



# Tapping Into Your Emotional Freedom

Learn The Emotional Freedom Technique  
A Powerful Tool for Relieving Negative Emotions

- Are you...**
- ❖ Dealing with stress, anxiety, or pain in your life?
  - ❖ Struggling with addictions, traumas or other major challenges?
  - ❖ Feeling stuck? You know *what* to do but you just can't seem to do it?

The Emotional Freedom Technique (EFT - also known as "Tapping Therapy") works like emotional acupressure to quickly, gently and easily release the negative emotions that are at the root of our problems and pain. EFT is quick to learn and easy to use. See short EFT videos on my web site.

***EFT has been successfully applied to:***

- ❖ trauma and abuse
- ❖ panic and anxiety
- ❖ love pain
- ❖ anger
- ❖ guilt
- ❖ emotional overeating
- ❖ blocks to success
- ❖ addictions
- ❖ insomnia
- ❖ stress

**EFT has over a 90% success rate** (see web site for supporting research).

***The Emotional Freedom Technique:***

- ❖ Can easily be learned by anyone
- ❖ Often works where nothing else will
- ❖ Is usually rapid, long lasting and gentle
- ❖ Is an empowering **self-help** tool

***Workshop Details - Lead by Stefan Gonick, Expert EFT Counselor, Trainer and Mentor***

At this workshop you will learn how EFT works, see live demonstrations, and have opportunities to experience it yourself, if you choose. **You will also learn the basic EFT process that you can use on your own.**



**Date/Time:** Saturday, March 14<sup>th</sup>, 10am–5:30pm (check-in at 9:40am)

**Location:** Clarion Hotel • 1 Atwood Drive, Route 5  
Northampton, MA 01060

**Cost:** \$118 (\$98 if payment received by March 5<sup>th</sup>)

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