

TAPPING INTO HEALTH, WEALTH, AND FREEDOM ALINA FRANK, CERTIFIED EFT & MATRIX ENERGETICS PRACTITIONER



Depression, Seasonal Affective Disorder (S.A.D.), and Baby Blues

Looks like science is looking at mood disorders in a way that makes complete sense to me especially after all my experience with clients who suffered from them. Several studies have shown that people in the midst of a bout of depression actually have greater complex problem solving skills. Other research suggests that one effective treatment includes ruminating on one's problems.

The first thing I like to ask my clients who come to see me that have these conditions is

Read More >

What's Your Positive to Negative Thoughts Ratio

Take the Quiz and Find Out

Do you think that how your romantic partner supports you during stressful times indicates the quality of your relationship? Do you feel that his/her lack of empathy have a direct correlation in your relationship's longevity? Counselors, therapists, and researchers have all known for some time that you are likely to separate or be at least dissatisfied with your partnership if that's the case but what is more intriguing is that how you celebrate good times matters as much.

It turns out that not only do happy couples focus on life's positives, they also find ways to create more joyous times together. When one person shares a success a casual indifferent remark like, "That's nice, dear" can actually cause as much harm as an out-and-out harsh reaction. Couples that claim to have very satisfying marriages often have a 5:1 positive to negative thought ratio. If you are like 80% of Americans your positive to negative ratio is less than 3:1.

Want to know what yours is? Take a pen and paper, write the numbers 1-20 on the page, and take this short quiz

Take The Quiz Here >

Case Studies and Articles

I am thrilled that so many of my colleagues have allowed me to enter their articles from Gary Craig's site onto mine. I will continue to add as many as I have time to over the next month. Remember to bookmark this page for later referencing. You can run a search on any condition you want simply by entering it into the search box.

To Access Articles>

F.r.e.e. Event!

Last year over 81,000 people participated in the 1st ever Tapping World Summit. This year the line up is just as impressive. Listen live beginning on 2/21. Registration now open!

Read More or Register Here >

New Workshops Added, Women's Group, Couples Retreat

EFT workshops

Level 1 March 6 and April 11. Both on south Whidbey. Location to be announced. To register click here

Level 2 March 13-14th at East West Books in Seattle. This 2 day event will focus on EFT with an emphasis on chronic illness and pain. Register by calling (206) 523-3726.

I will soon be announcing an alliance with a fantastic and impressive group of practitioners who will be offering training and mentoring online. For now my private mentorship program will still be available for a few students each month. To see details click here

Demonstration at East West Books on 2/27 from 1-4pm. Come by and say hi

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Articles and Case Studies

F.R.E.E Teleclass

QUICK LINKS

Schedule a 15 minute consultation with Alina

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EFT Level 1 & 2 Workshops, Demos, Events

Demonstration at East West Books on 2/27 from 2-4pm. Come by and say hi

**Ongoing Women's Groups** in Seattle and Whidbey Island. Bring your challenges! Newbies welcome. For the Seattle Group [click here](#). For the Whidbey Island Group [click here](#).

**Couples Retreat - A Few Spaces Left**

Dr. Craig and I will be facilitating a few days of reconnection for couples on Valentines Day weekend using EFT, light yoga, massage, and many many juicy surprises. And no, you won't be taking off any clothes here. [Register here](#)



**Want the perfect Valentine's Present? Click on the couple to and receive your first installment of Path2Passion Home Course F.R.ee**

After 4 years of doing this on my own I decided that my list has grown to large to manage myself. I spent considerable time researching which service to use and found that iContact is by far the best. Click on the link on the bottom right corner to try it free.

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