a dynamic interplay with other energies and with your cells organs immune system mood and thoughts If you can shift these energies you can influence your physical health your emotional patterns and your state of mind The Promise of Energy Psychology gives simple step by step instructions that will help you to overcome fear guilt shame jealousy or anger change unwanted habits and behaviors enhance your ability to love succeed and enjoy life The energy approach presented in

this book can help bring about significant change in your life With this strategy stubborn phobias often fade in minutes the lifelong effects of an early trauma can frequently be reduced or completely eliminated uncontrollable anger can rapidly become manageable even elusive physical problems may respond where other treatments have failed The Promise of Energy Psychology is an amazing tool that puts the ability to effect change directly into your hands and finally gives you control over your fears pain and destructive behaviors

**Energy Medicine For Women** Donna Eden, David Feinstein, 2012-03-22 For more than three decades Donna Eden has been teaching people to understand the body as an energy system to recognize their aches and pains as signals of energy imbalance and to reclaim their natural healing capabilities In her long awaited new book Donna speaks directly to women showing them how they can work with energy to tackle the specific health challenges they face She reveals that a woman can manage her hormones by managing her energies and also use energy medicine to treat a host of health issues From PMS to menopause from high blood pressure to depression the book offers easy to follow solutions to women's health issues that traditional medicine often fails to provide Blending a compassionate voice with a profound grasp of how the female body functions as an energy system Eden presents what is sure to become a classic book on the subject of women's health

**Managing Stress: Skills for Self-Care, Personal Resiliency and Work-Life**

**Balance in a Rapidly Changing World** Brian Luke Seaward, 2020-12-08 Updated to provide a modern look at the daily stressors evolving in our ever changing society Managing Stress Skills for Self Care Personal Resiliency and Work Life Balance in a Rapidly Changing World Tenth Edition provides a comprehensive approach to stress management honoring the balance and harmony of the mind body spirit and emotions Referred to as the authority on stress management by students and professionals this book equips readers with the tools needed to identify and manage stress while also coaching on how to strive for health and balance in these changing times The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides the reader to greater levels of mental emotional physical and spiritual well being by emphasizing the importance of the mind body spirit connection

[The Reiki Manual](#) Penelope Quest, Kathy Roberts, 2011-09-01 The definitive text on Reiki for students practitioners and Masters alike from one of the most respected Reiki teachers today Reiki is a holistic system for balancing healing and harmonizing all aspects of the person body mind emotions and spirit encouraging deep relaxation and the release of stress and tension and promoting awareness and spiritual growth This comprehensive manual provides much needed support for students and teachers who want to follow the best practices Covering Reiki levels 1 2 and 3 this book conveys information in an accessible structured and interactive way to enhance the reader's understanding knowledge and experience of the practice The final section of the manual contains reference material specifically for students who wish to become professional practitioners and for Masters who want to broaden their training This section also offers the foundation for additional courses or workshops on topics such as health and safety and managing a successful practice The Reiki Manual can be used as student preparation before a Reiki class as a

textbook during Reiki courses as post course reading or for reviewing what has already been learned it includes revision questions and revision activities by Reiki practitioners to help them practice in the best most professional way and by Reiki Masters as a guide to devise and deliver a Reiki course More extensive than any other Reiki book on the market The Reiki Manual will be referred to by lay readers as well as devoted students for many years to come **I Am a Soul Champion** Rachael White,2016-09-13 It is not unusual for families to face health issues Most will turn to conventional medicine to at least treat if not cure them But what happens when those methods don't work In fact instead of getting better they get worse This is what happened to author Rachael White and her family In her book I AM a Soul Champion How to live a spiritually guided life through Manifestation Intuition Positivity and Archangel Aromatherapy she provides an account of her extraordinary life changing journey to heal her family's so called incurable illnesses She shares the knowledge and wisdom she gained after she opened up to living a spiritually guided life I AM a Soul Champion is a practical guide for using intuition healing and manifesting along with archangel aromatherapy The author has distilled the information into a combination of healing guides teachings and easy to use daily practices and rituals A soul champion is someone who understands that he or she is more than just mind and body Rachael believes that everyone has the ability to access healing and guidance from angels and spiritual guides in order to heal co create and manifest in every aspect of life Are you ready to let go of ego driven fear negativity mental and physical illness out of the driver's seat and let the soul be the champion driver of your life **The Girls Within** Gill Frost,2020-11-30 A compelling true story of one woman's battle with the aftermath of childhood trauma which gives a gripping account of the often controversial and misunderstood condition of dissociative identity disorder DID formerly known as multiple personality disorder MPD This emotional but ultimately uplifting journey details the unforeseen twists and turns of the effects of therapy and how it can help in coming to terms with the past and its unsettling echoes in the present Heartwarming and lucid it's an inspiring tale for all to read Through its clinical rigour professional therapists will also gain insight into the various treatment options for DID including the innovative use of energy therapy The book contains 32 colour illustrations including 24 drawings by The Girls The star of this book is an extraordinary bright spirited and entertaining six year old girl called Little Vivvi who experienced shocking abuse from members of her family Yet Little Vivvi lives within Vivian a middle aged woman who has struggled with DID for many years The challenging process of psychotherapy is laid bare as Little Vivvi wrestles with overwhelming memories of childhood abuse Alongside talking therapy energy treatment which she calls Wooshing is utilised to astonishing effect becoming the enigmatic ingredient that finally enables Little Vivvi to find relief from the distress and fear that had dominated her existence As therapy seems to draw to a close Izzy appears A very sensitive thoughtful and mature eight year old Izzy too needs love support and treatment to speak about her trauma After overcoming her understandable distrust Izzy enables an exceptional ending to the therapeutic journey far beyond anything Vivian and her therapist Gill could have dreamed Little Vivvi and Izzy will make you want to

laugh out loud as well as cry Their story teaches so much about suffering dissociation and survival Their aim is to enlighten inspire and offer hope to others through reading their incredible tales which reveal the astonishing power of The Girls within

*Conscious Medicine* Gill Edwards,2010-11-18 Radical changes are afoot in medicine as we build stronger bridges between science and spirituality In CONSCIOUS MEDICINE Gill Edwards explains that mind and body are inseparable and that emotions are crucial in health and disease Her new approach to healthcare is based on the latest research into the transformative power of consciousness energy and the bodymind She explains how when you break your old habits of thought you can not only reverse disease processes and heal injuries but also attract more positive events and circumstances into your life Chapters cover miracles in health and why our current medical model is limiting how negative thoughts activate the stress response in the body which eventually makes us ill how the body speaks to us symbolically through symptoms and illness how to break free from limiting patterns and create a new health full future Always thought provoking and inspiring this is an accessible practical and joyous book

*Vital Signs for Cancer Prevention* Xandria Williams,2012-07-24 *Vital Signs for Cancer Prevention* suggests that cancer is a two phase process In Phase One you do not yet have and may never have cancer but predisposing factors poor diet and digestion toxins adrenal exhaustion and blood sugar imbalances among others can progressively and cumulatively increase your likelihood of developing it Phase Two begins when the first permanent transformed or cancerous cells form and are not destroyed by your defenses Understanding that the predisposing factors of the first phase lead toward the second can help you prevent the onset of cancer by correcting or minimizing those that apply to you Author Xandria Williams takes a natural therapies approach to healing cancer one based on an understanding of nutrition herbal medicine homoeopathy osteopathy and energy medicine rather than one based strictly on medicine drugs and surgery She sees cancer as a problem that affects the whole body not just the organ or system that is faulty and thus her recommendations are systemic rather than aimed specifically at the tumor Her main emphasis is on a series of scientifically validated tests many of which can be self administered she proposes that provide vital information as to the state of your health She also describes the CA profile a test that can indicate the presence of permanent cancer cells within the first six weeks and possibly years before a tumor can be detected allowing a crucial warning and the time to start an effective recovery program Williams suggests a number of supplements specific foods and other remedies detox procedures stress reduction to correct any of the predisposing factors that could with a final trigger move you from Phase One to Phase Two of the cancer process You will learn how to avoid cancer if you have not yet developed it avoid recurrences if you are in remission and overcome cancer if you have been diagnosed with it

*Reiki Collection* Penelope Quest,Kathy Roberts,2012-01-17 Get these two books on the increasingly popular Reiki healing technique an over 35 value for only 23 99 Penelope Quest is one the most respected and sought after teachers and practitioners of Reiki a powerful energy healing technique Now readers can enjoy and learn from her seminal works *Reiki for Life* and *The Reiki Manual* at a special



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Allenby,2008-07 Drawing on cutting edge science this empowering book teaches solution focused approaches to overcoming Chronic Fatigue Syndrome and Myalgic Encephalomyelitis through world renowned Emotional Freedom Techniques

**Learning with the Brain in Mind** Frank McNeil,2008-12-18 Excellent a wonderful readable summary of what the educational world really needs to know about neuroscience Sue Palmer Literacy consultant and author of Toxic Childhood During the past few decades we ve seen an explosion of information about the human brain Sorting through the research and determining which findings have applications in the classroom is a daunting prospect Fortunately Frank McNeil has undertaken this task doing an excellent job Clearly written immediately practical this is one of the best books I ve read in the field It belongs on every teacher s and administrator s desk Pat Wolfe Ed D Author of Brain Matters Translating Research to Classroom Practice and President of Mind Matters Inc Learning with the Brain in Mind offers a fresh approach to teaching

exploring recent findings in neuroscience and combining them with learning in three crucial and interconnected ways  
Attention Emotions and Memory Attention is the foundation for intellectual development as part of an essential survival strategy Emotional relationships are the basis for brain growth and provide the foundations for acquiring cognitive and social skills Memory has important influences on the sense of self and therefore on learning The book provides evidence of the controversial impacts of diet television and mineral supplements on learning both at school and at home examples from three research studies offering insights into pupils attitudes to life and learning in school practical strategies that will help pupils to learn in more effective ways Promoting new thinking about learning and considering innovative strategies that arise from our understanding of how the brain works this book will help teachers parents and other educators enhance children s learning Frank McNeil was Director of the National School Improvement Network at the Institute of education and a former Headteacher Principal Inspector for an outer London LEA and an Ofsted Registered inspector

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