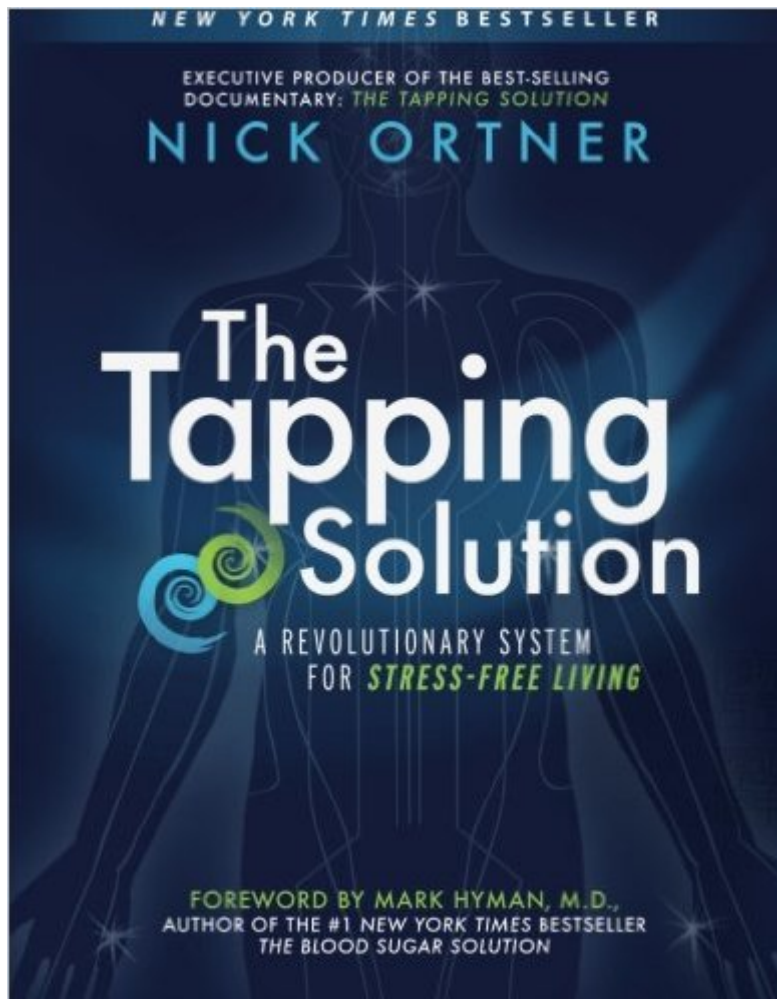


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The Tapping Solution: A Revolutionary System For Stress-Free Living



Synopsis

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.Â

Book Information

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Customer Reviews

EFT (or tapping) is a simple process of tapping on 8 meridian points on your head and upper body. You learn it in 5 minutes and can use it for a lifetime. This book packs a rare one-two punch. Just reading the wisdom offered will help you change your perception on your problems and perception is everything! The book contains information on what tapping is, how it was developed and how it has been used. But that is way less than 25% of the value of the book. Actually doing the tapping will change your life. Strong statement - yes, but true. How many books have you read that inspire you but then you put the book down and that feeling goes away. This book will teach you how to actually do tapping and best of all will walk you through how to help yourself with almost any situation. Yes - help yourself! It can be used almost anywhere and tapping is free, easy and it works! I KNOW! The book offers directions for almost any problem and tapping scripts to help you through it and TONS of free online extras! Does tapping for money put cash in your pocket? Unfortunately no, but I had major anxiety about money, fear of unknown expenses, at one point I literally lived in terror on a daily basis over my finances. Because of tapping I have quieted the fears and began to deal with my situation in a calm manner open to possibilities. I have started to see changes I can make and actually have hope and excitement about my future. For me this was BIG! Tapping is great for physical issues as well as emotional ones. I am using tapping for the pain in my knees, my vision problems, teeth clenching and even stomach aches! Weight loss, smoking, pain, anxiety, depression, relationships, phobias, the list is endless!

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