## The EFT Manual By Gary Craig

## By Gary Craig

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Update: Gary Craig retired in June 2010 and released EFT into the public domain. Gary Craig was the creator of EFT, Emotional Freedom Techniques.

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This is the print version of the Official Manual for Emotional Freedom Techniques or EFT. It is one of the most successful psychology self-help manuals ever published

Gary Craig has 34 books on Goodreads with 913 ratings. Gary Craig s most popular book is The EFT Manual.

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

Apr 23, 2011 The EFT Manual has 150 ratings and 22 reviews. Haider said: I tend to be skeptical about techniques that promise great results with very little effort. I

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This is a new and completely revised edition of the official manual for Emotional Freedom Techniques (EFT) - one of the most successful psychology self-help manuals It is best known through Gary Craig's EFT Handbook, published in the late 1990s, and related books and workshops by a variety of According to the EFT manual,

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Gary Craig provides online resources on EFT, a modality that works with the body's subtle energies. Gualala, California.

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