

NEW YORK TIMES BESTSELLER

A Woman's Guide to Stressing Less,
Weighing Less, and Loving More



The Tapping Solution

FOR WEIGHT LOSS &
BODY CONFIDENCE

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Jessica Ortner

The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More



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A lot of women live their lives believing that they can't. Probably the most common circumstance women place on themselves is fat reduction—they're unhappy with. No advertising until they get new skills. Using her personal struggles with weight loss, along with success tales of a few of the thousands of women she's met, Jessica Ortner, co-producer of the highly successful documentary on meridian tapping, *The Tapping Solution*, offers women an improved choice. No fulfillment until they find like. It requires what they need until they transform something they don't love until they lose weight, no sex until they shed weight, no happiness until they eliminate weight. But Jessica Ortner, co-producer of the highly successful documentary on meridian tapping, *The Tapping Solution*, offers women an improved choice. Why not lose the excess weight and create the life you've caused, Jessica walks readers through the process of discovering their personal power and self-value. As a culture enthusiastic about weight loss, everybody knows the latest fads that claim to help us drop pounds immediately. With hope, heart, humor, and science, Jessica weaves a path to a happy, healthful life full of confidence and joy. It's discussed may be the science behind the problem and how learning to deal with stress can promote and accelerate pounds loss. Not only does stress generate an overabundance of cortisol that's directly linked to abdominal obesity, in addition, it impacts behavior, supporting negative traits, including using meals to cope with difficult emotions and painful situations. In this groundbreaking reserve, Jessica uses tapping to help tackle the stress leading to weight gain— She covers from the emotional aspects of overeating and cravings, to where to find pleasure in exercise, the power of satisfaction, and how our families and friends may inadvertently add to the problem. No relationship until they set up their career. We've often dreamt of? Her plan is based on extensive research in to the benefits and achievement of tapping and the hormones involved with stress and pounds gain. In this reserve she guides visitors through a proven process of overcoming their dependency on food. Like the personal stresses of low self-esteem and too little confidence. What often isn't



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Not Another Diet Book - THE ANSWER to the Problem So many people believe they would be happy if they could just lose weight or look differently. The reason why most diet plan books don't work is because they concentrate on weight or meals, but by no means address the primary cause of why you are eating too much. Imagine if the weight isn't the source of our unhappiness, but is in fact the consequence of our hidden emotions and beliefs? As a matter of transparency, I am the illustrator because of this book. Body Self-confidence". Weight loss has become big business and a nationwide obsession, as two thirds of Us citizens are overweight and one third are considered obese. I am so excited and the reason that I could share my artwork with the globe was for this reason practice and the way Jessica teaches this process. Another diet is not the answer. Jessica is a superb style of self acceptance not really because she actually is perfect but because she actually is perfectly, beautifully individual therefore openly shares her experiences with the reader of this book. There is not much person in the globe that doesn't know that broccoli is good for you and donuts are poor. What if that is completely backward?. It really is about loving yourself and feeling great about your body. I must say I enjoyed Jessica's writing design. For me, quickly. I think everyone can relate to her openness and honesty. Kindle edition problem I hope I can update this review later!. While Jessica didn't 'invent' tapping, she brings the practice to visitors in that comfortable, safe way that they feel supported as they sort out the book." In the end, it is normally a feel great book about embracing existence and feeling great about yourself. Great book, great results! It is very important that you do the tapping. But this book's story is a lot bigger than tapping or pounds loss. As the weight loss is great, the great thing readers are certain to get from this publication is what they will gain. If you are turned off by "touchy-feely" programs, you might be tempted to skip this reserve. There is a lot of research around EFT tapping, and I have been using it successfully with clients for years. Upon reading this reserve and doing the tapping, the very first thing that the reader will see is definitely PEACE. You are feeding your feelings and not your body. They can apply to anyone no matter what your beliefs are (yes, that does include males). Thanks a lot. An obsession with food is like any obsessive relationship. It really is about getting rather than giving.. Furthermore, I find that my whole attitude towards food has changed. This book will show you to freedom. Bill Cashell - Writer of "The Emotional Diet" The Title Doesn't Tell the Whole Story This book is what everybody else says...warm, inviting, like talking with a friend. Jessica Ortner offers been there and performed that and could get a more compact t-shirt from the trip. So she understands. Helps get to the root of real issues. Tapping is easy. That you can do it in any case and Jessica shows, in this reserve, how easy it is to create those changes which you have previously struggled with. I simply acquired layers of beliefs that produced life feel unbearable easily couldn't turn to meals for convenience. Without the tapping, this process may show you why you possess struggled with pounds, nonetheless it will not give you the long term excess weight loss and self-confidence that you'll obtain with the tapping. It is about self-confidence. This is actually the premise of Jessica Ortner's new book, "The Tapping Solution for Weight Loss & I have this book on my Kindle and made a decision to choose the paper copy in order to highlight and go back and forth easier. Should you have tried all the diets and applications (you probably have got or you wouldn't be here), this is the missing component that other programs need. Sure, it can be enjoyed and should be. The ideas and principles are actually about your subconscious emotions and how they drive your eating. Tension starts to melt away. It is just like a personal discussion with a friend. The anxiety lessens through the entire process of tapping. This sense of calm is worth the cost of the book, actually if there weren't any various other outcomes. But there are numerous more. After years of

trying to stop diet soda, I simply stopped for this reason process. I didn't try. I just didn't want it anymore! That was large for me, as I knew I was poisoning myself with the chemical substances in the beverages. What are you trying to get from food? I highly recommend. When I used to (yes USED TO) diet plan, I felt restricted, which I am not really a big lover of, and that I had been punished by what I couldn't have. Now I understand that food isn't about just convenience or enjoyment, that was its function in my own life before Jessica's function. She helps ladies to find their inner strength, to be willing to step up in lifestyle and state "I am enough". Now I know that my own body has its requirements beyond my taste buds and that was a WOW instant for me personally. I intellectually knew that before however now I obtain it. I could say so much more about this publication but will close with this. The tapping meditations at the end of the chapters are excellent.. The real heart of this book and process is not about food. Learned a lot May be the same book available for guys? A life changing publication. Losing weight is not rocket technology. That is a present that we not only give to ourselves but to the globe around us. As she states, "I could no more use my fat as an excuse never to be content or go for what I wanted in life. Reading the Kindle version. It's an awesome read and I am extremely intrigued. I think the publication is written perfectly and I can't stop reading. What is missing from your life? I began to look within my relationship with my own body, food, and workout and also sexual intimacy, satisfaction, and perfection, and I noticed that I wasn't damaged. until I get stuck on an obviously missing section. That's more than annoying! Fix the electronic edition before you charge money it! It's such as a stupid cliffhanger in a great series :-(. AMAZING This book changes your life in the event that you actually practice the tapping exercises explained inside it. You can read and the writer is actually relatable. It has matured. It's a great tool for your weight loss journey. A great tool in any weight-loss I wish We had this in high school. In her book, Jessica addresses what extra weight is really about and provides the reader actionable (and easily doable) actions to effect healing within themselves and to make the shifts that they desire within their bodies, energy and lives. A great tool in any weight-loss journey Provides insight Interesting book and theory. This is not a book to just read.!!! My initial published illustrations. Four Stars only read a few chapters Read it all Great Five Stars Was what I expected. a new level of peace and appreciation for who they are. I'm sorry---I have a question however the usual field for asking one isn't there, so I have to ask it right here. The title says it is The Tapping Solution for Weight Loss & Body Self-confidence; however, you need to shop around the cover to understand that it shows up to handle women only. Anything designed for men? I recommend this reserve to everyone who has struggled with their eating.



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