



The Healing Game: Transforming Chronic Illness Using EFT

Annabel Fisher

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AS SOMEONE OVERCOMING LONG-TERM ILLNESS or serious disease, you are probably aware of the many pitfalls and challenges that come with physical healing. Perhaps you have found yourself feeling trapped by your body in its current condition or doubting that you will ever experience health again. No doubt your emotions have played a huge role in this journey so far, as you have swung between hope and optimism that you will return to health, and back to doubt and fear that your body will never change. In this ground breaking book you will not only learn how to transform your current emotional climate, but you will also discover how healing your emotional state plays a vital role in transforming your physical condition too. Using the increasingly popular and powerful tool Emotional Freedom Techniques (EFT), you will be taken on a journey of resolving the underlying causative factors of your physical condition. You will learn how to:

- Identify the triggers of your condition
- Resolve the underlying emotional drivers of your illness
- Release symptoms and alleviate physical pain
- Transform the condition on a physical, emotional, and spiritual level

With tools and practices that you can self apply, this book is a manual for self-healing. It is also fast becoming the number one resource for EFT practitioners to share with their clients, in order to deepen the work they are doing together. “You have in your hands a book that could quite literally transform your emotional health. It may transform your physical health in the process too.” –Karl Dawson, EFT Master and co-author of Matrix Reimprinting Using EFT and Transform Your Beliefs, Transform Your Life.

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Benjamin Martinez:

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