



The
Tapping
Solution
TO

Create Lasting Change

A Guide to Get Unstuck
and Find Your Flow

New York Times best-selling author

JESSICA ORTNER

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The Tapping Solution to Create Lasting Change: A Guide to Get Unstuck and Find Your Flow



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From the New York Times best-selling author of *The Tapping Solution for Weight Loss and Body Confidence*, the most recent book in the Tapping Solution series uses EFT as a tool for locating the clarity and the ease you should navigate change. And why, even with new outcomes we desire, do we often battle to maintain them and instead slip back into old, self-sabotaging patterns? Why perform we get enthused whenever we first start something, and then burn out as soon as things feel challenging? How come getting what we want sometimes feel simply as scary as not getting what we want? Why do we dread the unknown therefore intensely that we're ready to shy from our deepest desires and accept playing small? Her new publication, the latest in the best-selling Tapping Option series, shares the lessons she's learned all about what it feels like to flow through transformation and how exactly to create positive, long lasting modification in ways that feel both authentic and empowering. Readers will learn how to make use of Tapping (also referred to as Emotional Freedom Techniques, or EFT) to navigate the unfamiliar with new energy, hope, and an open heart. Topics consist of: Jessica Ortner asked herself these question--as a lot of us do--until eventually it became clear that she really was exploring our romantic relationship with the one unavoidable constant in our lives: transformation. Finding our way through dread and uncertainty * * Discerning whether our inner critical voice is usually friend or foe Ultimately, Jessica tells us, there's profound beauty and joy in change, even though it doesn't believe that way at the start. Learning to release the doubts and fears that cloud our judgment * * * Letting proceed of "goals" and finding a new way to spotlight what you desire Getting past procrastination And much more<



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Change happens! I signed up for the Tapping Summit this past year, and it changed my entire life. I QUICKLY bought Jessica's publication on Weightloss, and I've lost 30 lbs. up to now. I rarely write testimonials on Amazon, but I wanted to talk about my fantastic positive knowledge. Great writing, Jessica! Just how Jessica and her brother educate you on how to use tapping has been extremely effective for me. I'm looking towards reading Jessica's new publication. I've trouble sometimes choosing the best words to make use of when I am using tapping, but Jessica and Nick appear to offer just what I have to move forward. Viewing others with chronic disease finding comfort touched my own journey deeply. I'm going to be moving soon, and I'm looking forward to using this publication to greatly help me with this large life changing experience. Kindle Order/Audiobook Jessica and Nick's books will be the only books I preorder as the materials are so good. I just received it today and Within the first 3 or 4 pages I knew it was a must read and to possess. It's inspiring just how much EFT provides changed their lifestyle and am focusing on this journey. So grateful that by either ordering the Kindle or real reserve, and being on the Tapping Answer email list, I was able to get the audiobook free of charge and got to listen to a good portion of the book before it was released. That is why I purchased it. She has such a pleasant voice. Jennifer was there for me personally with her recent publication. This topic in particular really was good. I'm always looking to better or improve myself also to make those positive adjustments last. Jessica has a really down-to-earth approach and helps me easily for connecting to her seeing that she shares her encounters. I'm not done with the audiobook yet, but up to now it's good! Thanks a lot, Jessica, for such a well-thought out reserve. I haven't completed it however, but what I have read acquired been Very helpful. I think it's an excellent compliment to Nick's publication on Manifesting Your Greatest Self because as you do this, and combining it with Create Long lasting Change, you certainly want to maintain that switch going and even more. More Reasons to Keep Tapping! Full disclosure--I am a fan of the Ortners: Nick and Jessica. So you can say I was predisposed to such as this book. But every reserve builds, provides and expands to my understanding of EFT. "Create Long lasting Change" can be a welcome addition. It encourages someone to accept switch as a constant in our lives and to not fear it. Of course most of us do dread modification, and the big UNKNOWN.. I've her ebook on tapping for fat reduction, and the tapping option. The appendix and online language resources provide even more tapping scripts. And I confess, the component about procrastination hit home! I also valued the mix of technology, philosophy and inspiration in the reserve. This book offers a kind of support, and I'm never someone to turn down anything that supports us through the messiness of existence! TRUST THIS PROCESS This book is great! Many thanks from my heart Audrice Why is there zero 'Look Inside' feature" We ask this here since there is room to ask questions concerning this book. Anything that the Ortners touch is genuine applicability. Jessica reigns supreme in her easy reading format with complete guidelines for fulfilling any tapping remedy! This reserve helps in working through those fears... was released at the right time for me. Just started the book Like the concept of tapping Great book I read through this book over a couple times without doing the chapter tapping, and today I'm going through it and taking my period to accomplish the tapping and building notes. And like her other publication, you can tap along with her. A while back, I took the Ortners' Tapping Conference and discovered that tapping may be used for any of lifestyle's facets. The technique is easy to learn which current publication produces another avenue for me personally to "tap" away! The tapping is assisting me to go even deeper! I acquired a friend who told me about the skill of tapping years ago, but she didn't explain it well or present me how to use it correctly. A converted skeptic When I first heard about 'tapping', I admit I was very skeptical. EFT (Emotional Freedom Techniques, the formal name for Tapping) meant Electronic Money Transfer to me! How could such a simple system of contact and phrases bring any inward changes? It had been in watching some of the tapping exercise videos Jessica and her brother Nick posted that caught my attention. Then I viewed the video The Tapping Alternative and was hooked. I will add to this review as I obtain deeper into this new book. The Tapping scripts are excellent and incredibly helpful... the constant existence of change. We all face changes large and small, planned and uncontrolled. Make sure you browse this encouraging and effective book about navigating the trip of existence with all its twists and turns. I enjoyed the personal, situational good examples presented by Jessica--even successful authors aren't immune I assume. Tapping has began to actually help me. Though I have Jessica's other publication and all over Nick's, I really liked this book also. This book in another device that may get me closer to my objective of self-development for total spiritual psychological and

body balance. Much like everything this is not the only device to use nonetheless it is normally a great someone to include!! Creating Long lasting Change. It is helpful and enlightening! My Personal and my truth The subject really interested me. . This book up to now is simply as priceless!! like that Jessica narrates the book. I first found out about them over 10 yrs ago, when I was carrying out EFT on my own. Anything you spoke of I possibly could relate to. After that I been following Nicks work Love the tree concept . I learned EFT with Gary and got accredited early on. but nonetheless would feel the fear get trapped often Taped but still at another place I find my self back to the same feeling. I maintain pushing thorough . I can see that this book Will be perfectly for me personally now. So right now I can learn to better circulation through and not push and burn up . Great book! Ask and your own wisdom should come. What's to dislike. I am still offering it five stars because anything from the Ortners is usually quality. I was simply curious as to the reasons this book does not have any ' Look Inside' feature. Ask and the teacher will appear. Great book! Tapping works, and this is an excellent guide. This book on change is very timely for me personally as I am retiring soon. I purchased the audible and the kindle versions, so that I can pay attention to Jessica as I tap through the meditations or browse them, as required. With both of these they have a way to make you feel that the words they create or when catching them you tube and summit that they are speaking just to you it's like they are therefore intune with your feelings at least for me it feels that method even within their interviews they request questions that I would ask. Thanks, Jessica! so helpful! Peace of brain is just around the part. This technique is a fantastic tool for the road to peace! I think most of us wish peace but don't know where to find it or how to get it. Great Audio to Listen to Again and Again I love the Audio Format that allows me to listen to the content anytime. I can adhere to the tapping as needed and put in what that best fit my needs. Thank you Jessica for creating this very useful material. Recently retired from a 49+ year RN career with a car crash per month later, I certainly needed guidance in getting unstuck and commence flowing with my retirement programs. Each chapter provides tapping meditations targeted towards common issues such as Concern with Taking Action, Fear of Success, Fear of Failure and others. Great explanation and therapeutic words I love the Tapping Summits and the information that Jessica and Nick provide. Tapping can begin a new life! I'm looking forward to completing the audiobook and I'm glad I've the Kindle with it so I can see a few of the tapping scripts. Jessica's statement that people don't have to "fix" all that we think is wrong with us before finding our "flow" was a radical concept, but also a alleviation to know, despite the fact that I'm still struggling with that. Jessica's current reserve gets to the center of a major way to obtain stress (negative and positive) in daily life. I highly recommend this book for anybody who feels trapped in a poor pattern.



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