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The Tapping Solution for Weight Loss and Body Confidence Book by Jessica Ortner

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*Promoting Travel Across Borders*

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Tapping Trump to run again in 2024 may seem sensible, but Trump's downward political trajectory looks eerily like William Jennings Bryan's.

*William Jennings Bryan Revisited*

The sea is the largest museum in the world,"

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says celebrated deep-sea explorer Bob Ballard, the man who discovered Titanic in 1985.

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*irrelevance*

I have very strong feelings on this,” he said in a recent interview from the company’s headquarters in El Segundo, Calif. “It’s time. It’s past time.” Along with being the CEO, Brown is also the ...

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*No housing bubble*

As the parent of a gifted Black child, I strive for a balance between affirming their Black identity and protecting them from the

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realities of racism.

*What I've learned about raising children who are young, gifted and Black*

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At the helm of Nicholas Healthcare, Mr. Kapil Jain is instrumental in taking his company to the next level with an eye on tapping into ... We are the one-stop solution for most hospitals across ...

*Mr Kapil Jain, CEO, Nicholas Healthcare:  
Ensuring a Healthier Future for All*  
Solution: do what [tbladykas] did ... But he decided to take a page from [Kerry Wong]'s design book and go big. [Kerry]'s electronic

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Trump made his fortune tapping into the power of these stories, as he explains in his 2004

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Weekend and other trips out of the city are

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The company is tapping into the B2B payment industry by providing convenient payment solutions ... brick-and-mortar businesses like bakeries and book stores all the way to digital-focused ventures ...

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Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of The Tapping Solution, is at the forefront of a new healing movement. In his upcoming book, The Tapping Solution, he gives readers everything they need to successfully start using the powerful practice of tapping – or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body,



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practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In *The Tapping Solution*, Ortner describes not only the history and science of tapping but also the practical

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applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their

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fears and clear the limiting beliefs that hold them back from creating the life they want.

Explains how to use the Emotional Freedom Technique (EFT) to create much needed change in one's life.

"Ortner presents a startling alternative [for pain management]: he lays out a step-by-step plan that teaches people how to use tapping, or EFT (emotional freedom techniques), to reduce or eliminate chronic pain. Looking at the scientific research surrounding pain,

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stress, and tapping, he [examines] how powerful tapping can be, and then outlines tips and techniques to address pain in both the short and long term. Nick guides readers on a journey that begins on the surface--tapping to address the pain itself--and moves to the deeper issues that often affect pain"--

Many women live their lives believing that they can't ask for what they want until they change something they're unhappy with. No promotion until they get new skills. No relationship until they establish their

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career. No fulfillment until they find love. One of the most common conditions women place on themselves is weight loss—no love until they lose weight, no sex until they lose weight, no happiness until they lose weight. But Jessica Ortner, co-producer of the highly successful documentary on meridian tapping, *The Tapping Solution*, offers women a better choice. Why not lose the weight and create the life you've always dreamt of? As a culture obsessed with weight loss, we all know the latest fads that claim to help us drop pounds instantly. What often isn't discussed is the science behind the issue and

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how learning to deal with stress can promote and accelerate weight loss. Not only does stress create an overabundance of cortisol that is directly related to abdominal obesity, it also impacts behavior, supporting bad habits, including using food to deal with difficult emotions and painful situations. In this groundbreaking book, Jessica uses tapping to help tackle the stress that leads to weight gain—including the personal stresses of low self-esteem and a lack of confidence. Using her own struggles with weight loss, along with success stories of some of the thousands of women she's worked

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with, Jessica walks readers through the process of discovering their personal power and self-worth. Her program is based on extensive research into the benefits and success of tapping and the hormones involved in stress and weight gain. In this book she guides readers through a proven process of overcoming their dependency on food. She covers everything from the emotional aspects of overeating and cravings, to how to find joy in exercise, the power of pleasure, and how our families and friends may inadvertently add to the problem. With hope, heart, humor, and science, Jessica weaves a

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path to a happy, healthy life full of confidence and joy.

Raising children is life's greatest gift and accomplishment, but it can also come with an overwhelming amount of stressors, anxiety and self-doubt. Am I modeling the type of person I want my child to become? Am I doing enough to prepare my child to strive in an ever-changing world? Are my children happy and confident in themselves? In *The Tapping Solution for Parents, Children & Teenagers*, Nick Ortner encourages readers to first take a look at their own stressors and worry as



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parents, reminding readers that self-care is vital to helping others. In the first section of the book, parents are guided on using the revolutionary technique known as EFT (Emotional Freedom Techniques) Tapping to release parental overwhelm, quiet worry, manage conflict and transform their experience of parenthood. In the second section, Nick explores specific uses for Tapping with children, ranging from releasing negative emotions like anger, fear and phobias, sadness, grief, guilt, and shame, to overcoming specific challenges such as anxiety disorders, sleep, nightmares,

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performance anxiety, bullying, school jitters, divorce and much more. Through the use of diagrams, links to videos, and Tapping tips, *The Tapping Solution for Parents, Children & Teenagers* is an easy-to-use resource to solve everyday issues taking place in our homes.

Annabel dreams of one day being a scientist, but teasing from other kids at school has hurt her confidence and left her feeling sad and alone. Join her as she learns how to use the Magical Tapping Technique to quickly release her sadness and regain her

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confidence. Through the book, you'll learn about the scientifically proven technique commonly known as "Tapping" and how you can use it for both yourself and your child to overcome stress, anxiety, negative emotions, and much more. Your child will love the fun descriptions and illustrations for each point, such as the Super Eagle Eye Point, Lion Cry Point, Dragon Fire Point, Wolf Point, and more. Your child will be having a blast as they howl, hug, thump on their chest, act like a monkey, and more . . . all while learning how they can use Tapping to help themselves in real life!

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A step-by-step guide to the simple acupressure self-care technique of tapping for acute and chronic emotional, psychological, and physical ailments • Effective for emotional conditions such as panic attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of flying, providing immediate results in many cases • Shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and nightmares; encourage the release of painful memories; boost self-confidence; support

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weight loss; and improve concentration •  
Offers the full tapping protocol as well as a  
shortened version for acute situations •  
Illustrates easily accessible points to tap  
and in what order Tapping, or Emotional  
Freedom Technique (EFT), is a simple form of  
acupressure that treats the energetic roots  
of emotional and physical suffering. By  
tapping on specific meridian points you can  
quickly and easily dissolve blockages in the  
body's energy system, caused by past traumas  
and suppressed emotions such as grief and  
anger, and restore the natural flow of energy  
in your body, the key to optimal health and

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overall well-being. In this step-by-step guide to EFT, Sophie Merle details the practice of tapping, illustrating the easily accessible points on the face, hands, and torso to tap and in what order. Explaining how to open your energetic system to EFT treatment for fast and long-lasting results, she reveals how the energy psychology practice of tapping can be applied to any area of your life but is particularly effective for emotional and psychological conditions, including panic attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of

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flying, providing immediate results in many cases. She also shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and nightmares; assist physical healing from illness; encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration. The author explains how tapping can be done anywhere, offering both the full tapping protocol, which only takes a few minutes, and a short-form version, which takes less than a minute, for acute issues. Including remarkable success stories of EFT in practice, this comprehensive guide to

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tapping shows how the solution to many of life's problems is at your fingertips.

Dealing with grades, bullying, friendships, parents, crushes . . . it's enough to make any teenage girl wish she could snap her fingers and make it all go away. The good news is, you almost can--except it's not "snapping" but "tapping"! Formally known as Emotional Freedom Techniques (EFT), this revolutionary practice can help you reduce your feelings of anxiety and overwhelm, boost your confidence, and unpack the "stress backpack" you may not even know you're



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carrying. In *The Tapping Solution for Teenage Girls*, expert EFT practitioner Christine Wheeler explains the basics of the technique (it actually involves tapping, with your fingers, on energy points on your own body, and you can do it anywhere, anytime). Then she gives you simple yet powerful instructions for tapping on common challenges such as:

- \* Schoolwork, tests, grades, and planning for college
- \* Appearance and body image
- \* Dating, breakups, and dealing with sexual feelings
- \* Divorce, siblings, and blended families

Throughout the book, comments from 16-year-old Cassidy, the author's teen

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consultant, keep it real with helpful perspectives on how this tapping thing works--and it does work! In these pages, you'll discover that a super effective tool for dealing with stress is literally at your fingertips. If you're ready to be true to yourself, stop freaking out, and keep being awesome, The Tapping Solution for Teenage Girls is the perfect solution for you!

Have you ever had the feeling your life just isn't working? That no matter how much you push and direct, or sit back and let go, the square peg you're holding just won't fit into

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the round hole that is your life? What if, instead, the roadblocks to transformation went away? What if you could simply wake up as your greatest self, living your greatest life? Can you imagine what that would look like-and more importantly, what it would feel like? In this new book, the latest in the Tapping Solution series, Nick Ortner helps you not only imagine it, but make it a reality. In *The Tapping Solution for Manifesting Your Greatest Self*, Nick guides readers through a 21-day process of self-discovery and self-development. The 21 stages use the simple, proven practice called

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Tapping (formally known as Emotional Freedom Techniques). Each stage includes a Daily Challenge and a Tapping Meditation to help the changes take root. Drawing on wisdom sources from Aristotle to Dr. Seuss along with Nick's own deep well of insight and engaging stories from his daily life, *Manifesting Your Greatest Self* is terrific fun to read. And readers can take their time with it- Nick encourages them to complete the program at their own pace, with the extra option of signing up for exclusive e-mail reminders to support them throughout the process. "We're going to work together to let

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your light shine brighter than ever before," Nick writes, "to feel at peace in your body, to create the life experiences you most deserve and desire."

This book presents the research and evidence behind Emotional Freedom Technique in an easy-to-read manner and also offers client stories of their experiences. What is EFT, and what happens when you use it? Emotional Freedom Techniques, or simply EFT, is a powerful way to deal with unresolved issues, transform beliefs, and reprogram yourself for greater happiness and success. Commonly called

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"tapping," EFT has been utilized by thousands people worldwide. If you're holding this book, you've probably tried it at least once--or heard about it from a friend. EFT researcher and author Peta Stapleton, Ph.D., brings together the history and cutting-edge research of tapping. She also shows how tapping can be used for a whole host of ailments, including anxiety, weight issues, depression, trauma, and more. Dr. Stapleton's own groundbreaking study involving food cravings in overweight adults helped establish EFT as an effective, valid form of therapy. In *The Science behind Tapping,*

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you'll come away with a deeper understanding of what EFT is and how it can help you. The book starts with a beginner's guide to EFT, which includes tapping statements and phrases, as well as helpful charts showing the location of tapping acupoints on the face and upper body. After taking you through its many uses, Dr. Stapleton also explores the common obstacles to success with EFT--and how to combat them. Get ready to learn more about EFT and its incredible possibilities.

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