

WEATHER THE STORM

**AN INTROSPECTIVE DOCUMENTARY
BY ELIOT BEER**

PRESS KIT



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Eliot Beer journeys into the world of Emotional Freedom as he tries to uncover the secrets of tapping therapy finding it more impactful than he could ever imagine.

If you've never heard of EFT before I don't blame you; although it was established in the early 90's it's taken time to find its place in the world. But now in the social climate that we see today, it is taking its rightful place in the spotlight, with the likes of Peta Stapleton and Jacqui Footman making strides in the communities to make EFT a global phenomenon. It was only a matter of time before myself or someone around me was negatively affected in regards to mental health. EFT or Emotional Freedom Techniques is a form of therapy that promises to relieve stress and pain within the mind, body and soul all with a very simple and easily teachable technique.

In this short documentary film, I will attempt to immerse myself in the world of EFT and talk to some of the leading experts in the field to find out why EFT deserves a space in the conversation and how it can help people around the world. I will partake in several EFT workshops and exercise the technique over a 10-week period, seeing if and how it affects my day-to-day life. Although I'm approaching this subject with an element of scepticism, I hope to offer an unbiased perspective on EFT by being fully open-minded and enthusiastic about the subject.