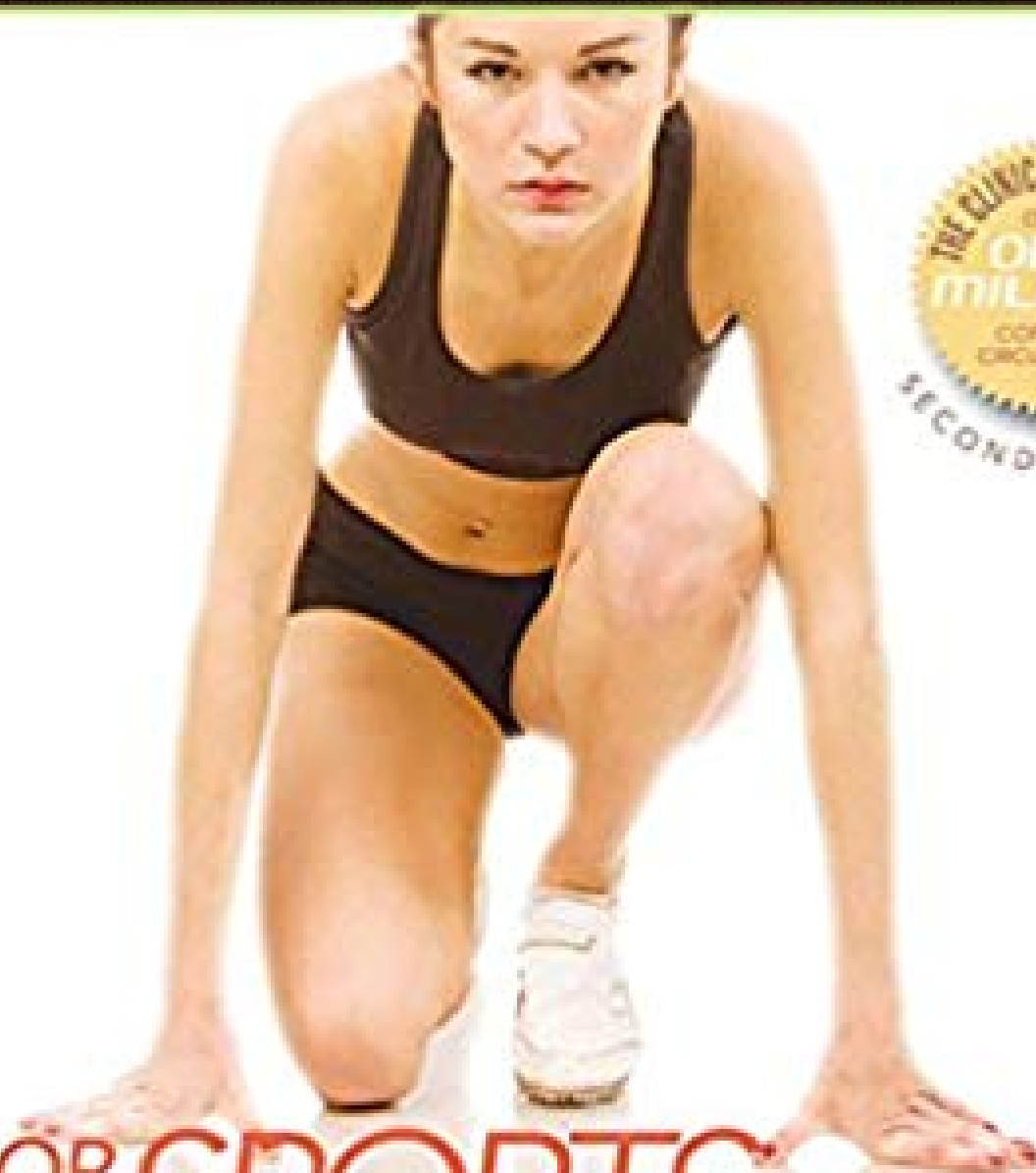


# EFT

## EMOTIONAL FREEDOM TECHNIQUES



# FOR SPORTS PERFORMANCE

**Jessica Howard**

"Using EFT, I found the mental edge that raises an athlete from average to elite."

—Pat Ahern

Australian League Pitcher of the Year

Jessica Howard

EFT for Sports Performance: Featuring Reports from EFT Practitioners,  
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Turbocharge your sports efficiency with EFT! Try it, and you'll be surprised at how quickly it could transform your overall performance. It is filled with tales of real-life people who've used EFT to boost their games, and dozens of strategies for adjusting your efficiency to bring out your highest potential. In this authoritative reserve, three-time US nationwide champion rhythmic gymnast Jessica Howard shows how to get rid of the limiting beliefs that hold you back, control the stress and anxiety that distracts your interest from high performance, and build a strong new self-picture of yourself as an athlete of the highest caliber. Scientific tests have demonstrated that sports athletes can perform enormous performance gains after just a few moments of EFT. It really is based on Clinical EFT, the only real edition of EFT to become validated in dozens of scientific studies. If you have been searching for a small expense of time that may pay large dividends in your performance, Clinical EFT could it be. EFT has been used by thousands of athletes to improve their performance, from Olympic stars to Little League baseball players.



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Four Stars This book highlighted some interesting points that sports people would benefit from addressing .



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