

Wellness At Your Fingertips®

EFT Resources

Useful Links from the Wellness At Your Fingertips® website:
www.WellnessAtYourFingertips.com/useful-links/

Brad Yates – Hundreds of EFT tap-a-long videos by Brad Yates, one of our favorite practitioners. www.YouTube.com/eftwizard Brad also has a great children's book called *The Wizard's Wish* for free viewing on www.TheWizardsWish.com.

EFT Universe – Be sure to sign up for the *free newsletter* and discover all the remarkable things being done with EFT all over the world—over 5000 articles at www.EFTUniverse.com.

The Tapping Solution – Producers of The Tapping Solution DVD and *NY Times* best seller book of the same name. Great information and videos on the site www.TheTappingSolution.com.

Veterans Stress Project – EFT is very impactful and effective for treating Post Traumatic Stress Disorder (PTSD). Check this website for videos and listings of EFT Practitioners trained to treat PTSD and other services, many of which are free: www.StressProject.org.

Operation: Emotional Freedom – produced a documentary DVD on a 5-day workshop for veterans and a few of their wives being treated for PTSD using EFT. The DVD is available for purchase as well as a “pay-per-view” version online here: www.Operation-EmotionalFreedom.com.

EFT Research from the EFT Universe web site: www.EFTUniverse.com/research.

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