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### EFT for Sleep's Sake

Are you a lark, an owl, or the average American?



About 15% of my clients want to work on the inability to sleep well through the night at some point in our work together. 95% are sleeping better by the evening of the first session. It's one of the easiest things to turn around with EFT. There are many books, including the popular *I Can Make You Sleep*, that include EFT in their methods.

Before I show you what you can do on your own, let's explore some of the last research in the field. On one end of the spectrum is the lark. Larks fall asleep as soon as the sun sets and doesn't wake up until dawn. On the other end, owls stay up very late, and then tend to fall asleep as the sun is about to rise. They don't usually wake up until the day has already begun for most people.

[Full article and test here](#)

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EFT Hub EFT Mentoring Call

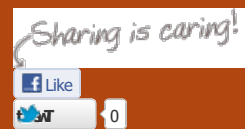
Love Tap Radio

Workshops

CDs on Sale

*Past issues:*

The Top Reasons Why EFT Fails



My work is being featured along with Carol Look's Here's the link for this f\*<sup>r</sup>\*ee call [September 12th at 10 am Pacific](#)



For a complete list and access to all of my previously recorded shows click on my new logo above

### Upcoming Workshops



September/October Seattle **Level 1 and 2** now open For details and registration visit <http://www.tapyourpower.net/SeattleEFT.html>

October 15th - 1/2 day **Matrix Reimprinting** workshop in Portland at the Garden Sanctuary in Multnomah Village. Workshop is already filling up! You must have taken Level 1 and 2 EFT or have at least 2 years experience with EFT to attend. [Click here](#)

Next **Tapping Practice Day** will be November 12th in our home on Whidbey. Only 2 spaces left [email me](#) to hold your spot

September 7th at 10 am Pacific join me on Love Tap when the topic will be Discovering Hidden Blocks to attracting a partner.

**Dial-in number:**  
(858) 703-4094  
pin# 995170

**To join me free on your computer:**

<http://InstantTeleseminar.com/?eventid=22123110>

Of course you can still download the shows on iTunes. To find out more

## Customer Appreciation Sale!

This month makes the 6th year of this newsletter! To show my gratitude I have slashed all the prices for the first time ever on my mp3 and CDs. Visit this page and make your purchase this month and save. Prices start at 99 cents! [This products page](#) is only viewable through this newsletter and not available to the general public

[www.tapyourpower.net/productsandservices.html](http://www.tapyourpower.net/productsandservices.html)

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To schedule a 15 minute call to discuss private coaching sessions [email me for a free consult](#)

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