

Forward

Have you been to an EFT Training or Seminar? Seen an EFT Practitioner? Now your phobia has miraculously disappeared, the fear of public speaking has gone and the nagging pain in your shoulder is just a memory. Impressed by the power of EFT?

Then you get home and wonder how can I use this for daily life. What is the right way forward when you are using EFT on your own issues? Sometimes it's pretty obvious, a spider phobia, a pain in your knee and feeling embarrassed every time you think about what you said to your boss at the Christmas Party. All simple issues that are relatively straightforward to address with EFT.

But what about the messy business of being a human being, the great tangled mass of impressions and impulses, where on earth do you start?

This e-book is designed to give you some examples and suggestions for simple, natural approaches to taking the kinks out of your life. You won't find anything here about relieving major traumas or chronic illnesses, for those kinds of issues find a competent EFT Practitioner who can help you. This e-book is for day to day maintenance and light repairs. There are articles and exercises for you to try out. You do have to try them out, like exercise. Just reading about EFT will change nothing. You have to put the work in to get the benefit.

Contents

- **EFT isn't a miracle cure**
Sometimes it takes more than one round of EFT to get the results you want.
- **Making the most of a crap day**
Just getting over a bad day can have big benefits over the long run
- **TV Therapy**
If you are watching it you may as well use it to get all the benefits you can
- **Resolving imaginary arguments**
Using EFT to turn a negative mental rehearsal into positive preparation.
- **Quickie Covert EFT**
How to do EFT when everyone is looking and not get noticed.
- **Dealing with Difficult People**
If 90% of our problems talk back, here's one way of dealing with some of that.
- **Driving stress**
Why it's worth tackling minor annoyances.

Mental Flossing: Using EFT in Daily Life

- **How to you feel?**
Softening negative emotions over time, a daily practice to balance your mood.
- **What to do next?**
Simple suggestions to take your practice of EFT forward.
- **Who am I?**
A snapshot of the author.