



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

By Karl Dawson

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As the audience for EFT and tapping grows, this book offers a wonderfully elegant way to harness tapping for deep work with beliefs.

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Editorial Review

Review

Transform Your Beliefs, Transform Your Life brings together the power of EFT with the epigenetic understanding that negative beliefs, formed and held subconsciously during early childhood, need to be addressed if a person is to heal from stress-related issues in their life. -- Bruce H. Lipton PhD, bestselling author of *The Biology of Belief* Energy psychology is nothing less than the medicine of the future. These deceptively simple processes have the power to help you overcome the most debilitating of emotions, from grief to depression. By wedding two disciplines, this book offers a comprehensive toolkit to help reprogramme your thoughts and reclaim your life. -- Lynne McTaggart, international bestselling author of *The Field* and *The Bond* So often the beliefs that control our destiny are unconscious. Transform Your Beliefs, Transform Your Life provides a tremendous resource for anyone who wants to learn how to gain new awareness, take their power back and live the life they choose! This book draws on the experiences of the thousands of people who have trained in this technique, and the information and expertise is rich and varied. It's a fantastic resource to come back to again and again. -- Jessica Ortner, *New York Times* bestselling author of *The Tapping Solution For Weight Loss and Body Confidence* This book is a treasure trove of guidance for anyone wanting to heal themselves from their past. With this new book, Karl Dawson and Kate Marillat provide us with invaluable exercises, insights, techniques and wisdom from not only their own, but also their practitioners' years of experience and expertise. It deserves to be on the bedside table of anyone wanting to move forward in their lives with ease and grace. -- Sonia Choquette, *New York Times* bestselling author of *The Answer is Simple* It takes only one loving thought to undo an entire belief system based on fear. Let Karl and Kate show you how. -- Robert Holden PhD, author of *Happiness Now!* and *Shift Happens!* Matrix Reimprinting makes a real contribution to new paradigm thinking in healthcare. -- Gill Edwards, bestselling author of *Living Magically* This gem of book delivers what it promises. I love the clarity that shines light into the complexity of how beliefs can hold you back. Karl and Kate's straight-talking approach uses lots of great examples to make it easy for anyone to grasp the essence of the Matrix Reimprinting technique. It's also a great refresher and enhancer for those familiar with this work. -- Arielle Essex, author of *Practical Miracles* This brilliant book does exactly what it says in the title. Transform Your Beliefs, Transform Your Life explores the big benefits of finding and fixing your unhelpful beliefs, and provides readers with ample encouragement that 'you can do it too'. If you believe that your beliefs are standing in your way of realizing optimum health, wealth and happiness, then I highly recommend using the techniques shared within this transformational book. -- Sandy Newbigging, bestselling author of *Mind Calm* So many people fail to understand the power of their belief system and how it affects their lives. Reading this book will help anyone to examine their perceptions of the world - and more importantly, transform them. It's rare to find such advice and practical tools in such a simple format. -- Donna Gates, bestselling author of *The Body Ecology Diet*

About the Author

Karl Dawson is one of only 28 EFT Masters worldwide, the creator of the evolutionary new EFT technique Matrix Reimprinting, and co-author of the bestselling book, *Matrix Reimprinting using EFT*. www.matrixreimprinting.com Kate Marillat empowers people to connect to their innate creativity. A Matrix Reimprinting and EFT trainer, she facilitates EFT tapping groups, trainings, and Transformative Creativity workshops, courses and retreats. www.katemarillat.com

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