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April 05th 2017: Conquer Your Cravings with EFT

Why is it that our cravings can seem so impossible to conquer? EFT Practitioner Marian Buck-Murray has tips that will make conquering cravings feel so much easier. There are numerous underlying factors that trigger our cravings, making them feel so powerful. Our cravings are our body's way of seeking balance. When we bring ourselves back into balance, we're less vulnerable to our cravings. Marian will share how EFT Tapping is the perfect tool for neutralizing intense cravings, and the underlying emotions that trigger them. Marian and host, Lorraine Giordano, will also explore how the sac

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Featured Guest



Marian Buck-Murray

Marian Buck-Murray is a Certified EFT Practitioner passionate about sharing her toolbox of self-empowerment techniques. She is the creator of the 3-Step Tame Your Inner Critic with EFT method, The Unleash Your Creative Genius Program, and The Conquer Your Cravings Online Mini Program. With an emphasis on holistic methods, Marian successfully overcame decades of autoimmune illness, cardiac surgery, traumatic stress, and limiting self-doubt. Inspired by her transformational experience she was guided to assist others in their own transformations. Marian specializes in helping her clients use EFT to tame fear and negative self-talk in order to unleash the creative genius within. She h

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