



# **EFT - Die Klopf-Methode: Emotionale und körperliche Blockaden auflösen (German Edition)**

*Erich Keller*

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Körperliche und emotionale Blockaden auflösen

Die kompakte Einführung in die Emotional Freedom Technique

Seit vielen Jahren hat sich EFT als Methode zur Harmonisierung des Energiehaushalts und zur Lösung von inneren Blockaden etabliert. Der erfolgreiche Autor Erich Keller erklärt in diesem Pickup die Grundlagen dieser Technik und zeigt, wie Beschwerden wie Stress, Migräne oder Ängste durch das Abklopfen verschiedener Meridianpunkte wirkungsvoll begegnet werden kann – für jeden erlernbar und überall anwendbar.

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