

WFWP Norway: Introduction to Thought Field Therapy organised by Barbro and Ester, Skien

Johanna Toresen
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Barbro read a small opening word from her book "Breath of life and power in everyday life," and the topic itself was a short crash course in Thought Field Therapy (TFT).

The participants enjoyed apple cake and coffee, and the conversation was lively about how we can change our mindset so that everyday life is less characterized by stress and worry.

Ingrid won the evening's prize; We received NOK 600 [about US\$50.00] through the raffle, which has already been sent to our friendship family in Nigeria. The Agodi family sends their heartfelt thanks to all of us.

Organised by Barbro and Ester, Skien

Reported by Johanna Toresen
WFWP Norway Chapter Leader