



# EMOTIONAL **FREEDOM** TECHNIQUE

**April 11, 2011**

5:30–7:30 p.m.

Cost: \$29 (includes workbook)

Hartley Room  
Second Floor, Denius Student Center  
Florida Tech Campus

Space is limited

- *Decrease upsetting emotions such as stress, fear and self-doubt*
- *Restore feelings of calmness and strength*
- *Gain control over urges and cravings*
- *Empower yourself with confidence and motivation*



I CHOOSE TO  
**KEEP  
LEARNING**

I CHOOSE TO  
**ACHIEVE  
LONG-TERM  
SUCCESS**



**PRESENTED BY KATHY DONER, M.D.**

Dr. Doner is a board-certified internal medicine physician, EFT teacher, certified hypnotherapist and NLP trainer.

[www.KathyDonerMD.com](http://www.KathyDonerMD.com)

**MORE EFT INFO:**

[www.kathydonermd.com/newsletter/index.htm](http://www.kathydonermd.com/newsletter/index.htm)



*EFT is a scientifically based technique based on acupuncture that is designed to immediately change emotions and cravings. By tapping on acupuncture points, you bring yourself back into balance and install a feeling of natural self-control.*

*EFT is a quick and powerful self-help tool that only takes a minute! Scientific studies have documented its beneficial effects in the brain. Read more at [www.EFTUniverse.com](http://www.EFTUniverse.com).*

*EFT gives you a pleasant, relaxed feeling. You feel calmer, with a sense of well-being. You then install positive and empowering suggestions for any changes you want. You are in control.*

*EFT works on adults and children and is easy to learn and simple to practice!*

**Emotional Freedom Technique**

**(EFT)** is useful for all negative emotions, cravings, habits, fears, memories, future anxieties, weight loss, smoking cessation, sports performance, confidence, motivation and many physical conditions. Also called "tapping," EFT is being used with schools, in the VA and with mental health therapists.

**To register: [wbc@fit.edu](mailto:wbc@fit.edu) or (321) 674-7007**