



### Uplift Your Life: Nourishment of the Spirit Thursday at 8 AM Pacific

September 03rd 2015: Heal Yourself: EFT for anxiety, PTSD, pain, depression and more

Did you know that people with mild anxiety die 7 years earlier than they should? If this shocks you, good. We all ignore stress and anxiety assuming that it's a normal part of life. Maybe it is, but it doesn't have to be--And it's killing you! We are not responsible for what happens to us, but we are responsible for how we respond. Is your "go to" reaction one of worry, fear and anxiety or do you first calm yourself so you can think clearly and respond in an appropriate fashion? EFT, Emotional Freedom Techniques, often referred to as tapping, is scientifically proven to help reduce and even el

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### Featured Guest



#### Dr. Dawson Church

Dawson Church, PhD, is an award-winning author whose bestselling book, *The Genie in Your Genes* (YourGeniusGene.com) was hailed by reviewers as a breakthrough in our understanding of the link between emotions and genetics. He founded the National Institute for Integrative Healthcare (NIIH.org) to study and implement promising evidence-based psychological and medical techniques. His groundbreaking research has been published in prestigious scientific journals. He is the editor of *Energy Psychology: Theory, Research, & Treatment*, a peer-reviewed professional journal (EnergyPsychologyJournal.org), a blogger for The Huffington Post and a reviewer for APA's Mental Health Mobile Phone Application R

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