

EFT-ACTION, LLC

Ruthi Backenroth, MBA

Executive Summary

Your pain affects every aspect of your life. Whether your pain is physical or emotional, you feel stuck and overwhelmed and have just about given up looking for a solution. It is hard to face up to all of your responsibilities at work and at home. When you think about what happened, or you worry about tomorrow, you feel that tightness in your chest, or maybe for you it's heaviness in your stomach. Everyone has a unique way of feeling his or her stress.

You want to feel relaxed and calm, and you need to regain your clarity and focus. As an intelligent and competent person, you wish you could feel motivated and even enthusiastic as you face your day. Imagine releasing your distressing thoughts and becoming calmer and more focused in a safe and natural way. You can gain emotional freedom and become open to new ways to address your issues. The truth is that if you could only release that stress and the pain, you would be able to focus on the parts of your life that are really important, such as your business, finances, health, wellbeing, relationships, and future opportunities.

You are in good company. Over 50% of Americans suffer from chronic or recurring back pain each year. And that's only the back pain! We all have friends or loved ones who are in pain or feeling stressed. They want relief, and many feel as though they have already tried everything.

What's EFT? EFT is a personal and self-development tool. We think about our issues while tapping on age-old Chinese acupuncture points. The idea of quickly releasing negative emotions by tapping is a new paradigm, only discovered decades ago. However it is based on 5000 years of Chinese acupuncture. And it works time after time as acupuncture does, with surprisingly quick results. And unlike acupuncture, we can do EFT over the phone. EFT helps us clear our minds and bodies of the stress and pain, which are rooted in our thoughts and emotions, often about past events. We can gain a sense of calm, and the ability to face our challenges with clarity and focus. And yes, it really does work.

You've heard about EFT and want to try something different. Ruthi Backenroth is a certified EFT Practitioner. As a personal coach, she works by phone with men and women around the country, who suffer with ongoing stress or pain at work and at home. She offers results oriented EFT techniques for effective relief from stress, anxiety, and pain. In a gentle and respectful space, you can clear your path to creativity, resourcefulness and action. To learn more:

1. Read my website, www.eftaction.com; and [blog](#)
2. Call for a complementary *Relieve Your Business Stress Now*, strategy session to get focused on what you need and how Ruthi Backenroth can help. 845-368-4524