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# Finding Emotional Freedom Access The Truth Your Brain Already Knows

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Stop Walking on Eggshells: the Way to Find Emotional Freedom, Increase Self-Awareness, and Emotional Intelligence

Change Your Past, Change Your Life

The Caged Free Heart

Tapping Into Wealth

The Art of Letting Go

The Key to Emotional Freedom

Mindful Anger: A Pathway to Emotional Freedom

Emotional Freedom Technique (Eft) and Children  
Emotional Freedom

Breaking the Curse of Emotional Bondage

Guilt, Shame, and Anxiety

Emotional Freedom Technique

I'm Not Okay and Neither Are You

Keys to Emotional Freedom

How Not to Cry  
Freedom at Your Fingertips  
Emotional Healing For Dummies  
The Power of Letting Go  
A Crash Course in Emotional Freedom  
Follow the Feeling  
Emotional Freedom with No Fear, No Anger, and No Insecurity  
The Freedom Within  
The Truth Will Set You Free  
The Emotional Freedom Workbook  
The Tapping Solution  
Emotional Freedom  
Emotional Freedom Through Spiritual Wisdom  
Living the Simply Luxurious Life  
Emotional Freedom  
How To Find Emotional Freedom  
Emotional First Aid  
An a to Z of Emotional Freedom  
EFT: A Complete Guide to the Emotional Freedom Technique  
Finding Emotional Freedom

Energy Eft  
Emotional Freedom Technique For Dummies  
Decode Your Darkness  
Enjoy Emotional Freedom  
Get Busy Living  
Emotional Freedom

***Finding Emotional  
Freedom Access The  
Truth Your Brain  
Already Knows***

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**GARDNER CALLAHAN**

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*Stop Walking on Eggshells: the Way to  
Find Emotional Freedom, Increase Self-  
Awareness, and Emotional Intelligence*

John Wiley & Sons

A guide to feeling better when you are  
scared, insecure, anxious, resentful,  
jealous, lonely, irritated or depressed.

These meditative practices to find

emotional freedom offer instant help in  
even the worst crisis. A short, simple and  
instantly effective guide to feeling better  
no matter what life throws at you. With  
levels of fear and anxiety now running  
sky high, try these simple meditations,  
exercises and rituals to counteract your  
negative self-talk, soothe yourself into  
peace and calm, and ride the wave of  
each challenging emotion instead of  
being overwhelmed. Feeling down, angry  
or depressed? Turn to "Feeling Low" and  
find the meditation technique that best

distracts you from negative feelings, whether that's focusing on sounds or on comforting phrases or having a meditative shower or workout. Lacking energy or bored? Turn to "Feeling Uninspired" and get an emotional pick-me-up. Life seems great? Turn to "Feeling Good" and make the most of your high spirits, to activate your intuition and create your ideal life by envisioning it. What all the practices in this ebook have in common is that they are easy to do and will help you step away from unhelpful mind chatter and appreciate what you have right now. This ebook was previously published in print form as Lighthouse.

*Change Your Past, Change Your Life*  
Harmony  
Welcome To Energy EFT - the next

generation of EFT as modern energy work. Using EFT with energy in mind, you can now experience faster, more focused, more logical EFT self help treatments and go much further into the realms of empowerment, mental clarity and having all the energy you need to succeed in life.

**The Caged Free Heart** W. W. Norton & Company

With the first unified theory of guilt, shame, and anxiety, this pioneering psychiatrist and critic of psychiatric diagnoses and drugs examines the causes and effects of psychological and emotional suffering from the perspective of biological evolution, child development, and mature adult decision-making. Drawing on evolution, neuroscience, and decades of clinical

experience, Dr. Breggin analyzes what he calls our negative legacy emotions—the painful emotional heritage that encumbers all human beings. The author marshals evidence that we evolved as the most violent and yet most empathic creatures on Earth. Evolution dealt with this species-threatening conflict between our violence and our close-knit social life by building guilt, shame, and anxiety into our genes. These inhibiting emotions were needed prehistorically to control our self-assertiveness and aggression within intimate family and clan relationships. Dr. Breggin shows how guilt, shame, and anxiety eventually became self-defeating and demoralizing legacies from our primitive past, which no longer play any useful or positive role in mature adult life. He then guides the

reader through the Three Steps to Emotional Freedom, starting with how to identify negative legacy emotions and then how to reject their control over us. Finally, he describes how to triumph over and transcend guilt, shame, and anxiety on the way to greater emotional freedom and a more rational, loving, and productive life.

#### Tapping Into Wealth Basic Books

Here's the thing about life: we're all nuts. That's right -- you heard it here first. Each and every one of us is our own special brand of crazy. Unfortunately, most of us spend our days trying to figure out how other people are crazy so we can label their brand when what we really need to be doing is slapping a label on our own brand! By acknowledging who and what we are, we

are giving ourselves the right to be okay and the self-acceptance we need to truly love ourselves, which is the most powerful tool to healing and finding peace. Life is short and is meant to be enjoyed, so we should all GET BUSY LIVING! Sometimes we get stuck in our confusion, fear, or emotional pain and can't find the pathway out again. This book shares some tips and insight that may help you find the door and walk out, once and for all. For those seeking radical healing and emotional freedom, Hardin's debut is a powerful, life-affirming journey filled with genuine inspiration. Her use of her own life as a guide opens up a world of intimacy and connection, demonstrating beyond a shadow of a doubt that if she can do it, you can do it! Engaging, genuine,

humorous, and full of hope, *Get Busy Living: The Art of Getting Unstuck*, will resonate for anyone ready to finally, once and for all, get unstuck! Hardin's *Get Busy Living* was written for the average person who struggles and feels pain or just feels "stuck." She writes with the humility of someone who has struggled with depression and anxiety herself and learned how to navigate those landscapes. She is passionate about two things -- 1) helping others find their peace in life and 2) reducing the stigma surrounding mental illness. As a professional counselor, she raises valid points about challenges with the current mental health system and invites readers to rethink the whole notion of "crazy" versus "sane," so that they may reclaim their peace, stop comparing

themselves, and GET BUSY LIVING! Life is too short to do anything else. *The Art of Letting Go* Dragonrising How satisfied are you with your level of emotional and spiritual maturity? Do you feel discouraged by lack of progress in your spiritual life? Frustrated by failures to follow through on your good intentions? Embarrassed by discrepancies between your outer appearance and inward reality? Stuck in damaging emotions such as anger, resentment, and revenge? If yes is your answer to any of these questions, be encouraged. In *Emotional Freedom*, Jane Ault shows you how to move from the bondage of emotional dysfunction to the freedom of emotional integrity so that you can grow toward spiritual maturity. Stories by those who have moved from

anger to self-control, resentment to joy, and revenge to forgiveness inspire you to persevere in your healing journey. The Tree model of emotion expands your understanding of emotion. The dance called Choosing Grace tells you how to cooperate with God so that you can receive his grace and power. Maps of anger, resentment, and revenge help you recognize stages in the development of addictive emotion. Maps of self-control, joy, and mercy show you steps in the pathway to freedom. A study guide listing key concepts, plus questions for reflection and discussion, helps you integrate these new concepts into your everyday life. This gem of a book offers us a key to release the shackles of dysfunction that keep us bound to an immature past. From

personal experience and with great insight, compassion, a scriptural foundation, and incisive writing, Jane leads the reader from stoic brokenness to emerging freedom. Carolyn M. White, abd, MA, CASAC Jane writes knowledgeably about recognizing destructive patterns in our lives, understanding the dynamics that fuel them, and moving forward with God to overcome them. Jean Coles, friend and fellow sojourner

The Key to Emotional Freedom WestBow Press

There is an ancient belief that he who rules the self is greater than he who has captured a city. To rule the self, you have to have no fear, no anger, and no insecurities. In *Emotional Freedom with No Fear, No Anger, and No Insecurity*,

over three dozen behaviors, tools, and skills are provided to help you achieve command of the self. You are not an emotionally free person until you have raised your level of consciousness to the extent that it allows you to control the thoughts that come into your mind. We may be advanced technologically, educationally, and intellectually, but we languish at a low, dysfunctional level of social development. The lack of acceptance we find in our social culture has impaired or damaged our self-worth. The opinions that we have of ourselves can have more of an impact on our lives emotionally, physically, mentally, and psychologically than anything else. A lack of understanding of our self has kept us in the dark about our real self. Gaining knowledge and discovering how we



function in our relationship with our self and with others will open up a whole new realm and reveal a wealth of information. This enlightenment will allow you to take many different avenues and paths most suitable to you, and reveal answers and solutions about how you should live your life so that you can be the leader of the self who is in charge of the self.

### **Mindful Anger: A Pathway to**

**Emotional Freedom** Babelcube Inc. why this book? because children are Magic ...They still hold within them the Wonder of Life, the curiosity and the openness to experience life in all its nuances, with the infinite possibilities it offers. At the same time, they are very sensitive to the situations they experience and to what they feel. The

process of growth and development can be at times very difficult and they can feel overwhelmed by their emotions. This book is for every child and every parent; for every Human Being who is in contact with children, and cares for their wellness and for their Heart. It will help them become self-aware adults, trusting themselves and life, allowing them to be still in touch with their Magic Infinite Potential. Emotional Freedom Technique (EFT) is a healing tool that works on the physical, mental, emotional and energetic levels. EFT works on the energy that flows in the meridians (based on Traditional Chinese Medicine) by tapping on specific acupuncture points. In addition to the tapping, the person focuses on the issue that is creating the discomfort, so to engage

the system on the emotional, energetic, mental and physical aspects of it. EFT is an amazing tool to use with children, as it teaches them how to deal with their emotions, not to fear them, and how to let them go safely; it helps children to learn how to express themselves, so that they can let go of their "limiting" thoughts/emotions before they get cemented creating limitations and blockages. In this book, that has the idea of being a small EFT manual, I discuss the basic technique, and give suggestions and indications on how to use it on emotions, physical issues, limiting beliefs and with Magic Buttons Bear. The use of EFT from a young age is a simple, effective way to help the future adults listen to their feelings and find the best way to deal with them, not to feel

overwhelmed and powerless. EFT with children brings amazing positive effects, on the personal level, in family and school environment,

### **Emotional Freedom Technique (Eft) and Children** eBookIt.com

Emotional Freedom Therapy or (EFT) is a remarkable technique that alleviates emotional distress using simple yet elegant techniques based on the body's energy meridians. By teaching an easily adopted system of tapping on the body's meridian points, this book enables you to tune and tone your body's energy system for immediate relaxation and relief...

Emotional Freedom Independently Published

How to release anger and reconnect to yourself using mindfulness techniques. Anger is one the most common human

emotions, so if you're not feeling it, then you're probably unconsciously burying it. But anger that is buried isn't actually gone. In fact, hidden or covert anger may be just as damaging as the overt, outwardly destructive kind, only it wreaks havoc from the inside-out. All sorts of physical and emotional problems can stem from suppressed anger: headaches, digestive problems, insomnia, just to name a few. Buried anger is expressed in a continuum, with rage and aggression at the top, and frustration, annoyance, irritation at the bottom, and everything in between. Unless this anger is addressed, it is impossible to overcome. This book urges readers to practice mindfulness—deliberately allowing physical sensations and emotions to surface so they can be

examined and released. This sort of processing of anger—fully felt in the body as it happens, moved out through appropriate expression, and let go—will allow readers to process anger before it becomes unhealthy. Whether for you or your clients, this book offers simple tools of mindfulness to strengthen your connection with your inner world and learn to explore your anger, paying heed to the important messages it is sending.

**Breaking the Curse of Emotional Bondage** John Wiley & Sons  
Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of *The Tapping Solution*, is at the forefront of a new healing movement. In his upcoming book, *The Tapping Solution*, he gives readers everything they need to successfully

start using the powerful practice of tapping – or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping’s proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In *The Tapping*

*Solution*, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers’ eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want.

### Guilt, Shame, and Anxiety

TarcherPerigee

Are you struggling to manage your emotions efficiently? Do you grapple with extreme highs and lows without knowing why? Pain can feel debilitating, but it is in the overwhelm where suffering ensues. Overwhelm arises when you feel out of control and powerless, but overwhelm does not have to occur. Your emotions are clues to how you perceive life. All you need to do is pay attention to the signals. In this book, you'll discover how. Life Coach Dee, business owner, mother, and the author of *Rediscover You, Confidence Lost*, then Found has developed a proven plan that changes your emotional responses by learning how to connect with the source within you, guaranteed! She has

identified toxic emotions and provided proven step-by-step solutions to overturn them. Stop pretending to be okay and learn how to manage your emotions effectively. You can have a healthy approach to your emotional response once and for all. Your emotions are your guides and should be accepted, not rejected. Emotional stability is vital when it comes to living a meaningful and flourishing life that you deserve. Once you understand that you are not only how you feel but the master of what you allow yourself to feel, your life and relationships change for the better. So healing in this area is beneficial. Is it possible to overcome your feelings without allowing them to dictate your life? Yes, and in this book, you will find out how, plus much more. Learn how to

overthrow fears and doubts while listening to your inner voice. You will learn to utilize your emotions healthily without allowing them to suffocate you because you are in charge. You are the master over your emotions, all of them.

*Emotional Freedom Technique*

Createspace Independent Publishing Platform

A practical guide that navigates readers through their emotions and into a place of calm.

*I'm Not Okay and Neither Are You* Hay House, Inc

EFT (Emotional Freedom Techniques), also known as Tapping, has become a popular tool for realizing goals. For many of us, one of our main aspirations is to flourish in our careers and, by extension, in our finances. Yet limiting beliefs and

fears keep people stuck in their current financial states. EFT uses the fingertips to tap on acupuncture points while emotionally tuning into negative attitudes and past experiences, allowing people to transform their thoughts and feelings. Margaret M. Lynch teaches people how to harness the power of Tapping to identify and clear blocks to prosperity. Book jacket.

**Keys to Emotional Freedom** Watkins Media Limited

Do you ever feel like you are underperforming in some area of your life? Like something is holding you back? What would it be like if you unleashed your real potential? These days there are all kinds of problems that introduce struggle into our lives. Like the epidemic of social anxiety. Everybody who has

had parents knows that a lot of internal conflict arises from the process of growing up with parents. And many people have suffered some real trauma. These sometimes cause people to feel like things aren't going to get any better. And it's not like you haven't tried to fix things. Very serious people may have told you it's a chemical imbalance, or you were born this way, or suffering is the nature of life, or just go out into nature and exercise more. Some of these you took more seriously than others. Maybe you started exercising and ate better, and that helped, but something is still gnawing at you dragging you down. And it doesn't have to be that way anymore. The relatable stories and hypnotic language patterns in *Change Your Past, Change Your Life*

will help you dissolve what drags you down, release what holds you back, and step into the life of effort without struggle. Designed to be read in one sitting, this remarkable little book by author and hypnotist Jason Andrews will help you clean the gunk out of your mind and free yourself. Jason is a hypnosis-based coach who unlocks potential. He is highly praised and often recommended to help clients drop bad habits, be more effective, and find contentment in as little as one session. Learn more about Jason and his work at [www.JasonAndrews.coach](http://www.JasonAndrews.coach).

**How Not to Cry** WOW PUBLISHINGS  
PVT LTD

The tug of war between your heart and mind can be one of the greatest battles you will ever have to fight. It is

sometimes a fight that leaves us mentally and emotionally bound and metaphorically speaking, incarcerated. But that doesn't have to be how your story ends. If you are searching for mental and emotional freedom this book is for you. This book will help you to: -Let go of those past pains that are keeping you bound-Learn how to focus on the present instead of being anxious about tomorrow -Find the mental and emotional freedom you desire and deserve -Learn how to effectively "re-enter" into the world of relationships without fear and hidden barriers True clarity, peace, and freedom awaits you! This is your guide to finding your heart's wings!

*Freedom at Your Fingertips*  
Independently Published

Do you find yourself dwelling in unhelpful emotions like fear, anxiety and overwhelm? Endlessly chasing something intangible to help you feel 'enough'? What if a life of greater ease and joy is available to you? In his new book *The Freedom Within*, bestselling author and health coach Gerry Hussey gives us a remarkable insight into the truth about human emotions: how they shape every aspect of our lives and how every emotion we hold is either enabling or disabling us, healing or hurting us. From understanding the impact of early childhood experiences, family dynamics and unconscious beliefs, to discovering how to unlock our emotional triggers and establish healthy boundaries, this transformative guide shows us how we can redirect our energy from a place of



emotional pain to one of power and begin living with incredible inner peace. Step out of the shadows of your past. Connect to your truest self. Discover your emotional superpower.

#### Emotional Healing For Dummies Blurb

The purpose of this book is to introduce you to one of the most simple, elegant and powerful self-help tools that you may ever come across to change your energy. It's called EFT which is short for Emotional Freedom Techniques. EFT is based on leveraging the wisdom and healing of using energy meridians which have been around for thousands of years. Unresolved negative emotions are often the cause behind many mental and physical issues. With EFT, by simply tapping with your fingertips on certain points on your face and body, while you

concentrate on whatever bothers you, EFT helps clear the energy blocks of negative, uncomfortable emotions. "Freedom at Your Fingertips," is the ultimate question and answer guidebook for using Emotional Freedom Techniques to feel more energized and alive. We all have barriers, beliefs and blocks that show up in our lives as physical and emotional limitations. Now with EFT, you'll learn a breakthrough system that offers you a simple, powerful way to erase unwanted negative feelings, clearing the way to more positive ones. It's a self-help tool that you'll have at your fingertips for resolving just about any physical or emotional issue that bothers you. Using EFT, typically a problem or condition is gone or greatly diminished in just a matter of minutes. In

fact, people are usually amazed. They're surprised to find that EFT often works when nothing else seems to help. "Freedom at Your Fingertips" is loaded with a wealth of ideas and information you can put to practical use in all areas of your life immediately. There are 19 topics areas, over 300 examples of specific EFT setup phrases and 50 real life cases stories of proven results for ways you can use EFT to overcome some of the most common emotional and physical issues. Of course, as you'll learn in the book, we encourage you to try EFT on everything and discover its surprisingly wondrous results for yourself. "Freedom at Your Fingertips" is the only book available that has been co-authored by 20 World Class EFT practitioners: Gloria Arenson, Ron Ball,

Gwenn Bonnell, Paul & Layne Cutright, Lindsay Kenny, Dr. Alexander R. Lees, Carol Look, Angela Treat Lyon, Rebecca Marina, Betty Moore-Hafter, Carol Solomon, Loretta Sparks, Mary Stafford, Carol Tuttle, Stacey Vornbrock, Maryam Webster, Rick Wilkes, Brad Yates and Jan Yordy. The foreword is by Dr. Joseph Mercola.

*The Power of Letting Go* Independently Published

At some point in their lives, most people will have thought: "He should never have said that" "How could she treat me this way?" "I feel guilty when I remember what I said to him" "I'm so angry I can't bear it" Usually, we don't feel that we can discuss these hurtful emotions, such as guilt, anger or jealousy, with our friends and families,

let alone go to a GP for advice on dealing with them. We're a nation that bottles things up, dismissing anger, frustration, hatred and guilt as largely insignificant to our minds and bodies. But powerful emotions like these do affect us in a long-term way, not only mentally but also physically, and it's important to know how to get them under control before our health really suffers. This easy-to-follow, plain-English guide shows you why and how emotions can leave a physical scar, and talks about various life factors and influences that can lead to emotional stress. It will help you heal your emotional traumas with a toolkit of strategies, and allows you to take care of your health with a practical, hands-on approach. Emotional Healing For Dummies covers: PART 1: INTRODUCING

EMOTIONAL HEALING Chapter 1: Understanding Emotional Healing Chapter 2: Exploring the Physiology of Emotion Chapter 3: Tuning into Emotions PART 2: EMOTIONS AND YOUR BODY Chapter 4: You are What you Eat Chapter 5: Body Rhythms Chapter 6: Physical Strategies for Emotional Healing PART 3: EMOTIONAL HEALING FOR REAL LIFE Chapter 7: Mapping the Emotional Environment Chapter 8: Facing up to Emotional Challenges Chapter 9: Managing Relationships Chapter 10: Strategies for Getting through Tough Times Chapter 11: Life's Transitions PART 4: THE EMOTIONAL HEALING TOOLKIT Chapter 12: Thinking Strategies for Emotional Healing Chapter 13: Mindfulness Practices to Rebalance Chapter 14: Lifestyle Strategies for

Emotional Healing Chapter 15: Becoming the Emotionally Healed Person PART 5: TAKING YOUR HEALING TO ANOTHER LEVEL Chapter 16: Planning to Manage Emotions in the Future Chapter 17: Inspiring Healing in Others Chapter 18: Helping your Child to Heal PART 6: THE PART OF TENS Chapter 19: Ten Ways to Heal Emotional Wounds Chapter 20 Ten Ways to Stay Positive Chapter 21: Ten Exercises for Emotional Healing

*A Crash Course in Emotional Freedom*  
 PKCS Media

A New York Times bestseller, *Emotional Freedom* is a road map for those who are stressed out, discouraged, or overwhelmed as well as for those who are in a good emotional place but want to feel even better. Picture yourself trapped in a traffic jam feeling utterly

calm. Imagine being unflappable and relaxed when your supervisor loses her temper. What if you were peaceful instead of anxious? What if your life were filled with nurturing relationships and a warm sense of belonging? This is what it feels like when you've achieved emotional freedom. Bestselling author Dr. Judith Orloff invites you to take a remarkable journey, one that leads to happiness and serenity, and a place where you can gain mastery over the negativity that pervades daily life. No matter how stressed you currently feel, the time for positive change is now. You possess the ability to liberate yourself from depression, anger, and fear. Synthesizing neuroscience, intuitive medicine, psychology, and subtle energy techniques, Dr. Orloff maps the elegant

relationships between our minds, bodies, spirits, and environments. With humor and compassion, she shows you how to identify the most powerful negative emotions and how to transform them into hope, kindness, and courage. Compelling patient case studies and stories from her online community, her workshop participants, and her own private life illustrate the simple, easy-to-follow action steps that you can take to cope with emotional vampires, disappointments, and rejection. As Dr. Orloff shows, each day presents opportunities for us to be heroes in our own lives: to turn away from negativity, react constructively, and seize command of any situation. Complete emotional freedom is within your grasp.

**Follow the Feeling** HarperChristian

### Resources

If you need to quickly get control over your emotions, or get free from social and relationship anxieties, over thinking, low self-worth, or emotional difficulties linked to past traumatic experiences, Emotional Freedom Technique can help. Emotional Freedom Technique - EFT - is a therapeutic method that you can use to immediately reduce the intensity of heightened emotions that occur in various day-to-day scenarios. EFT also helps to change thinking linked to self-limiting fears, beliefs and behaviors, so that you can go where you previously couldn't go, do what you previously couldn't do, and be who you aspire to be. Another good thing is that in practicing EFT, you remain in total control and go at your own pace in

creating changes in life you might previously have been unable to face. This book is short, but it's designed as a guide to repeatedly use until fluent in applying EFT to those issues that currently hinder you. So, in your search for greater emotional, psychological and social freedom, this book provides a step-by-step guide on using EFT to process, get through and hopefully overcome the social, occupational and

relationship barriers these issues create. You'll learn about the origins of EFT, how it works, such as why it involves light tapping on points of your upper body that are used in acupuncture, and most importantly how to apply EFT in your day-to-day life. So if this book can play even a small part in creating the emotional freedom you are working towards, its aims, and yours, will be achieved. I therefore wish you well.