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THE 5 Basic Moves of EFT

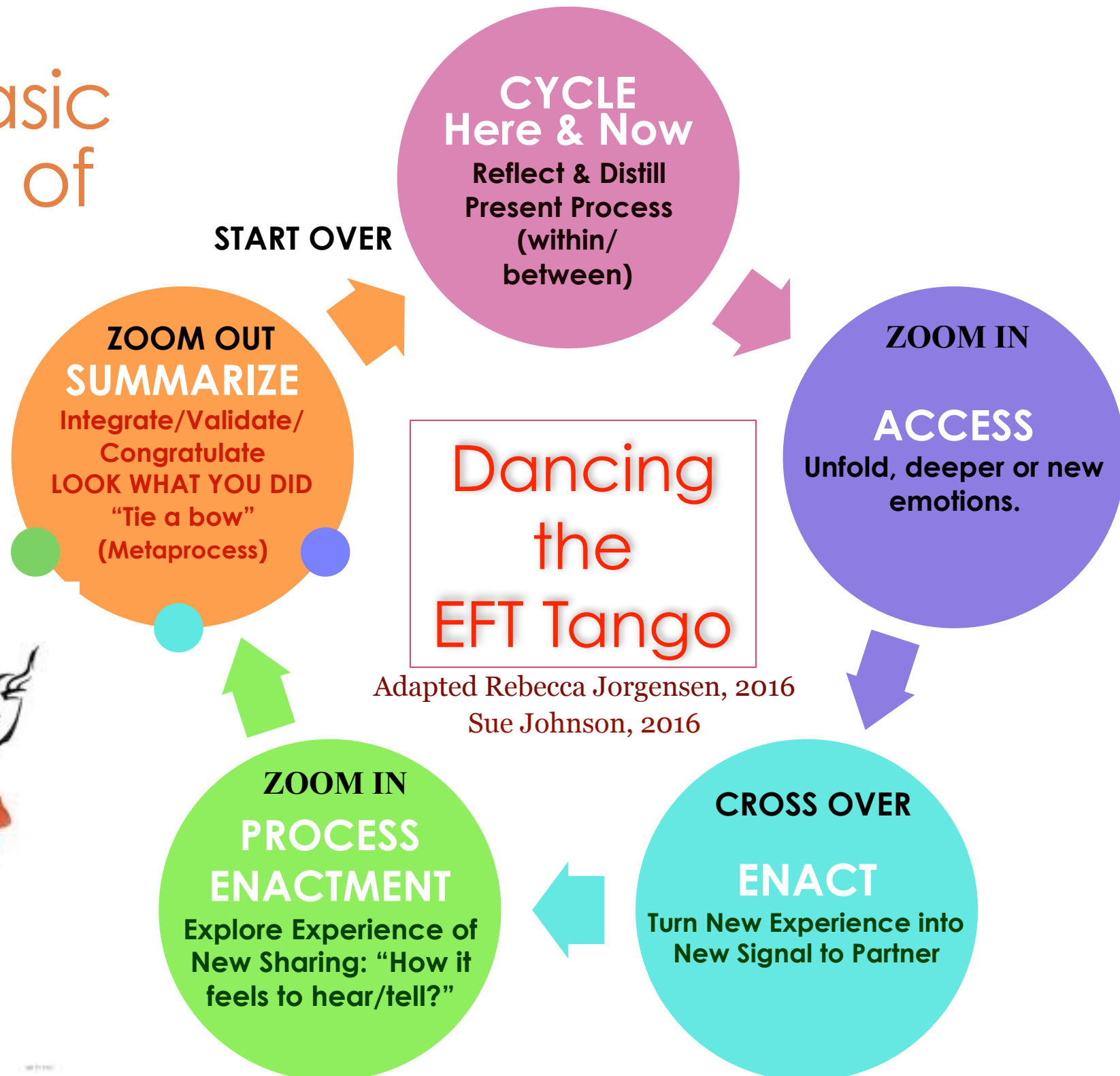
THE 5 Basic Moves of EFT

Repeat these 5 moves again and again, as you move through the steps and stages of EFT.



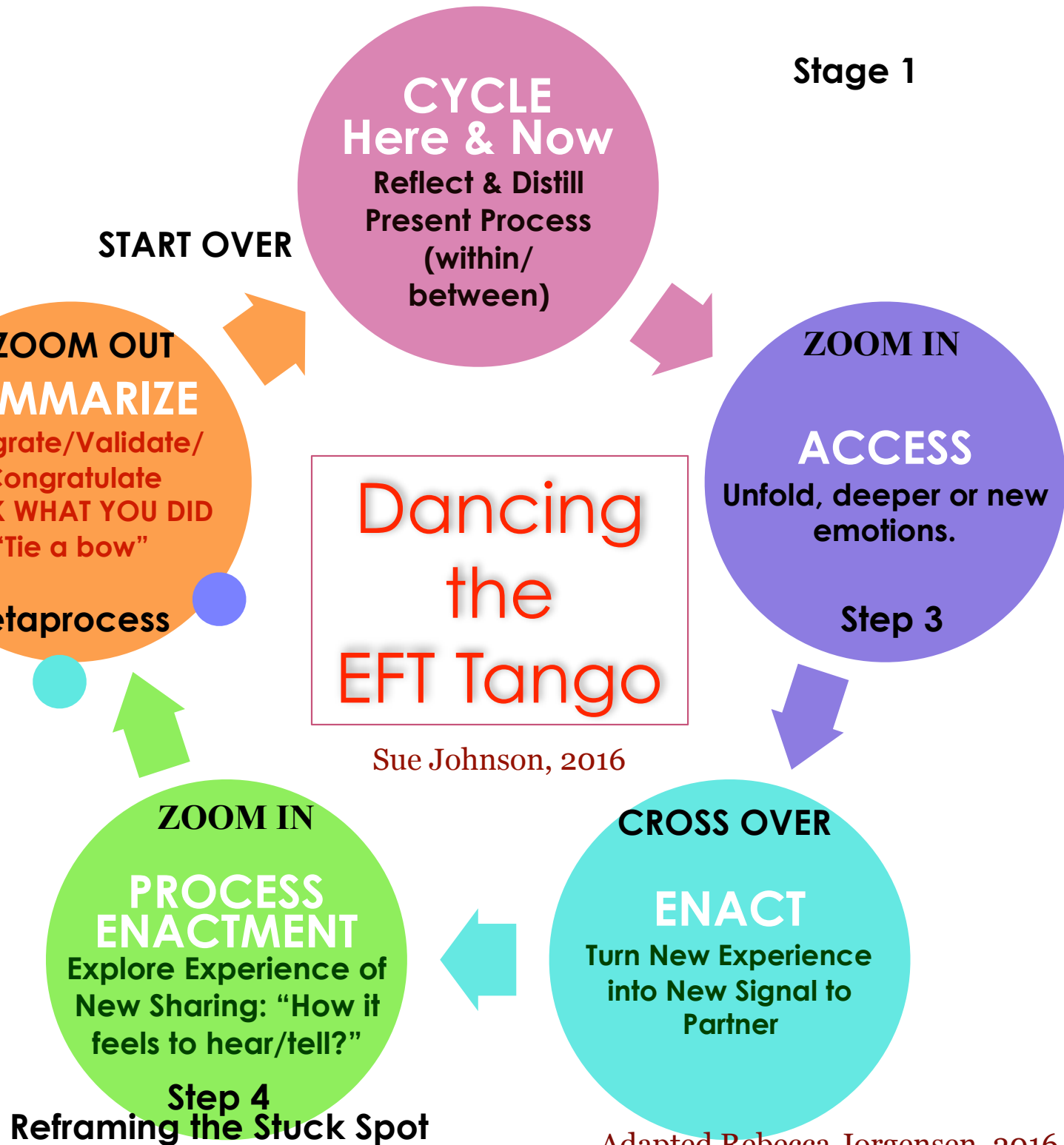
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Adapted Rebecca Jorgensen, 2016