



The Tapping Solution for

MANIFESTING YOUR

Greatest Self

21 DAYS to RELEASING SELF-DOUBT,
CULTIVATING INNER PEACE, and
CREATING a LIFE YOU LOVE

New York Times best-selling author

NICK ORTNER

Nick Ortner

Tapping Solution for Manifesting Your Greatest Self: 21 Days to Releasing Self-Doubt, Cultivating Inner Peace, and Creating a Life You Love



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"Have you ever had the feeling your life just isn't working? That regardless of how much you press and direct, or sit back and release, the square peg you're holding simply won't fit into the round hole that is your life? Drawing on wisdom sources from Aristotle to Dr. What if you could experience more ease and flow in your daily life, banish self-doubt, dread, and stress and anxiety, and live your biggest life? Can you imagine what that could look like--and more important, what it would feel just like?" Seuss, along with Nick's personal deep well of insight and tales from his daily life, this book is definitely terrific fun to learn. Each of the 21 stages includes a Daily Challenge and a Tapping Meditation to help the adjustments you're making take root. And you could work through this program at your personal pace--doing one stage each day, every three days, every week, or whatever you like--with exclusive e-mail reminders from Nick to aid you throughout the process. What if, instead, the roadblocks went away? Now available for the very first time in paperback, The Tapping Solution for Manifesting Your Greatest Self guides you through a 21-day procedure for self-discovery and self-development using the easy, proven practice called Tapping (also referred to as Emotional Freedom Techniques). It's also a powerful device for transformation. New in paperback: THE BRAND NEW York Times best-offering creator of the Tapping Remedy offers a three-week program of practical self-inquiry and hands-on work made to unlock your life's complete potential. We will interact to let your light shine brighter than previously, "to create the life experiences you most deserve and desire. Nick writes, " Today Tapping Remedy creator and New York Times best-selling author Nick Ortner helps you not merely imagine it but make it a reality. Ready? After that let's get tapping!



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Manifesting Your Greatest Self. Over the years I've explored many different .. Nick Ortner is a genius tapper! I heard about tapping through a teacher about 5 years back. It is definitely in my iPod too so if you see a crazy woman walking down the street tapping and saying phrases, it is probably me! I found everything I needed to get started on my own from that site. In under ten minutes I was hooked. At the time, I watched movies, the original film, paid attention to podcasts and began participating in the World summits. I also appreciated the bonus audio periods I downloaded and would listen and tap through in the evening before going to bed. Today I've finished the latest reserve, Manifesting Your Greatest Self. Through the years I've explored many different theories, systems and solutions to improve my life, my health and pursue personal growth and I well-being. I've read voraciously and also have been deeply and profoundly influenced and inspired by the many wisdom traditions and paths to wellness, wholeness and enlightenment that are out there. I must claim that tapping has been the main one "hands on" technique that has been the very best at creating real and lasting transformation. I have been listening to the audio reserve and am happy with the content material of this reserve. This latest book (I used both the audio and hard copy on my journey) provided a 21 day, go at my own pace program to work through issues in my life that have been keeping me from achieving my goals and dreams and being my best self. I acquired several break-throughs and revelations on the way. I am so thrilled to have this reserve. From there you can create a life of purpose and pleasure. This process of tapping along with Nick makes overcoming problems achievable and the relief is indeed sweet once you understand you have popped that particular bubble . I will go back to it over and over. Personal growth is not linear. It's a continuing process and this book offers the equipment to help work through so many of existence's biggest personal challenges. The accompanying recorded scripts and mediation's are priceless. I may't recommend this plenty of. It offers defenetly helped me through some challenging moments. There are so many extras together with your purchase. Tapping is a key that needs to be shared. I've already shared copies with friends and family. Start today, the email address details are immediate. Thank you Nick for another great addition to the tapping assets library. This is a book that keeps on giving!.. This technique has helped me to clear away many things from my past that I have not been able to let go of through any other strategies, such as ignoring, trying to out-run, sleeping, avoiding, etc, I'm sure this resonates with many. This process of tapping along with Nick makes overcoming complications achievable and the comfort is indeed sweet once you understand you possess popped that particular bubble on a concern that has clung to you and made you miserable for years. Left undealt with, these older hurts and issues influence our lives for the worse, bringing us down, putting on us down, increasing stress and anxiety, fearfulness, sadness and actually leading to depression. Nick offers a true way out and assist in gaining control over things that weigh us down, healing even childhood traumas, departing us absolve to become, truly, our best selves. For the very first time in a long time, I'm hopeful for a better tomorrow. It feels great to have significantly more peace in my life. I highly recommend this book for both newbie and someone with experience with Tapping. I have been following EFT tapping since early 2000 but recently have really applied myself with The Tapping Alternative and tapping and learning more about tapping in the past 24 months and it has really created positive changes in my own life and how I cope with tension and issues. Love the hardback duplicate of your new book, my free download and I love my audible of your book on my phone so I can take it all over the place I go, I've Jessica's weight loss reserve on audibles as well, on cd and very difficult copy. It's done so merely and practically and Nick provides such a gift for compassion, humor and insight that it prospects you to your own private discovery and self-recovery. I've known about tapping for

twenty years and I know that it works! And the wonder of it is certainly that it's compatible with and can and should be used with whatever various other systems, methods or paths you've chosen. Paging through the book I really like that the tapping scripts are in the appendix. Getting the tapping scripts in the appendix will make it so easy for me to get the scripts when I wish to tap to them once again. I recommend this book. I really enjoyed Nick's latest discharge.. Many thanks Nick and Jessica! Been so informative and so helpful our vets need to be with all this course to help them heal from their trauma I met him in a Hay House Workshop years ago and have bought everything they create. I have all your books except one. I have 2 Tapping summits and I am on interpersonal security disability, so that's not lots of money I get from disability each month but I budget and sometimes consume beans so I can get the things I need like tapping products and my therapeutic quality essential oils, both of these keep me calm and grounded. I've gained so much pounds on bipolar medicine, tell Jessica I pay attention to her Tapping for pounds loss while I have a bath (I take advantage of to just hurry through my baths and not enjoy them, today I take time to tap while I bath and today love my baths). When I got Your manifesting your biggest self book, I downloaded it to my pc, then I went to audibles and downloaded it to my telephone and listen to it while I work out at the gym. It helps me stay on the exercising equipment much longer and I'd like you to know I no longer have panic attacks. They use to frighten me so much, I felt like I was dying. I am grateful to Nick for his function. I have already been losing weight, I feel great understanding that anytime I begin to feel anxious no matter where I am all I must do is Pick up my hands and begin tapping. I tap while I am riding the bike at the fitness center, I don't be concerned about other people wanting to know what I am performing. If they talk to I will tell them what I am carrying out, it's called EFT tapping! Tap in! Tapping has preserved my life, I really like when you state "feeling safe in my own body," because for a long time I didn't feel safe in my own body and now I do. Thanks so very much! I actually pre ordered this book months ago and it came today (Today is the release date). Tell Jessica thanks for me! The majority of the books I have already given away when I read to individuals who need them. I'm on my 3rd day! Ballard Most books that offer a method to changing your daily life will suggest you follow a particular program like forcing you to ultimately match 10 total strangers a day . I am doing tapping work with Nick Ortner for approximately 6 months roughly, I've kind of lost monitor.. Melonye C. Finally a book which will help you make the changes in your life which you have always desired. I am feeling even more peaceful since reading and tapping through the book. I have already been enjoying the bonuses that Hay House threw in. Continue the nice work Nick! Tapping really works I loved this reserve. Nick insights and tales helped me enter the book and appearance forward to another day. Later I read Nick's book on pain relief and started following him and Jessica on Facebook. Most books offering a technique to changing your daily life will recommend you follow a particular program like forcing you to ultimately fulfill 10 total strangers a day for per month or climbing the Himalaya Mts naked! I, personally , found the book extremely helpful and found that I could begin to release some old traumatic thoughts that talk therapy was struggling to do. I tell everyone I know Nick to appearance you up and start tapping. I have already been tapping for a long period and I discovered the reason of what tapping is great for a beginner and for someone like me who's familiar with tapping. It had been like having a coach by my side for the 21 time experience. I would recommend tapping to everyone. wow! now There is the onion I simply need to maintain peeling through the tears. "I could relax and feel safe and sound in my own body! I completely and totally recommend tapping to all and anyone who'll pay attention. I am still a work in progress and being a Brit (surviving in USA) I was very tentative at first. However now I take

advantage of it for everything and examine and pay attention to Nick and Jessica every day. The technique in this publication is soft, kind and all encompassing and it works. Excellent, easy to read, great tapping scripts Nick Ortner's newest reserve exceeded my objectives. Nick is normally a gifted writer, who's able to connect with the reader on a personal level, as he shares parts of his own journey and deeply empathizes with those visitors who are struggling within their lives or simply want to boost or enhance their own existence journeys. People who have limited knowledge of the nervous system and those who are experts, will reap the benefits of Nick's explanations, stories, and types of why the brain is hard-wired to protect ourselves and the way the detrimental cognitive scripts can replay in our mind and reinforce particular neural patterns. Through tapping and particular statements that induce cognitive and neural shifts in the brain, Nick displays us how we can "re-program", the brain to respond in different ways to life's stressors and unhealthy habits. Thank you Nick for posting your tales and insights! I, also, have biweekly acupuncture treatments and discovered that the tapping procedures enhanced the benefit of acupuncture. Tapping Still working on myself Great read! This book is indeed great! There's a built in support group online as well. I highly recommend most of Nick and Jessica's function. Our vets need to be provided these books to heal too I adore all of his workshops We buy their course every year and really adore the course. I've never read a reserve in this format and appreciated the chance. Yiks I already do." Nick Ortner I many thanks and Jessica so much! Love both of you and appreciate you therefore much! Essential read and use the tapping. I visited the tapping solution website to learn more..!



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