

Position of header graphics, if any.

**From headaches to bad habits and phobias  
and other distressful conditions...**

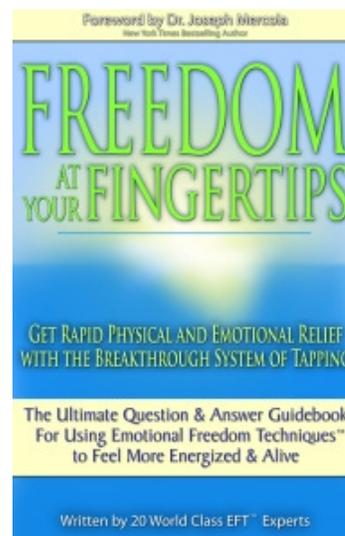
## **"Quick and Easy Drug Free Relief is Literally At Your Fingertips"**

**You'd be amazed by how many common physical and psychological conditions can be treated with these simple techniques.**

**Based on an Ancient Healing Science that explains what physical, emotional and psychological conditions have in common.**

**This is an easy, do it yourself system that doesn't require the services of a professional provider.**

**You can also use these techniques as part of a self-improvement program. Eliminate negative emotions and limiting beliefs that are holding you back from becoming the person you want to be.**



Dear Friend,

Maybe you've been having headaches or aches and pains you just can't figure out, or you might have a lot of anxiety and you're unable to relax. You're afraid to start taking pills because of side effects or becoming dependent on those drugs.

Or perhaps you or someone you care about needs to lose weight or quit smoking and needs help with the addiction. Then there are excessive behaviors such as gambling and shopping that if left out of control, can have serious financial consequences.

Or someone you know is painfully shy or paranoid about something.

**If there was only an effective, drug-free way to treat these conditions...**

Trying to find an effective way to treat such 'non-disease' causes of distress is not easy. Especially if you think of the human body in its material form or as a chemical engine. This is the basic line of thinking in Western medicine. Every function of our bodies is of chemical nature and treating any dysfunction is generally by using chemical agents (drugs).

**Asian Medical Principles lead to a simple solution to many complex problems.**

Since ancient times, Asian medicine has seen the human body as a life-energy system. This vitalistic principle states that disease and ill-health is the result of

blockage or disruption of energy flow along various channels that run along our bodies.

This forms the basis of acupuncture, a well-known Chinese treatment method shown to be effective in treating numerous conditions. There are other treatment methods based on energy channels, or meridians, established by Asian practitioners over the centuries.

These include acupressure and the tapping of fingers on certain points along the meridians. It is this finger tapping method of treating many common emotional and other conditions that has recently generated interest. Mainly because it is a simple form of therapy that can be practiced by the patient to alleviate the patient's own distressful conditions.

### **What physical, emotional and psychological conditions have in common.**

Ill health could be physical or emotional. Treatment methods seeking to correct or balance energy flow along the meridians have been effective in psychological as well as physical conditions. The blockage or disruption of energy flow through meridians of Chi is what physical, emotional and psychological conditions have in common.

### **How Finger Tapping Effectively Eliminated Water Phobia, and led to the development of a new therapy system.**

In 1980, Dr. Roger Callahan, a clinical Psychologist had a patient, Mary, who had an extreme fear of water. She could not go near the beach and was even afraid of rain. She often had bad dreams about water. Even seeing it on television caused her stomach pains. Sitting near the backyard pool at Dr. Callahan's house caused her extreme distress. He worked with Mary and her water phobia for over a year without success.

Dr. Callahan looked into traditional Chinese medical practices like acupuncture. He found the point on the meridian for her stomach on her cheekbone and asked Mary to tap over her cheekbone. When she did so, her stomach pains subsided. To the amazement of Dr. Callahan, her fear of water disappeared along with the stomach pains.

Spurred by this success, Dr. Callahan started to do clinical research to establish tapping on meridian points as a way of treating common distressful conditions. Especially those for which there is no effective medical treatment.

He first called this Thought Field Therapy (TFT).

Gary Craig, a therapist learning this method from Dr. Callahan, began to see some problems with TFT. It was thought you needed to tap on a specific set of meridian points for each condition. This meant having to diagnose the problem, which was not easy.

Craig developed a simplified, improved version of Callahan's TFT called EFT (Emotional Freedom Techniques). It is simple to learn and easy to master.

### **Introducing EFT An easy to follow program using your fingers to tap away at what's causing your distress, leading to a new level of emotional freedom.**

EFT stands for Emotional Freedom Techniques. These have been developed along the same ideas as acupuncture where certain points along the body's energy channels are stimulated with needles. These channels are known as the Meridians of Chi, discovered by the ancient Chinese more than 2,000 years ago.

### ***What About These So-called Energy Channels?***

You might not fully believe in this thing about energy channels in a human body because they cannot be detected by any physical means. Keep in mind this is about living human beings. Inside the skull of a human head you will find a brain but not someone's mind.

Most people, when they are emotionally affected by whatever goes on in their world, tend to feel something in some part of their bodies. Intense anxiety can cause you to feel something in the pit of your stomach or just under your neck. Even though it's all in your mind, you feel it elsewhere in your body.

If you can accept the notion that these meridians exist on the basis of hundreds of years of observations by Chinese health practitioners, you can approach the idea of manipulating energy flow through meridians with a more open mind.

### **Something as Simple as Tapping Your Fingers**

The way you self-administer this therapy is quite simple. Before you start you put together a quick statement about what is plaguing you. You then start tapping on specific points on your head and body, repeating this statement as you go along.

This process makes you keenly aware of the problem and its negative energy. Tapping on the acupressure points releases energy blockages or corrects the flow of life energy along these meridians. After each session, you'll experience varying levels of decrease in distress. The process can be repeated several times until the desired level of relief is realized. From here on, EFT can be used as maintenance therapy.

### **EFT can help you manage a wide range of problems especially those you wouldn't want to consult a physician or specialist - or take to a therapist.**

The list of problems and issues you can treat using EFT is a long one. This is particularly true of chronic pain, bad thoughts that lead you to act out your emotions, chemical dependencies and bad habits that require constant vigilance or otherwise must be guarded against. Such issues include but are not limited to:

- Addictions - most common being smoking and alcoholism.
- Anxiety - constant worry that something bad is about to happen.
- Chronic Headaches - where you need to do more than take pills.
- Fears and Phobias - being irrationally and constantly afraid of something.
- Socio-psychological problems such as shyness and laziness.
- Chronic Pain - relief by dealing with psychological factors that aggravate the pain.
- Sexual Dysfunction - many cases of impotence are purely psychological and have no underlying physical problem.
- Compulsive Disorders like gambling and shopping - not for any real need but an expression of insecurity - causing you to rack up debt and creating another source of distress, leading into a vicious circle in dire need of intervention.

- Limiting Beliefs - feeling not able to do something - whether this is real or just all in your mind - EFT can help distinguish between the two.
- Other Negative Thoughts leading to self-limiting behavior, most common is procrastination, the habit of always putting things off. (not getting started right away)

### **An Case Study of EFT in Treating Nicotine Addiction**

I could go on and on about how EFT can effectively treat problems for which there previously was no solution. But let me tell you about a friend who wanted more than anything else to break his nicotine addiction. His story of how he overcame his nicotine addiction makes an excellent case for the use of EFT.

#### **How EFT helped me break my nicotine addiction - completely**

*"I've been a smoker for 20+ years. Given the health risk, I wanted to quit. Only then I realized that tobacco is truly addictive.*

*If I would go even two hours without smoking, I would start feeling up tight, extremely edgy and have all kinds of terrible thoughts running through my head. I could not be around people in such a state.*

*I've made several attempts to quit over the years - to no avail.*

#### **Quitting - Step One: The Cancer Scare and Moving over to Nicotine Gum**

*Then one day during a routine checkup, my dentist found something suspicious under my tongue. He told me to come back in ten days for a biopsy. I could have cancer of the mouth. Right then, I made a vow to God that if this doesn't turn out to be cancer, I would quit smoking for good.*

*I've completely changed over to nicotine gum. After ten days, I went back to the dentist, and miraculously, the suspicious-looking thing was gone.*

*Would you believe... it took a cancer scare to get me to quit smoking.*

#### **Two Years Later - Still on Nicotine Gum**

*Two years later - haven't taken a puff of smoke since that faithful day at the dentist. Still on nicotine gum, though. It seems I traded one addiction for another. I'm still technically a smoker. If I tried to stop, I'd get those same familiar feelings that reminded me of trying to quit smoking.*

#### **Quitting - Step Two: Getting Off Nicotine Gum - The Magic of EFT.**

*Then one day I learned about this 'Finger Acupuncture' do it at home therapy based on the same principles as real acupuncture. This involved tapping on my face and neck while reciting a 'Setup Phrase' to maintain the emotional connection with my addiction. The tapping serves to release the pent-up negative energy.*

*I experienced relief the first time I tried it. The nicotine cravings were less. Then I did it again, and again. The next day, I chewed much less nicotine gum. Even the 'first in the morning' nicotine cravings were very mild. I continued the EFT sessions as described in the book, and on day five, I was able to get through the day with no nicotine at all."*

*Francis Ardi - Austin, TX*

**So, how can I learn how to do this EFT thing?  
Does it take a lot of reading, practice and patience?**

It's not difficult to learn EFT. All you need to know are the exact tapping points on the select meridians. You also need to learn how to put together a setup phrase to recite when you're tapping. No, it doesn't take a lot of reading. It takes practice and yes, it takes some patience. You will most likely experience at least some relief after the first session. You might need to do several sessions later on, or do daily sessions for more complete relief.

### "Freedom At Your Fingertips"

This book is authored by 20, world-class EFT experts, each with extensive experience in treating a specific condition using EFT. Each chapter has a case study of how EFT succeeded in relieving the affective disorder of each category as well as how to formulate the setup phrase for most forms of distress relevant to the category.

<b>Important Chapters in <i>Freedom At Your Fingertips</i></b>	
<b>Basics of EFT</b> <b>Addictions</b> <b>Alleviating Anxiety</b> <b>Blockages &amp; Obstacles</b> <b>Children &amp; Teens</b> <b>Fears &amp; Phobias</b> <b>Happiness</b> <b>Health</b> <b>Pain Management</b> <b>Personal Development</b>	<b>Procrastination</b> <b>Relationships</b> <b>Sexuality</b> <b>Speaking &amp; Stage Fright</b> <b>Spiritual Growth</b> <b>Sports Performance</b> <b>Stress</b> <b>Travel</b> <b>Weight Loss</b>

*Freedom At Your Fingertips* is 302 pages long, however you need only read the 'Basics of EFT' and the chapter about the particular condition for which you are seeking relief to start experiencing the benefits of EFT.

Ron Ball's book, *Freedom At Your Fingertips*, provides a powerful resource to use this tool even more effectively. He has been able to coordinate some of the best therapists in their amazing field and have them contribute a chapter on their expertise.

Dr. Joseph Mercola, Founder of Mercola.com,  
world's most popular natural health web site.

#### Here's what some satisfied readers had to say:

##### **Wonderful Book**

*"EFT, is a simple technique, Yet understanding the correct questions or even any question to ask can be the challenge. This wonderful Book DIGS INTO the mead of the issues and opens one's mind to just what questions lurk behind those issues."*

- Joe Futterer

##### **Highly Recommend**

*I highly recommend this book and the EFT method to anyone seeking to be free of the grip of emotional stress and its related effects on the body, mind and soul. It's easy, fast and effective. Even better, no medication is required, and there are no negative side effects.*

*The only prerequisite is to have an open mind. With that, the*

*possibilities are limitless!*

- Lisa K.

**The Most Available and Affordable  
as well as the Most Versatile treatment modality  
available anywhere.**

Being that this is a form of self-therapy, it will always be available any time you are feeling distressed by whatever problem that prompted you to learn more about a safe, physical therapy. Easy to follow reference manual gets to the specific condition without your having to read chapter after chapter.

**This is not a Therapist's Manual but a Patient's Manual**

It is written in easy to follow English with a minimal of technical or clinical jargon. It'll take only a couple of hours to know how to apply EFT and perhaps less than an hour to use it to treat your specific problem.

**Only \$19.95 plus Shipping and handling.**

And you'll be able to have the ebook you can download immediately so you can start applying EFT tonight. You'll receive a copy of the book to have available when you are away from your computer. What could be more convenient?

**Order Today**

**90 Day Guarantee**

Try EFT without risk. If within 90 days, you are not experiencing relief from whatever distresses you emotionally, please return the book for a complete refund.

To your health,

Ron Ball

P.S. If you consider this is a physical, drug-free treatment modality, you really have nothing to lose. The effects are rapid, there are no side effects, no after effects and no poison your body has to flush out. We can in effect guarantee that this will do you no harm, and with our 90-day money-back guarantee what have you got to lose?

**Order Today**

**Disclaimer**

The intention of this book is to provide information for learning about EFT (Emotional Freedom Techniques™) and the ways people might use it for self-help and personal development. While it quite often produces remarkable results, EFT is still relatively new and in the experimental stage. Given that, nothing in this book should be construed as a promise of benefits, claims of cures or a guarantee of results to be achieved. The book is offered with the

understanding that the authors and publisher are not engaged in rendering medical, psychological, legal or other professional advice. The reader must take complete responsibility for his or her physical health and emotional well-being. The information, instructions or advice presented is not intended to be a substitute for professional medical or psychological care. If you are under medical or psychological supervision, consult your healthcare professional before using any of the procedures in this book. The authors and publisher disclaim any liability or loss incurred directly or indirectly as a result of the use or application of any of the contents of this book.