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

Karl Dawson

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Transform Your Beliefs, Transform Your Life: EFT Tapping Using Matrix Reimprinting Karl Dawson 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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