

CONTENTS

| <i>Chapter</i> | <i>page</i> |
|--|-------------|
| * Foreword <i>by Nancy Selfridge, M.D.</i> | 11 |
| * 1. Healing What Hurts with EFT | 17 |
| * 2. Healing from “Soul Abuse” | 33 |
| * 3. A Story of Hurting & Healing | 37 |
| * 4. The 8 Master Keys | 65 |
| * 5. #1 “You Are Just too Sensitive!” | 75 |
| * 6. #2 What Broke Your Heart? | 93 |
| * 7. #3 The Cage of Your Awakening | 111 |
| * 8. #4 When You’re Mad, Sad, or Scared | 139 |
| * 9. #5 “Should I Keep the Pain?” | 163 |
| * 10. #6 The TRUTH About You | 187 |
| * 11. #7 BE the Wealth that You Are! | 211 |
| * 12. #8 BE SELF-ish | 225 |
| * 13. An (Enlightened) Medical View of Pain | 245 |
| * 14. An Energy Psychology View of Pain | 253 |
| * 15. A Spiritual View of Pain | 265 |
| * 16. When Healing Doesn’t Work | 281 |
| * After-After Word | 301 |
| * About the Contributors | 305 |

Names of all clients have been changed to ensure privacy

