

## Eft Tapping Sports Performance Free Pdf Books

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Emotional Freedom Technique (Also Called EFT Or Tapping ...Open Your Eyes Look Down Hard Right, Then Left Make A Circle With Your Eyes Going One Way And Then The Other Hum Briefly (preferable A Song) Count To 5 Out Loud Hum Briefly Again Now Repeat The Process By Going Back Up To Your Eyebrow, Tap On All The Spots And Back Down To Your Hand Repeating The Han Jul 1th, 2024

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