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Voices for the New Age
Wednesday at 10 AM Pacific / 1 PM Eastern
September 8th 2021: Tap your way into a life you love

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Wednesday at 10 AM Pacific
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VoiceAmerica Variety Channel

This week's program will let you know how the Emotional Freedom Techniques, also known as EFT or Tapping can change your life. It has been used as an alternative method of treatment for physical pain and emotional distress and has been used to treat people with anxiety and post-traumatic stress disorder (PTSD). Tapping is a holistic approach that recognizes that body, mind, and emotions are interconnected. Based on Chinese medicine, EFT focuses on tapping on blocked meridian points, which often create imbalances in the body that can lead to emotional and physical pain. While acupuncture use

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Featured Guest



Joseph Mitchell

Joseph Mitchell, Esquire is a high performance business coach, and EFT Tapping expert. He's the author of *The Art of Joyful Achieving: Tapping into a Life You Love*. Two years after Joe graduated from Harvard Law School, he became a monk and lived in an ashram for five years. In 1992, he re-entered worldly life and began a 25-year legal career as a criminal and personal injury attorney in Philadelphia. During that time he attended hundreds of personal growth courses, and completed four coaching certifications, was certified as a yoga and meditation teacher, and became an EFT and NLP practitioner.

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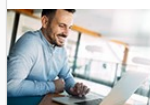
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