



EFT for Christians (Eft: Emotional Freedom Techniques)

Sherrie Rice Smith

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While Emotional Freedom Techniques (EFT) has been gaining in widespread use and popularity during the past decade, most Christians are unfamiliar with this gentle and astonishingly effective self-help tool. Those who have discovered its healing potential may be unsure how it fits in with their faith. Sherrie Rice Smith, RN (Retired) has an extensive faith-based EFT practice, and has pioneered the use of this breakthrough approach (also called “tapping”) with Christians. In this book she shows how to use Scripture while tapping, and how EFT can strengthen the prayer life of the believer. Packed with compelling case histories of both physical and emotional healing drawn from her Christian EFT practice, as well as her extensive nursing background, Sherrie explains the science behind Clinical EFT, and how it works in harmony with our divinely created physiology. She shows how a combination of good science and firm faith is able to provide dramatic relief from a wide variety of suffering, whether it is spiritual, emotional, or physical, and how to integrate this self-help method with the Christian life.

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