

EFT REALLY WORKS!

Let us have a show of hands. How many of you remember my last article about how I stopped smoking with EFT? Hmm... Is there anybody out there? Click on COMMENT below and say Hi. Anyway, back to smoking - Whoops - NOT Smoking! I really do not. That one afternoon in an EFT Workshop totally fixed me.

I have not had a cigarette since. I have not wanted a cigarette since. I have not even thought about a cigarette since. I cannot remember that I ever smoked. I do not hate the smell of smoke nor do I sniff it with desire; I barely notice smokers around me. It is a truly amazing sensation!

Lil and I recently made a trip to Scranton and back. We could not figure out why we made such good time on the drive. We were almost home before I remembered we used to smoke so every stop included time for a cigarette and some stops were specifically for that. Not smoking cut an hour off our driving time each way.

I think the extra time is the benefit I notice, and appreciate, the most now that I am not outside smoking regularly. I admit I do not feel any different. I have not had a miracle cure of all my aches and pains and I do not suddenly look ten years younger. Darn! However, I am saving a lot of money and I think I smell better.

Because of my wonderful results at quitting smoking, I intend to go to Chip Engelmann's next workshop, WEIGHT LOSS WITH EFT. I definitely have lack of will power, addiction to sugar, late night snacking and other overeating issues! Like with smoking, I KNOW what I should and should not be eating and when, but just cannot seem to stop it on my own.

I assume there are emotional issues causing me to continue the eating patterns just like there were emotional issues causing me to smoke. I do not want to continue trying to "deal" with those issues. I want to just release them, using EFT, and move on, happier and healthier. I expect to get lighter in the body and heavier in the pocketbook as I save money on junk food, too.

Remember that the [EFT Website](#) provides a free e-book and regular newsletters with a tremendous amount of information on how to use EFT to change ANYTHING!

Patricia Kenworthy - March, 2007