

The Scientists explaining EFT

A Reading list

Dr Peta Stapleton PhD

The Science Behind Tapping: A Proven Stress Management Technique for the Mind and Body –

Publisher: Hay House Inc
ISBN: 9781788175210

Dr Dawson Church PhD

Dawson Church PhD explains here the emerging science of taking control of our health by managing our thoughts.

The Genie In Your Genes

Energy Psychology Press
ISBN 978-1-60415-011-7

Dr Bruce H. Lipton, Ph.D

American developmental biologist Bruce H. Lipton, Ph.D. has proven that genes and DNA can be manipulated by a person's beliefs

The Biology of Belief - Unleashing the Power of Consciousness, Matter & Miracles
10th anniversary edition
Hay House UK Ltd
ISBN: 9781781805473

Dr Candace Pert Ph.D

The American neuroscientist and pharmacologist who discovered the opiate receptor, the cellular binding site for endorphins in the brain. She has also found out how mind, body, and spirit cannot be separated and makes the case for linking science and religion in order to gain optimum health and wellbeing.

Everything You Need To Know To Feel Good (Paperback)

Publisher: Hay House Inc
ISBN: 9781401915261

Molecules Of Emotion: Why You Feel The Way You Feel

Simon & Schuster
ISBN: 9780671033972

On Trauma

Trauma academic Dr Bessel van der Kolk explains how trauma and its resulting stress, harms us through physiological changes to body and brain, and that those harms can persist throughout life.'

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma
Bessel van der Kolk
Penguin Books Ltd
ISBN 0670785938

Dr Peter Levine (with PhDs in both medical biophysics and psychology) has authored many publications on trauma – but his two main books are:-

Waking The Tiger: Healing Trauma - The Innate Capacity to Transform Overwhelming Experiences.
North Atlantic Books U.S.
ISBN: 9781556432330

Trauma-Proofing Your Kids: a Parent's Guide to Instilling Confidence, Joy, and Resilience.
North Atlantic Books U.S.
ISBN: 9781556436994