



HEALTH & WELLNESS



### Generation Regeneration Archives Available

**October 13th 2015: Sustained Self-Transformation with Clinical EFT**

Self-Transformation with Clinical EFT will feature preeminent EFT researcher Dawson Church, Ph.D. who will review his recently published 3rd edition EFT Manual. He will explain why Emotional Freedom Techniques (EFT), or Tapping, are so effective at producing rapid psychological shifts which impact physical health, emotional health, and life circumstance. Dr. Dawson will refer to dozens of scientific studies which have validated the Clinical EFT approach for the treatment of a wide range of conditions, such as anxiety, depression, phobias, PTSD, and chronic pain. We will focus on how EFT can be

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### Featured Guests

Guest Image

#### Dawson Church

Dawson Church, author of *The Genie in Your Genes* demonstrates the link between emotions & genetics. His book *Mind to Matter: The Astonishing Science of How Your Brain Creates Material Reality* examines the science of peak mental states known as "flow."

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#### Sue Ingebretson

Sue Ingebretson is a writer, speaker, certified holistic health practitioner and the director of program development for the Fibromyalgia and Chronic Pain Center at California State University, Fullerton.

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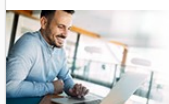
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