

**Wendy Hoffman
718 Daniel Dr
Grand Junction, CO 81506**

To whom it may concern,

I entered therapy and treatment in 1989 and spent several years using a variety of treatments and therapies, both traditional and non-traditional, and began a long recovery through multiple diagnoses. The last of these was PTSD.

I was introduced to EFT late in my therapy but noticed the effects quite quickly. One of the most noticeable changes I experienced was a disappearance of my sleeplessness. I no longer spent endless hours trying to get to sleep at night.

While I had already made great progress in my therapy prior to learning about EFT I can attest that there were some areas where nothing else had worked and the EFT became the tool I had been missing.

I have used EFT intermittently for about 5 years. I successfully used it to stop smoking. I have turned to it in times of stress. I use it when I sense fear or paranoia, or overwhelming sorrow and I have found it to be an incredible tool.

I realized recovery is never complete and there were occasional triggers that would send me once again into a debilitating non-functional state. By using EFT in combination with other techniques before I reach that state I am able to prevent it. I have not had an episode for several years and am not, nor have I ever taken any medication aside from anti-depressants early in my treatment.

Today I am able to function extremely well in a scheduled environment that includes extensive travel, interaction with hundreds of women monthly by email and telephone, meet with many high level people face to face and to effectively manage and improve a multi-million dollar non-profit corporation.

Sincerely,



Wendy Hoffman
National President
Blue Star Mothers of America, Inc