



Tapping the Healer Within: Using Thought-Field Therapy to Instantly Conquer Your Fears, Anxieties, and Emotional Distress

Roger Callahan, Richard Trubo

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The first book on "TFT" by its founder

Thought Field Therapy (TFT) has already changed the way thousands of people have overcome emotional problems. Now, in *Tapping the Healer Within*, the founder of TFT shows readers how to harness its healing power on their own, to overcome phobias, anxieties, addictions, and other common psychological problems. The process combines principles of Western and Eastern healing methods, using energy points in the body to release emotional distress.

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