



Emotional Freedom Techniques: Simple Ways for Attracting Well-Being & Abundance

Sangeeta Bhagwat

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Emotional Freedom Techniques is a new path-breaking technique. By following the simple steps of tapping certain energy points in our body coupled with awareness and positive affirmations, we can unblock our inner creative force. It helps us enhance our positive traits and arrive at a state of perfect health. With EFT, abundance and well-being are just a tap away.

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