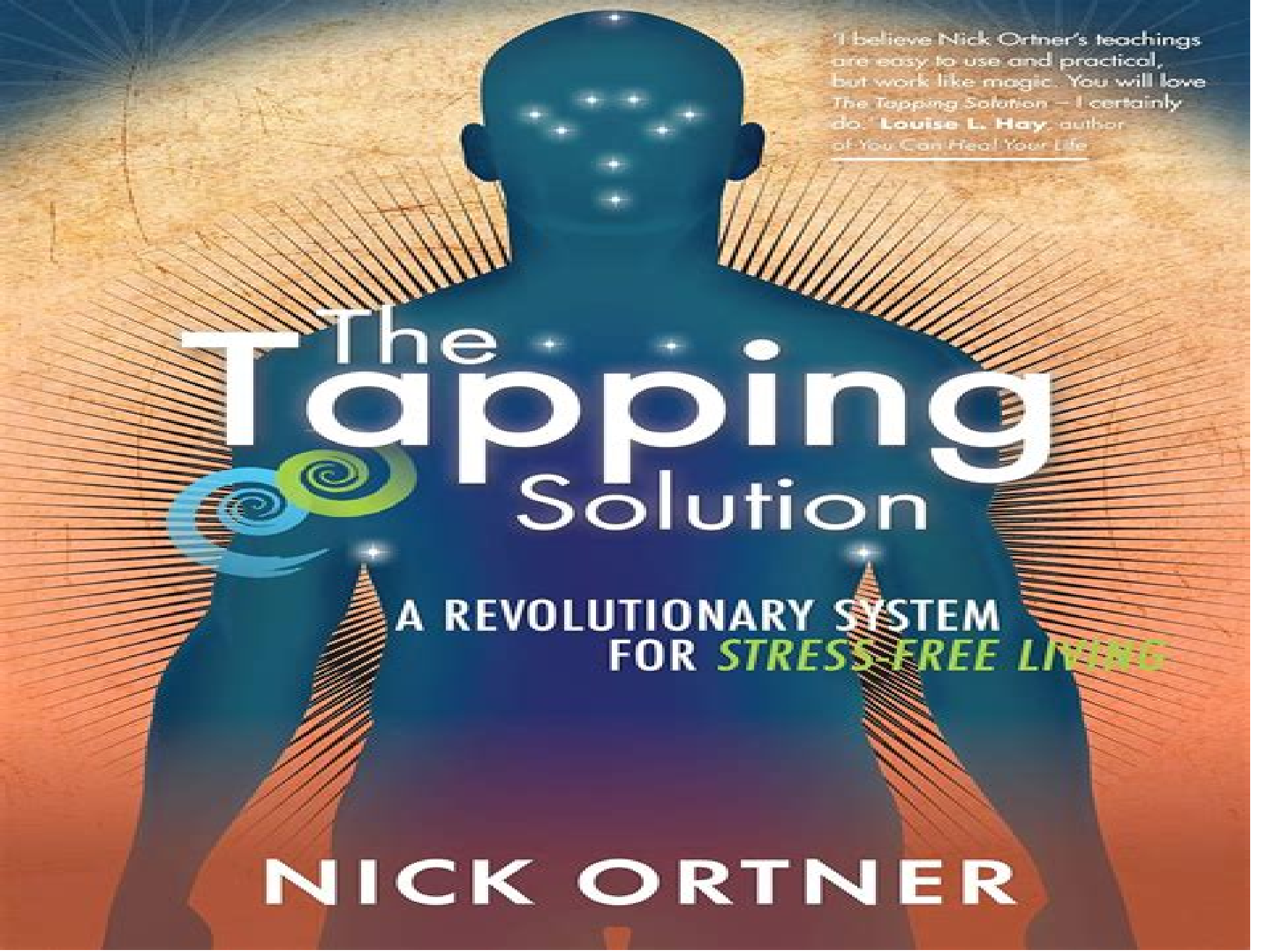




I believe Nick Ortner's teachings are easy to use and practical, but work like magic. You will love The Tapping Solution – I certainly do. **Louise L. Hay**, author of *You Can Heal Your Life*

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The Tapping Solution Nick Ortner, 2014-09-16 In this paperback edition of the New York Times best selling book *The Tapping Solution* 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 this book 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 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 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 fears and clear the limiting beliefs that hold them back from creating the life they want

[The Tapping Solution](#) Nick Ortner, 2013-04-02 In the New York Times best selling book *The Tapping Solution* 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 this book 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 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 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 fears and clear the limiting beliefs that hold them back from creating the life they want **The Tapping Solution for Pain Relief** Nick Ortner, 2016-09-06 More than 100 million Americans deal with chronic pain every day And if you're one of them you've probably tried all the normal solutions doctors injections medications and surgeries While these all have a place in healing they have fallen short in dealing with the pain epidemic So what can you do In **The Tapping Solution for Pain Relief** Nick Ortner presents a startling alternative He lays out a step by step plan that teaches you how to use tapping or EFT emotional freedom techniques to reduce or eliminate chronic pain Looking at the scientific research surrounding pain stress and tapping he opens your eyes to just how powerful tapping can be and then outlines tips and techniques to address pain in both the short and long term Nick guides you on a journey that begins on the surface tapping to address the pain itself and moves to the deeper issues that often affect pain With easy to follow tapping scripts and exercises Nick helps you heal the emotional pain and underlying beliefs that often keep people stuck He also addresses topics that you may not think of as associated with chronic pain such as Creating personal boundaries Dealing with toxic relationships Clearing resistance to change Understanding the power of a diagnosis Working through anger There are many ways the brain and body can create increase and prolong pain After reading this book you'll not only understand what's causing your pain but also how to achieve complete and lasting relief But let's face it this is about more than just pain relief It's about empowering yourself to take back your body in order to live the life you want **The Tapping Solution for**

Weight Loss & Body Confidence Jessica Ortner, 2015-10-27 **The Tapping Solution for Weight Loss and Body Confidence** may just go down in history as a game changer when it comes to leading women out of weight loss hell Cheryl Richardson New York Times best selling author of *The Art of Extreme Self Care* Placing conditions on our lives and our happiness has become the norm We see it all the time We must establish a career before looking for a relationship We must find love before feeling fulfilled We must feel stressed out until we finish everything on our to do list But by far the most common conditions we put on ourselves revolve around our weight no love until we lose the weight no pursuing a dream until we lose the weight no happiness until we lose the weight But now there's a better option Using tapping also known as EFT Jessica Ortner walks you through a process that helps you drop stress so you can drop pounds without dieting deprivation or extreme exercise Tapping a tool that is based on the principles of both ancient acupressure and modern psychology helps you address the underlying issues that make your body hold on to weight and gives you the ability to overcome some of the most common weight loss obstacles Say good bye to the cravings panic and self doubt that keep you in a constant fight against your body Using her own struggles with weight loss along with success stories of some of the thousands of women she's worked with Jessica teaches you not only the basics of tapping but also how to use it to address the deeper facets of your weight and self worth challenges This proven process is based on extensive research into the effects of tapping on stress hormones and it provides simple step by step instructions throughout and easy tapping meditations at the end of each chapter With this loving

and supportive guidance you can learn to create a more empowering relationship with food find pleasure in exercise and implement self care into your life So join Jessica and learn to love yourself and your body [The Tapping Solution for Manifesting Your Greatest Self](#) Nick Ortner,2019-02-19 The New York Times best selling creator of the Tapping Solution offers a three week program of practical self inquiry and hands on work designed to unlock your life s full potential 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 the round hole that is your life What if instead the roadblocks went away What if you could experience more ease and flow in your life banish self doubt fear and anxiety and live your greatest life Can you imagine what that would look like and more important what it would feel like Now Tapping Solution creator and New York Times best selling author Nick Ortner helps you not only imagine it but make it a reality The Tapping Solution for Manifesting Your Greatest Self guides you through a 21 day process of self discovery and self development using the simple proven practice called Tapping also known as Emotional Freedom Techniques Each of the 21 stages includes a Daily Challenge and a Tapping Meditation to help the changes you re making take root And you can work through the program at your own pace doing one stage every day every three days every week or whatever you like with exclusive e mail reminders from Nick to support you throughout the process Drawing on wisdom sources from Aristotle to Dr Seuss along with Nick s own deep well of insight and stories from his daily life this book is terrific fun to read It s also a powerful tool for transformation We re going to work together to let your light shine brighter than ever before Nick writes to create the life experiences you most deserve and desire Ready Then let s get tapping *Tapping Solution to Create Lasting Change* Jessica Ortner,2019-09-03 Navigate change with clarity and ease using the tools of EFT in this guide from New York Times best selling author and Tapping expert Jessica Ortner The Tapping Solution to Create Lasting Change gets right down to the heart of what it takes to change and have a better healthier and more love filled life Christiane Northrup M D Why do we fear the unknown so intensely that we re willing to shy away from our deepest desires and settle for playing small Why do we get enthused when we first start something only to burn out the moment things feel challenging And why even when we get the outcomes we desire do we often struggle to sustain them and instead slip back into old self sabotaging patterns In The Tapping Solution to Create Lasting Change available for the first time in paperback New York Times best selling author Jessica Ortner shares the lessons she s learned about what it feels like to flow through change and how to bring about real transformation in ways that are both authentic and empowering Her gentle relatable guidance shows you how to use Tapping also known as EFT as a tool for finding the clarity and the ease you crave to move forward how to navigate the unknown with new energy hope and an open heart and how to release the doubts and fears that are clouding your judgment so you can rediscover your true path It s a new way to look at the one unavoidable constant in life change not as an obstacle in our path but as a doorway to joy **The Tapping Solution** Nick Ortner,2013 Explains how to use the Emotional Freedom Technique

EFT to create much needed change in one's life **The Tapping Solution for Teenage Girls** Christine Wheeler, 2016-05-10 Dealing with grades bullying friendships parents boyfriends 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 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 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 **Clear Home, Clear Heart** Jean Haner, 2017-03-14

Have you ever entered a room and it just didn't feel right yet you couldn't explain why Do you sense a natural comfort with some people but are immediately stressed by others The truth is that we're all influenced far more than we realize by the invisible energy of the people and places around us This along with difficult experiences in your past that still weigh you down can keep you from being a creative force in your life Clearing is a gentle but powerful way to release the old stress you're still carrying from your life history as well as transform how you're affected by the energy around you each day Many people experience immediate shifts in their energy during a clearing and significant change often unfolds in the days and weeks afterward In fact clearing has even been described as accelerated meditation because it can lead to a sense of calm and happiness that typically results only after years of a mindfulness practice In this simple elegant guide Jean Haner teaches you in easy to follow steps how to clear your own energy or that of any person as well as bring harmony to the energy of the spaces you inhabit so you can reclaim your vitality and joy and open up infinite new possibilities in life Healers intuitives energy workers highly sensitive people and anyone who just wants to optimize their energy and live their best life will find this to be the perfect training Jean refines energy clearing to its pure essence the power of the compassionate heart

Disaster Mental Health Community Planning Robert W. Schmidt, Sharon L. Cohen, 2020-03-23 Disaster Mental Health Community Planning is a step by step guide to developing mental health disaster plans assisting communities to act on long term resilience and recovery As disasters continue to increase in severity and number with 16% of survivors identified as potential PTSD victims if they don't promptly receive care this book is a critical read Chapters outline how to prepare develop and implement a trauma informed collaborative process that prioritizes lasting emotional wellbeing along

with survivors short term needs The manual demonstrates how to form this partnership through effective communication assess those individuals at greatest risk of distress and deliver trauma specific treatment Readers will appreciate the book s practical user friendly approach including case studies checklists and follow up questions to better define goals Cutting edge treatment interventions are included along with basic information on trauma s impact on the brain and the types and effects of human caused and natural disasters to help readers make sound planning decisions Accessible to mental health providers community leaders organizations and individuals alike Disaster Mental Health Community Planning is a Road Map for anyone interested in delivering a trauma informed mental health supplement to their community s medical disaster preparedness and response plan

Young and Slim for Life Frank Lipman, Md,2017-01-03 Are you tired of feeling worn out sick and overweight Why is it that we experience weight gain fatigue aches and pains illnesses and memory loss as we get older While these ailments do become more common in our 30s and 40s they aren t inevitable In fact we are perfectly capable of remaining young slim and vigorous and our brains can absolutely stay clear and sharp if we give them what they need What s that The right foods plenty of sleep and the healthy movement our bodies are craving The problem is that most of us don t do that We don t realize what our bodies need so we eat the wrong foods skimp on sleep and deprive our bodies of the movement they crave Overwhelmed by the stresses and the pressures of our lives we take a host of prescriptions never realizing how they might be disrupting our body s innate ability to heal Most insidious of all many of us lack the personal support and the community that we need to feel fully alive Instead we buy into the myth that age means decline Best selling author and internationally recognized expert in integrative and functional medicine Dr Frank Lipman shares the 10 key steps to live your best life He breaks through the common myths and misconceptions surrounding aging and dieting and he zeroes in on what you need to do in order to feel great His two week Revitalize Program and extended Maintenance Program bring together key information regarding insulin resistance and carbohydrate intolerance gut and hormonal imbalances sleep disorders medications and supplements and community support The book also features delicious nutritious recipes to support you along the way handy shopping lists and meal plans simple exercises meditation practices and restorative yoga sequences information about powerful anti aging and digestive supplements and vitamins and more Dr Lipman also offers a lifelong Maintenance Program so that after two life changing weeks you can continue on your path toward ultimate health and wellness for years to come In just two weeks only 14 days you can feel so much better than you ever imagined

Kale and Coffee Kevin Gianni,2015-07-21 Internet celebrity Kevin Gianni was intent on finding the keys to perfect wellness and sharing them with the 10 million viewers of his YouTube show Renegade Health So he and his wife bought a 36 foot bio fueled RV dubbed the Kale Whale and spent two and a half years crisscrossing the continent talking to experts and ordinary folks about what works and what doesn t when it comes to a healthy life Gianni drank wheatgrass shots gave up sugar said goodbye to coffee and used himself as a guinea pig to uncover the truths and myths behind every nutrition plan said to

guarantee good health As he cycled through healthy diets vegetarian vegan raw foods and more he got sicker and sicker Finally he hit bottom and had to give up healthy eating to save his life Kale and Coffee is the often hilarious picaresque tale of how Gianni went from skinny raw food vegan faddist to bloated out of shape omnivore before finding the middle way to an imperfectly healthy and more balanced life The journey takes him from the Peruvian Andes to salt flats in Mexico to a pig farm and butcher shop near his northern California home Along the way he has his brain scanned and his pantry tested for toxic metals does an all water fast runs the grueling Tough Mudder endurance race and obsesses on the secrets of the world's longest lived people With the humor and practical wisdom that have delighted millions Gianni shows you how to sidestep the health hype diet fads and weight loss promises littering the path to wellness Drawing on his own experience and the advice of trusted experts he guides you in finding your own personal plan for optimal nutrition and fitness Includes the Kale and Coffee 21 Day Jumpstart

Bridging the Gap Priya Raja, 2016-11-22 This book is about filling the gaps in the education system to create a more meaningful experience for students and society as a whole In this book the author is discussing her own experiences as a student in the education system The backlash is against standardized testing and rigidity in the compounds of an educational institution and that it is in a lacking state of spirituality Shanmuga Priya speaks for a holistic education system and for it to adopt a more humane way of functioning To invent new curricula that encompasses spirituality as a practical practice It is a book that gives a voice and hope for a better education system

The Energies of Love Donna Eden, David Feinstein, 2016-01-19 The bestselling authors of Energy Medicine and Energy Medicine for Women present a complete program for using energy medicine to heal and strengthen romantic relationships A relationship begins with the meeting of two unique energies This union of energies though invisible determines the way you communicate fight love and want to be loved In this groundbreaking book the bestselling authors of Energy Medicine draw on the real life experiences of couples who have attended their popular Energies of Love workshops as well as their own experience as husband and wife to show how an understanding of your energy system and that of your partner can help you build a more harmonious and loving bond We all have different ways of making sense of the world around us but when faced with conflict especially with those we care most about we tend to revert to one of four Energetic Stress Styles Visuals are extremely passionate and inspire others to care about the things they care about but in moments of conflict their take on the situation can overshadow what is actually occurring undermining their ability to empathize with their partner Kinesthetics are generous compassionate and accepting of other people but their caring nature pulls them in too many directions They try to meet others needs at the expense of their own which can cause mounting resentment Digitals are rational and principled and have a gift for quickly understanding complex situations but they can become closed to others perspectives and feelings Tonals have a gift for understanding others and their dilemmas but during moments of conflict their ability to read between the lines can morph into hearing what was never said felt or thought According to the authors the strongest relationships are

those in which the two parties feel that they are partners on a shared spiritual journey By helping you better understand your own unique energy system as well as that of your partner you will be able to recognize your strengths as a couple and avoid the pitfalls The Energies of Love serves as a powerful resource for anyone who wishes to build a rich partnership while maintaining the spark that keeps a relationship exciting *Make This Your Best Life* Janick Léonard,2017-10-16 No matter what situation you find yourself in at this time you can find purpose and create a life that truly satisfies you with the inner knowledge that you are exactly where you should be Your search for more meaning might make you feel vulnerable and ready to try anything You might feel you are in a place that is no longer serving you You might be seeking a deep sense of accomplishment You might feel useless in your current situation and know you are not using your full potential And you might be feeling that your life is on idle Make This Your Best Life offers tools to open a path to self actualization It is less about manifesting things or striving for achievements or suggesting that wealth will make you happy and more about living a meaningful life You can transform the way you live each day when you know what you have to do you do not have to seek approval anymore You can contribute in your own unique way You can find your purpose and emanate the life you truly want for yourself here and now *10 Secrets for Success and Inner Peace* Dr. Wayne W. Dyer,2021-08-24 Best selling author and lecturer Wayne W Dyer has written a thought provoking book for those of us who have chosen to consciously be on our life path The ten secrets for success and inner peace presented here apply whether you re just embarking on your path are nearing the end of it or are on the path in any way Dr Dyer urges you to read these ten secrets with an open heart By doing so you ll learn to feel the peace of God that truly defines success **Just Tap & Calm Your Mind** Neeraj Kumar,2023-07-11 A simple and powerful technique is explained to revive and rejuvenate life This book aims to solve your emotional problems physical pain and relationship conflicts The technique described in this book will bring you into the actual realm of life and you will experience a bounce back to life Also it will bring awareness and understanding of problems and their root causes You will learn to deal with various psychological problems like depression anxiety panic attacks fear of exams height the lift water reptiles etc grief overthinking repetitive thoughts and insomnia sleeplessness In addition you will learn how to apply numerous methods of the EFT Moreover you will be introduced to the challenges that may arise during tapping This book contains step by step instructions exercises and diagrams Also you will find unbelievable real life stories of healing 200 Powerful Positive Affirmations Volume II and 6 Super Chargers to Put Them to Work Andy Grant,2014-02-26 More valuable than the affirmations are the explorations into why affirmations work for some but not others In 200 Powerful Positive Affirmations Volume II and 6 Super Chargers to Put Them To Work Andy Grant shares an additional 200 actually many more uplifting affirmations to replace the automatic negative thoughts most people s days are full of You will dig deep into resistance and learn six new super chargers to get the most out of your work with positive affirmations and to create your own This is a follow up to the Amazon best seller 200 Powerful Positive Affirmations and 6 Simple Tips to Put Them To Work

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The Tapping Solution A Revolutionary System For Stress Free Living Introduction

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