

# Download Release Anxiety With Eft Tapping

EFT stands for (Emotional Freedom Techniques) and I first introduced it to the public in 1995. It integrates the Chinese meridian system into the therapy process by tapping on meridian points with your fingertips. [3 Steps To Emotional Freedom FREE EFT Self Help](#) . For Phobias, Depression, Fear, Panic, Negative Thoughts, Stress, Tension, Anxiety, Nervousness, Insomnia, Social ...In this blog post and video, I guide you through Emotional Freedom Technique (EFT) tapping to release judgment toward another person or yourself. [Learn Tapping Now](#) Tapping is an extraordinarily simple technique and can be learned by anyone in minutes. Whatever life stress or challenge, learn how to use Tapping to release it and create the life experience you most want and deserve.