



# TURBOCHARGE

## YOUR SPORT PERFORMANCE

- ✓ Improve performance
- ✓ Overcome fear
- ✓ Improve your self-esteem
- ✓ Overcome procrastination
- ✓ Remove anxiety and worry
- ✓ allowing all your ability to shine through.



*EFT is changing what diets & exercise can never change!*



# EFT

EFT - Emotional Freedom Techniques is a relatively new discovery and a fast-evolving treatment within the field of Energy Psychology which is catching the attention of healers, scientists, spiritualists and lay people.

THE  
**HOLISTIC CARE**



*make life positive*

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