



# Tapping Into Wellness: Using EFT to Clear Emotional & Physical Pain & Illness

*Kathilyn Solomon*

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Imagine experiencing vibrant health, peace, abundance, and optimism every day. *Tapping Into Wellness* shares an innovative tool called Emotional Freedom Technique® (EFT), which allows you to have all this and more, literally at your fingertips. Join Kathilyn Solomon as she shares simple instructions, powerful and practical exercises, and real-life case studies from this world of miracles.

EFT (also known as tapping) is a fast-spreading, easy-to-learn, and effective approach for men, women, children, and animals. This guide draws on the latest EFT Gold Standard™, showing you how to work through physical or emotional problems and challenges. Often referred to as acupuncture without needles, tapping can help you:

- Resolve chronic pain and illness, cravings, and addictions
- Overcome stress, anxiety, and phobias
- Activate your body's own natural healing system
- Gain relief from haunting memories and trauma
- Experience resilience, positive energy, and improved health

### **Praise:**

“An excellent resource for you to tap into the rich treasure of your mind-body system and release your fears, resolve your past traumas, heal your sicknesses, and far more . . . This book is a fabulous and engaging read, and highly recommended.”?Eric B. Robins, MD, mind-body healing expert and co-author of *Your Hands Can Heal You*

“*Tapping into Wellness* is an excellent resource for anyone wishing to move beyond the troubling thoughts and feelings that limit their experience of life.”?Brad Yates, author of *Freedom at Your Fingertips* and featured expert in *The Tapping Solution*

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