



# Transform Your Beliefs, Transform Your Life: EFT Tapping Using Matrix Reimprinting

*Karl Dawson, Kate Marillat*

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New science proves that it is our core beliefs that drive the chemical changes in the body, control our thought patterns and essentially produce our reactions to the external world. If we can change what we believe about ourselves and the world around us, we can change our thoughts, and if we can change our thoughts... well, we can change anything.

Seven years on from the birth of Matrix Reimprinting – a powerful technique that uses EFT to resolve traumas from our past – its creator, Karl Dawson, has adapted his revolutionary technique to ensure that practitioners focus on core beliefs to achieve lasting change in their clients' lives. This book explores how this work can help with everything from anxiety, grief, phobias and pain management, to parenting and self-image. Whether you are new to Matrix Reimprinting or have known its transformative power since the early days, this book gives you a step-by-step guide to changing core beliefs for yourself or for your clients – whatever the life issue.

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Spent a free time and energy to be fun activity to perform! A lot of people spent their sparetime with their family, or their very own friends. Usually they doing activity like watching television, about to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Could possibly be reading a book might be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the reserve untitled Transform Your Beliefs, Transform Your Life: EFT Tapping Using Matrix Reimprinting can be great book to read. May be it may be best activity to you.

#### **Elmer Dooley:**

The reason? Because this Transform Your Beliefs, Transform Your Life: EFT Tapping Using Matrix Reimprinting is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will distress you with the secret this inside. Reading this book alongside it was fantastic author who also write the book in such incredible way makes the content interior easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this anymore or you going to regret it. This book will give you a lot of rewards than the other book possess such as help improving your expertise and your critical thinking way. So , still want to hold up having that book? If I were you I will go to the book store hurriedly.

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