

*"If you are a health care professional or just using EFT for your own or your family's benefit, this book needs to be in your library, as it will help you integrate what some of the brightest people in the field have learned on the practical application of this powerful tool."*

- Dr. Joseph Mercola, New York Times bestselling author



# FREEDOM AT YOUR FINGERTIPS

GET RAPID PHYSICAL  
AND EMOTIONAL RELIEF  
WITH THE BREAKTHROUGH  
SYSTEM OF TAPPING

THE ULTIMATE QUESTION AND ANSWER GUIDEBOOK FOR USING EMOTIONAL  
FREEDOM TECHNIQUES TO FEEL MORE ALIVE AND ENERGIZED

COMPILED BY RON BALL

# FREEDOM AT YOUR FINGERTIPS

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GET RAPID PHYSICAL AND EMOTIONAL RELIEF  
WITH THE BREAKTHROUGH SYSTEM OF TAPPING

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The Ultimate Question & Answer Guidebook  
For Using Emotional Freedom Techniques™  
to Feel More Energized & Alive

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COMPILED BY RON BALL



INROADS PUBLISHING

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# FOREWORD

By Dr. Joseph Mercola

**(New York Times Bestselling Author & Founder of Mercola.com, World's Most Popular Natural Health Website)**

I have spent the last three decades studying health, with a particularly strong focus on how to best prevent disease. Like most other doctors, back in medical school I was brainwashed to believe that the toxic drug-and-surgery based approach to treating illness was the be-all and end-all to healing.

This is the dominant model today, as most people think of prescription drugs when they think of healthcare. It is an expensive and dangerous situation, as drugs and surgery both are really just mere treatments that have almost nothing to do with actual prevention or cure.

Fortunately, there are sections of conventional medicine that are starting to appreciate the importance of true preventive and curative health approaches. This is particularly true in the area of emotions. It is finally being widely recognized that emotions have a significant role in the etiology of disease; even the conservative Center for Disease Control acknowledges that over 85 percent of all diseases have an emotional component (and this is a very conservative estimate.)

The problem, of course, is that conventional medicine has no consistently effective tools that address the emotional dysfunction at its causal level. They rely primarily on a drug based model in conjunction with counseling and psychotherapy, which rarely seem to fully resolve the energetic and physiological dysfunctions that contribute to the disease.

When one carefully analyzes the various healing models in a non-biased manner, it becomes clear that energy psychology tools are one of the most powerful healing modalities available.

Those that have heard of me know that I am an information junkie and love to read scientific advances. I review hundreds of articles every week in preparation for publishing my health newsletter at Mercola.com,

which has become one of the most widely read health newsletters in the world. In the many tens of thousands of articles I have reviewed and in all my twenty years of clinical experience, I have yet to encounter any healing modality that is consistently as effective in resolving human health challenges as EFT.

I used to believe exercise was the most fundamental health tool; with time I modified that to nutritional biochemistry. While both of these tools, along with sleep and optimal sun exposure, are essential for health, if I had to rely on only one tool (fortunately I don't) I would have to select EFT.

Unfortunately, it took me nearly 15 years of searching after I graduated from medical school before I encountered energy psychology. My first exposure was to EFT's precursor, TFT. However, it did not seem to be time effective in a busy clinical setting that I practiced. This prejudiced me against evaluating EFT until a close friend encouraged me to consider it.

I am so glad I did, because EFT has been the most effective healing tool I have ever encountered. As Gary Craig is fond of saying, you can use it for just about everything.

Ron Ball's book, *Freedom at Your Fingertips*, provides a powerful resource to use this tool even more effectively. He has been able to coordinate some of the best therapists in this amazing field and have them contribute a chapter on their expertise.

If you are a health care professional or just using EFT for your own or your family's benefit, this book *needs* to be in your library, as it will help you to integrate what some of the brightest people in the field have learned on the practical application of this powerful tool.

Once you become more proficient with EFT through this *exceptional book*, I would strongly encourage you to subscribe to the free newsletter at [Mercola.com](http://Mercola.com), as it has a variety of resources that will complement what you learn in this book, and serve as a powerful synergistic combination to achieve optimal health.

# INTRODUCTION

*“No pessimist ever discovered the secret of the stars, or sailed to an uncharted land, or opened a new doorway to the human spirit.... The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.”*

*Helen Keller*

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In Malcolm Gladwell’s bestselling book, *The Tipping Point*, he says that new ideas, products and changes move through a population like an *epidemic*. Ultimately, there becomes a moment of critical mass, the threshold, the boiling point, a place where the unexpected becomes expected and where radical change not only becomes a possibility but a certainty.

Perhaps we are at a tipping point in alternative treatments for *physical and emotional wellness*. According to a study released in 2004 by the National Center for Complementary and Alternative Medicine (NCCAM), one of the institutes of the National Institutes of Health, 36 percent of American adults have tried alternative therapies and treatments.

The most common reason was that adults believed that it would help them when combined with conventional treatments. Interestingly, another key reason was that 28 percent believed conventional treatments wouldn’t help them with their health problems. It’s also important to note that more than 75 percent of the medical schools in the United States now require some kind of complementary and alternative medicine coursework, according to the Association of American Medical Colleges.

You’re about to learn an extraordinary new method called Emotional Freedom Techniques (EFT). In a way, it proves that everything old is new again. EFT, like other methods in energy psychology and energy

medicine, is based on the belief that our bodies have energy circuits or meridians. This dates back thousands of years. When our bodies are in balance, we are healthy. When out of balance, the result is *dis-eases*.

What if emotional and physical freedom was right there at your fingertips? What if a simple, elegant and powerful cure to healing all kinds of issues was at your disposal? What's more, what if it was something you could do for yourself anytime you needed to? All you had to do was open your mind to the possibility and discover for yourself. Would you choose to do it?

Surprisingly, most people would *not*. Most adults would wait until an authority figure or official organization told them it was okay. That's contrary to what we did as kids. As children we were naturally inquisitive about everything. We didn't make assumptions. We were constantly exploring the world to discover things for ourselves. Explorers and pioneers are the champions of new ideas and possibilities.

For most adults, it's different. They stopped being curious long ago. Now, limiting beliefs about what's possible or impossible get in their way. More importantly, a method as simple and unusual as EFT challenges a lot of people's beliefs, especially in the areas of health and psychology.

Did you know that only about 16 percent of people are innovators or early adopters willing to try something new... even wondrous things like EFT? This means that eight out of ten people resist change or anything new. Look how many years it took yoga and acupuncture to be culturally accepted.

As the reader of this book, you're one of the people open to new ideas. Instead of waiting to hear about it from others, you want to be first to find out about it. These are characteristics for innovators and early adopters. Do some of these descriptions sound like you?

- You enjoy playing, trying new things and discovering for yourself.
- You like to be first.
- You seek breakthrough benefits.

- You're intrigued by advances.
- You like to *push the edge*.
- You're open to new ideas and find it easy to imagine, understand and appreciate the benefits.
- You believe that you're in charge of your life.
- You rely on your own intuition and vision in making decisions.
- You're not willing to wait for years for ideas to be accepted by others.
- You form your own beliefs by experiences.
- You're straightforward and outspoken about what you think.
- You find change can be exciting.

Welcome, you're about to learn a breakthrough self-help system for getting rapid physical and emotional relief. Based on centuries old meridian points, EFT is a method in the area of energy psychology and energy medicine. Get ready to explore and discover the possibilities.

Be prepared to learn one of the most exciting ways you can empower yourself. Not only will you have the ability to create physical and emotional freedom, you'll open the doors to *creating* more of what you desire in life. The best part is that EFT is a powerful system available right at your fingertips to use anyplace and anytime.

There's an important Website that you'll want to refer to. It contains information from the original site by the founder of EFT, Gary Craig. The site is the preeminent source for information and case stories on EFT. It's located at [EFTUniverse.com](http://EFTUniverse.com). Enjoy learning EFT as it opens doors for self-development and a pathway for physical and emotional freedom.