

Instant Emotional Healing Acupressure For The Emotions

Instant Emotional Healing Instant emotional healing: acupressure for the emotions Acupressure for Emotional Healing Acupressure's Potent Points Five Point Touch Therapy Emotional Healing in Minutes: Simple Acupressure Techniques For Your Emotions Acupressure for Lovers Healing with the Chakra Energy System The Secret of Instant Healing Instant Healing The Book of Tapping Jin Shin Healing Touch Press Here! Acupressure for Beginners The Five Simple Steps to Emotional Healing Hyper-Performance Code to Joy The Tapping Solution Painting the Energy Body Full Body Presence Acupressure Made Simple

Dr. Pratt on national Fox and Friends demonstrating Instant Emotional Healing Techniques Dr. Pratt interviewed on MSNBC regarding Instant Emotional Healing Emotional Healing - Instant Energy Healing Alignments from Now Healing ~~laughing and crying from acupuncture is it normal?~~ ~~How to balance your emotions using acupressure~~
Relaxing Music For Emotional Healing \u0026 Detachment from Negativity | Boost Happiness \u0026 Inner PeaceEmotional First AidAcupressure Point Energy Psychology with Larry King \u0026 Dr. George Pratt **Clearing Emotional Problems using Acupuncture Meridians** **RAPID Emotional Healing While You Sleep Hypnosis (Meditation): Release Trapped Emotions** Inner Child Healing Guided Meditation | Free Yourself from Triggers, Painful Emotions \u0026 Past Trauma
Healing Emotional Wounds in Highly Sensitive People A *JAPANESE METHOD TO RELAX IN 5 MINUTES* Most Powerful Eye Exercises to Restore a Clear Vision **How To Stop Gallbladder Pain Instantly | Dr.Berg** 5 Elements of Gallbladder Meridian Points I Exact Location \u0026 It's Benefits
6 Acupressure point for Emotional Problems / Emotional DisordersACUPRESSURE FOR STRESS, DEPRESSION, ANXIETY \u0026 INSOMNIA- Super Acupressure Series Relaxing Music \u0026 Soft Rain Sounds: Relaxing Piano Music, Sleep Music, Peaceful Music **3148** A Guide To EFT Tapping for Emotional Healing | Carol Tuttle Release emotions, trauma, old stories from your body and free your potential Sujok Therapy For GallBladder/Sujok Therapy For GallStones/Acupressure Points For GallBladder Stone Sleep Meditation, Emotional Release Music, Deep Emotional and Physical Healing, Soothing Sleep **A meditation expert shows her stress relief "tapping" exercise which you can do in 2 minutes** Dr. Pratt Healing Love Pain Acupressure For Emotional Issues \u0026 More : Emotional Trauma \u0026 Acupressure **Emotional Healing Meditation Music | 432Hz Deep Healing | Ancient Frequency | Energy Cleanse Acupuncture Gallbladder Points | Acupuncture for Emotional Healing Free Breath Emotionsai Healing**

Acupressure For Emotional Issues \u0026 More : Acupressure Points \u0026 Depression Instant Emotional Healing Acupressure For
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Instant Emotional Healing - Doctor George Pratt
For the millions of people who suffer from phobias, anxieties, or distressing emotions such as anger, guilt, and grief, the breakthrough science of Thought Field Therapy--an easy-to-use practice often referred to as "acupressure for the emotions"--can make a remarkable difference. In this groundbreaking new book, psychologists Peter Lambrou and George Pratt, two pioneers in this emerging field, make their highly effective techniques available to everyone through simple step-by-step exercises ...

Instant Emotional Healing: Acupressure for the Emotions by ...
Instant Emotional Healing explores the science behind Thought Field Therapy, and presents easy-to-follow exercises that will enable you to master the breathing techniques, focused-thought exercises, and tapping methods that can restore complete emotional balance, relaxation, and well-being in a matter of minutes. You will learn how to quickly remedy emotional problems such as rage, negativity, loneliness, and fear.

Instant Emotional Healing: Acupressure for the Emotions ...
Apply pressure firmly into the upper gum to counteract emotional numbness and dissociation. Calming Anxiety. Sea of Tranquility (CV 17, located on the center of the breastbone) is the best point to hold during an emotional release for calming anxiety, panic attacks, and nervousness. Hold this point when you feel frustrated, irritated, or tense.

Emotional Healing - Acupressure | Ancient Healing Art
Instant Emotional Healing: Acupressure for the Emotions. Peter Lambrou, Ph.D., and George Pratt, Ph.D. Broadway Books, 2000. \$25.00, ISBN 0-7679-0392-7. IMAGINE A PSYCHOLOGICAL technique capable of healing deep-seated emotional pain, fears, phobias, and lifelong negative habits in a matter of minutes, and often without the need for therapeutic assistance.

Alternative Medicine: Instant Emotional Healing ...
Instant Emotional Healing: Acupressure for the Emotions. Peter Lambrou & George Pratt. Broadway, \$25 (288p) ISBN 0-7679-0392-7 Drawing on techniques ranging from focused thought to breathing and acupressure, Lambrou and Pratt guide readers through an Emotional Self-Management program, which they contend will dramatiially accelerate the therapeutic process. Clinical psychologists who are ...

Publishers Weekly - Doctor George Pratt
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Instant Emotional Healing: Acupressure for the Emotions ...
Instant Emotional Healing: Acupressure for the Emotions Lambrou, Peter & George Pratt Broadway: Bantam. 1999. c.288p. illus. bibliog. index. LC 99-36506. ISBN 0- 7679-0392-7. \$25. PSYCH Lambrou and Pratt are clinical psychologists with solid credentials, and this book is a cumulation of their research into using Eastern energy theories to heal unhealthy emotions. Their procedures, called ...

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Instant Emotional Healing: Acupressure for the Emotions: Authors: George Pratt, Peter Lambrou: Publisher: Potter/Ten Speed/Harmony/Rodale, 2008: ISBN: 0307486311, 9780307486318: Length: 304 pages:...

Instant Emotional Healing: Acupressure for the Emotions ...
Acupuncture gets to the root of problems and proves to be a holistic option to treat emotional problems minus the side-effects. Disruption in balance affects the nature often expressed in living systems, giving way to diseases. TCM treatments are perfect options to restore the much-needed balance. The Healing Effects of Qi in Acupuncture
How Acupuncture Helps in Emotional Healing - Anxiety ...
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