

IMPORTANT Note:

How to get the Most from this Guide

NOTE: The Glossary in Appendix A, will be essential for your understanding of some terms in this Guide.

I have written this Guide in a manner which I believe will best support your sequential learning, to understand and use EFT/Tapping, by breaking down the information into Sections. In the 22 pages of the first two Sections you will be given a simple overview of how students can benefit from EFT/Tapping and how it works. You will also have an opportunity to try out the **EFT Brief Protocol** for yourself.

SECTION I. How This Guidebook Can Help Enhance Your Success by Reducing Anxiety & Stress?

SECTION II. Enhancing Your Brain Power in Times of Stress, Anxiety & Overload.

Sections III and IV offer deeper understanding, of your stress response and how your thoughts and emotions can change your physiology. You will learn how events from your past, can affect present time reactions, that limit your success; and how the science of Neuroplasticity is demonstrating how you can change old brain patterns. You will read stories of students who have benefitted from EFT/Tapping to overcome stress and anxiety in academic and personal situations and how you can too. Specific tools to enhance the effectiveness of your work with EFT, are included in every Section.

SECTION III. Understanding Your Body's Stress Response and How EFT/Tapping Can Help

SECTION IV. EFT Mechanisms of Action.

In the next two Sections, you will learn the **Expanded EFT Protocol**, which can often bring deeper and faster success for stubborn Issues. Examples of Tapping sequences to deal with specific Issues in Section VI will round out your learning.

SECTION V. Emotional Freedom Techniques Expanded Protocol; Enhanced Learning Process.

SECTION VI Tapping on Specific Issues. Hints to Inspire Your Process.

Section VII is a **BONUS Section** that introduces you to **The Human Biofield**. Our growing scientific understandings about this **in-form-ation** field is changing our approaches to health care. This **Biofield** facilitates connections each of us have with every cell in our body, with one another, the planet, the cosmos and Consciousness itself. Knowing about the Biofield is a step into self-empowerment.

SECTION VII Understanding The Human Biofield ~ Your Consciousness Connection.

In the **Appendices**: you will find: **A. Glossary; B. Section References; C. Bibliography; and D. Links to Web-based resources about EFT, Tapping and Energy Psychotherapies.**