

# Hello and thank you for your interest in this package.

I'm really excited to be able to offer this, and if there are things in your life that you need to resolve then I hope you will be excited too.

EFT - or **Emotional Freedom Technique** has been said to be like "Emotional acupuncture, but *without* the needles". The reason for this is that in EFT we tap the areas used in acupuncture or acupressure to change your internal emotional landscape for the better.



Gavin Bowtell  
EFT Practitioner



**How does it do this?** Well, EFT - also known as tapping - combines a number of therapeutic approaches in a simple yet dynamic way.

Basically you hold a negative, thought, feeling, or memory in mind whilst following a short tapping routine. At the end of the routine

one of three things will have happened:

- nothing at all
- you feel less negative about about the thought, feeling, or memory
- the distress has completely gone.

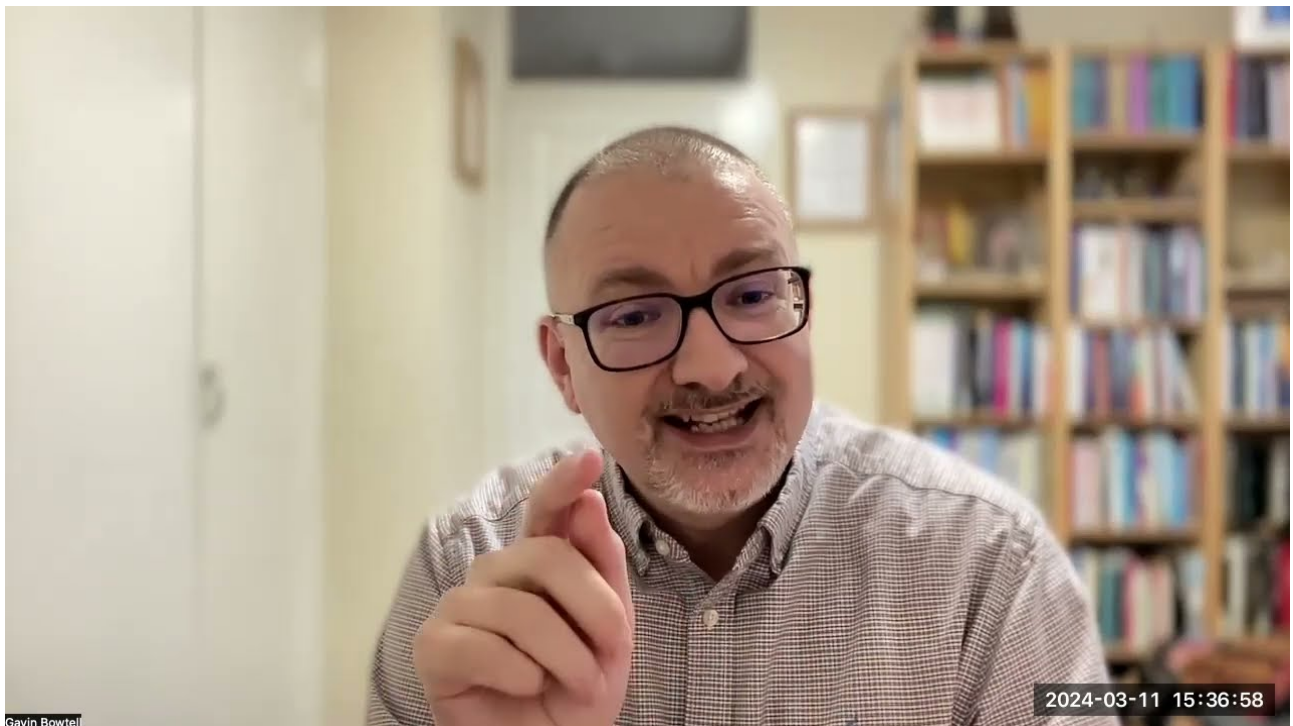
It probably doesn't sound all that clear to you now. But don't worry. It's really easy to learn, and I teach most clients in less than an hour - but you will get three hours to work on three issues (or less if you want to, or more if there is time) and at the same time learn the process that you can take away with you empowered as your own therapist.

**Here is a little bit about EFT.**



### **Will EFT Work for Me?**

That is a very good question. EFT does work for a majority of people, and one nursing journal rated EFT as having an astounding "98% efficacy rate". Very often it's not possible to try before you buy - but on the next page there is something that will help you decide whether "EFT - The FULL Package" is for you!.



All you need to do is follow the instructions. You might need to watch the video a couple of times, copying what I do to obtain the benefit.

Hopefully you have found that EFT *does* work for you. That being so you can read on, to discover more. If the video doesn't play on your device click this link - **Watch Video**.

During your three hour session you will work on several issues and whilst you do, you will learn how to apply the EFT protocols to yourself, for yourself, whenever you might need them in the future.

You might choose three different things, for example:

- 1) Presentation anxiety, 2) chocolate cravings, 3) and a stiff neck.

The choice is yours. Now lets talk about what else your receive.

For just £333 pounds you will receive:

- 3 hours of 1-2-1 therapy and training with an Advanced Practitioner (that's me).
- 3 recordings to keep you going with EFT wherever you go.
- 3 months worth of FREE email support.



## What is Email Support?

First things first. I'm not an IT guy, so I'm not going to sort out techie issues, and obviously we cannot do therapy by email, but we can sort out some *technique* issues. One of the things that stumps clients who have learnt EFT is how to personalise the protocol to fit their specific problem. In a situation like that you might send an email something like:

"Hi Gavin, Hope you are well. I have an EFT issue. I'm going down to the in-laws at the weekend and I'm knots about it. I don't know what the emotion is, or even why I'm feeling this way - can you help?" or perhaps:

"So one of the Mum's at pick up time in giving me some negative vibes whenever I speak to her, I think I know how to do the set up OK, but do I use the sore spot or karate chop point?" Or maybe :

"Somehow EFT worked better when I was in the room with you, what can I do?"

Questions like these are common, they don't require a full appointment - so I'm offering this service to you for free for three months. But, should anything occur to you that does need a full therapy session then for six months from the date of "The FULL Package" you will receive £20 off your therapy session(s).

You also receive:

- A free copy of my book "Tapping for Emotional Freedom" to give to a friend or loved one, or keep for yourself as a handy pocket resource.
- A Full Colour PDF containing recordings to use from your mobile device
- A discount of £20 of any therapy sessions for 6 months as mentioned above.

## **UP FRONT**

Basically my "EFT - The FULL Package" is therapy upfront. What you might receive over three or four session elsewhere you get in one appointment with me - along with the tools to keep you going as your own therapist in future!

At £333 - I think that's a bargain!