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READING REQUIREMENTS

Nancy Gnecco requires the reading of two books for Level 2 AAMET status. The first, ***The Promise of Energy Psychology, Revolutionary Tools for Dramatic Personal Change***, by Feinstein, Eden and Craig* is required by all; the other may be selected by the candidate from the list below. Please use the format as outlined in the Book Report Form provided for writing the three, one-page book reports.

READING LIST

****The Promise of Energy Psychology, Revolutionary Tools for Dramatic Personal Change***, Feinstein, Eden and Craig (2005), New York: Penguin Publishing (Required)

Awaken, by Rosalie Deer Heart (2011), Bloomington, IN: Balboa: A division of Hay House

Freedom At Your Fingertips: Get Rapid Physical and Emotional Relief with the Breakthrough System of Tapping by Ron Ball, Individual chapters by respective authors (2011), Fredericksburg, VA: Inroads Publishing

EFT & Beyond: Cutting Edge Techniques for Personal Transformation, Edited by Pamela Bruner and John Bullough, Individual chapters by respective authors, (2009), Saffron Walden, UK: Energy Publications Ltd.

Energy Psychology in Psychotherapy: A Comprehensive Source Book by Fred Gallo, (2002) New York: W.W. Norton & Company, Ltd.

The Body Bears the Burden: Trauma, Dissociation, and Disease (Second edition) by Robert C. Scaer (2007), Binghamton, NY: Hawthorne Medical Press

The Biology of Belief: Unleashing the Power of Consciousness, Matter, & Miracles by Bruce H. Lipton (2005) Published and distributed by Hay House, www.hayhouse.com, 2nd edition (2011) revised copyright Mountain Love Productions

The Energy of Belief: Psychology's Power Tools to Focus Intention and Release Blocking Beliefs by Sheila Sidney Bender and Mary T. Sise (2007), Santa Rosa, CA: Energy Psychology Press

Waking the Tiger : Healing Trauma : The Innate Capacity to Transform Overwhelming Experiences by Peter Levine, (1997) Berkley, CA: North Atlantic Books

Any books in the **Gary Craig EFT Series**:

The EFT Manual (2nd Edition) by Gary Craig, (2011) Santa Rosa, CA: Energy Psychology Press

EFT For PTSD: (POST TRAUMATIC STRESS DISORDER) by Gary Craig, (2008) Santa Rosa, CA: Energy Psychology Press

EFT For Weight Loss by Gary Craig (2010), Santa Rosa, CA: Energy Psychology Press

EFT for Sports Performance by Gary Craig (2010), Santa Rosa, CA: Energy Psychology Press

EFT for the Highly Sensitive Temperament by Rue Haas, Santa Rosa: Energy Psychology Press