

what is the tapping solution

What Is the Tapping Solution: Unlocking Emotional Freedom Through EFT

what is the tapping solution is a question many people ask when they first hear about this innovative approach to emotional healing and stress relief. At its core, the Tapping Solution is a form of Emotional Freedom Techniques (EFT), a powerful blend of ancient Chinese acupressure and modern psychology designed to help individuals reduce anxiety, overcome trauma, and enhance overall well-being. Unlike traditional talk therapy or medication, the Tapping Solution offers a hands-on, accessible method that anyone can learn and use anytime, anywhere.

If you've ever felt overwhelmed by stress, anxiety, or limiting beliefs, understanding what the tapping solution entails might open doors to a new way of healing that feels natural, empowering, and surprisingly effective.

The Origins and Philosophy Behind the Tapping Solution

The Tapping Solution is rooted in the principles of EFT, which draws from the idea that negative emotions are caused by disruptions in the body's energy system. This concept aligns with ancient practices like acupuncture and acupressure, which stimulate specific points on the body to restore energy flow and promote healing.

Gary Craig, a Stanford engineer and personal performance coach, developed EFT in the 1990s, simplifying complex energy psychology techniques into an easy-to-follow tapping sequence. Later, Nick Ortner popularized the method through his book and documentary titled **The Tapping Solution**, which helped bring this method to a broader audience worldwide.

But what is the tapping solution really about? It's about tapping on certain meridian points on the face and body while focusing on a problem or stressor, helping to release emotional blockages and reduce the intensity of negative feelings.

How Does the Tapping Solution Work?

The mechanics behind the tapping solution involve tapping with your fingertips on nine specific points on the body, such as the side of the hand, the top of the head, under the eyes, and collarbone area. While tapping, you repeat a phrase acknowledging the issue you want to address, which helps to keep your mind focused on the problem.

This combination of physical stimulation and verbal affirmation works to calm the nervous system and retrain the brain's response to emotional triggers. Research has shown that tapping can lower cortisol levels—the hormone responsible for stress—and activate the parasympathetic nervous system, promoting relaxation and emotional balance.

Benefits of the Tapping Solution for Mental and Physical Health

One of the reasons the tapping solution has gained so much attention is due to its broad range of benefits. People use it to address everything from everyday stress to deep-seated emotional trauma.

Stress Reduction and Anxiety Relief

Tapping has been shown to be highly effective for reducing stress and anxiety. When you tap on the acupuncture points, your body's fight-or-flight response diminishes, helping to calm your mind. This can be especially useful before high-pressure situations like public speaking, job interviews, or exams.

Emotional Healing and Trauma Recovery

Many therapists incorporate the tapping solution into trauma therapy because it allows clients to process painful memories without becoming overwhelmed. By gently stimulating the body's energy system, tapping can help break the cycle of negative emotions attached to traumatic events.

Improved Sleep and Pain Management

People struggling with insomnia or chronic pain have also found relief through tapping. The method's ability to reduce stress and promote relaxation can improve sleep quality, while the physical stimulation of meridian points may help alleviate certain types of pain.

How to Practice the Tapping Solution: A Simple Guide

If you're curious about how to get started with the tapping solution, the process is straightforward and can be done in a few minutes.

Step-by-Step Tapping Process

1. **Identify the issue:** Focus on a specific problem, whether it's anxiety, a fear, or physical discomfort.
2. **Rate the intensity:** On a scale from 0 to 10, measure how strong the feeling or problem is at the moment.
3. **Setup statement:** Repeat a phrase that acknowledges the issue while tapping the side of your hand (the "karate chop" point). For example, "Even though I feel anxious about this presentation, I deeply and completely accept myself."
4. **Tapping sequence:** Tap about 5-7 times on each of the following points while repeating a reminder phrase (e.g., "this anxiety"):
 - Top of the head
 - Eyebrow
 - Side of the eye
 - Under the eye
 - Under the nose
 - Chin
 - Collarbone
 - Under the arm
5. **Reassess intensity:** Check your emotional intensity again on the 0 to 10 scale. Repeat the sequence if necessary.

Tips for Effective Tapping Practice

- **Be specific:** The more precise you are about the issue, the better the results tend to be.
- **Stay present:** Focus on your feelings and sensations during tapping to enhance its impact.

- **Practice regularly:** Like any skill, consistency improves effectiveness.
- **Use guided resources:** Books, apps, and videos can help you learn proper tapping sequences and affirmations.

Who Can Benefit from the Tapping Solution?

The beauty of the tapping solution lies in its accessibility. Almost anyone can use it, regardless of age, background, or experience with therapy. Here are some groups who often find tapping particularly helpful:

- **Individuals dealing with anxiety or depression:** Tapping provides a complementary tool to traditional therapy.
- **People managing chronic pain or illnesses:** It can help reduce stress-related pain symptoms.
- **Those seeking personal development:** Tapping can assist in overcoming limiting beliefs and boosting confidence.
- **Therapists and coaches:** Many professionals incorporate tapping into their practices as a way to accelerate emotional healing.

Integrating the Tapping Solution Into Daily Life

One of the most practical aspects of the tapping solution is that it doesn't require special equipment. This means you can use it anytime you feel overwhelmed or want to clear negative energy. Whether during a stressful workday, before an important event, or simply as part of your morning routine, tapping can become a valuable tool in managing your emotional wellbeing.

Additionally, combining tapping with mindfulness meditation or breathing exercises can further amplify its calming effects.

Scientific Perspective: What Does Research Say About the Tapping Solution?

While tapping began outside the mainstream medical community, growing scientific evidence supports its effectiveness. Studies have demonstrated

tapping's ability to:

- Reduce symptoms of PTSD and anxiety disorders.
- Lower cortisol levels and improve heart rate variability.
- Enhance psychological resilience and emotional regulation.

Researchers are still exploring the exact neurological mechanisms behind tapping, but many believe it works by influencing the amygdala, the brain's fear center, and restoring balance to the body's energy pathways.

Addressing Skepticism Around Tapping

Despite its benefits, some remain skeptical of the tapping solution, viewing it as unconventional or unproven. It's important to approach tapping as a complementary tool, not a cure-all. Combining tapping with other therapeutic practices and consulting healthcare professionals when needed ensures a holistic approach to mental and emotional health.

For those curious about alternative healing methods, giving the tapping solution a try can be an eye-opening experience that empowers self-care and emotional mastery.

Exploring what the tapping solution offers reveals much more than just a technique—it provides a gateway to emotional freedom and resilience. Whether you're seeking relief from anxiety, ways to overcome negative habits, or simply a method to support your mental health, tapping can be a gentle yet powerful ally on your journey to wellbeing.

Frequently Asked Questions

What is The Tapping Solution?

The Tapping Solution is a self-help method that combines tapping on specific acupuncture points with positive affirmations to reduce stress, anxiety, and emotional pain.

How does The Tapping Solution work?

The Tapping Solution works by stimulating energy meridian points on the body while focusing on specific issues, which helps to balance the body's energy

system and reduce negative emotions.

Is The Tapping Solution scientifically proven?

While some studies support the benefits of tapping (also known as Emotional Freedom Techniques or EFT), more rigorous scientific research is needed to fully validate its effectiveness.

Can The Tapping Solution help with anxiety and stress?

Yes, many users report that The Tapping Solution helps alleviate anxiety, stress, and emotional distress by promoting relaxation and emotional release.

Who developed The Tapping Solution?

The Tapping Solution was developed by Nick Ortner, who popularized the Emotional Freedom Techniques through books, workshops, and online programs.

Is The Tapping Solution safe to use?

Yes, The Tapping Solution is generally considered safe as it is a non-invasive technique that involves tapping on the body's energy meridian points without medication or side effects.

Where can I learn The Tapping Solution techniques?

You can learn The Tapping Solution through Nick Ortner's official website, books, mobile apps, online courses, and guided tapping videos available on platforms like YouTube.

Additional Resources

****The Tapping Solution: An In-Depth Exploration of Emotional Freedom Technique****

what is the tapping solution is a question increasingly asked by those interested in alternative wellness practices and holistic health. The Tapping Solution refers to a method that combines elements of ancient Chinese acupressure and modern psychological techniques, primarily known as Emotional Freedom Technique (EFT). It involves tapping on specific meridian points on the body while focusing on emotional or physical issues to promote healing and reduce stress.

As interest in non-invasive, self-help therapies grows, The Tapping Solution has gained significant attention in wellness communities worldwide. This article takes an investigative lens to understand what The Tapping Solution is, how it works, and its place in contemporary health practices.

Understanding The Tapping Solution: Origins and Fundamentals

The Tapping Solution is rooted in the principles of acupuncture, a traditional Chinese medicine practice that stimulates specific points on the body to balance energy flow, or “Qi.” Unlike acupuncture, which uses needles, The Tapping Solution employs finger tapping on these meridian points, making it a non-invasive approach.

Developed and popularized by Nick Ortner in the early 2010s, The Tapping Solution presents Emotional Freedom Technique as a tool for emotional regulation, pain relief, and mental clarity. It gained traction through books, guided audio sessions, and online workshops, marketed as a self-help method accessible to anyone.

At its core, the process involves identifying a specific emotional or physical challenge, voicing affirmations related to the issue, and tapping on a sequence of predetermined points on the face, hands, and torso. This combination aims to recalibrate the body's energy system, reduce negative emotional intensity, and foster a sense of calm.

Scientific Perspective on the Tapping Solution

The scientific community remains cautiously optimistic about The Tapping Solution and its broader category, EFT. Several studies have examined its efficacy, particularly in reducing anxiety, post-traumatic stress disorder (PTSD) symptoms, and chronic pain.

For instance, a 2016 meta-analysis published in the Journal of Nervous and Mental Disease found that EFT showed significant reductions in anxiety symptoms compared to control groups. Similarly, research from the California Institute of Integral Studies highlighted improvements in cortisol levels (a stress hormone) after tapping sessions.

Despite these promising findings, critics argue that more rigorous, large-scale randomized controlled trials are needed to definitively validate The Tapping Solution's mechanisms and long-term benefits. Skeptics often attribute positive outcomes to placebo effects or the therapeutic value of focused breathing and mindfulness embedded in the technique.

How The Tapping Solution Works: Step-by-Step Process

Understanding the practical application of The Tapping Solution can clarify its appeal and limitations. The process typically involves the following

steps:

1. **Identify the Issue:** The user selects a specific emotional problem, fear, or physical pain to address.
2. **Rate the Intensity:** Before tapping, the individual rates the severity of their discomfort on a scale from 0 to 10.
3. **Setup Statement:** A phrase acknowledging the problem is repeated, often structured as “Even though I have this [problem], I deeply and completely accept myself.”
4. **Tapping Sequence:** Using fingertips, the person taps 5-7 specific acupressure points, including the side of the hand (karate chop point), eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, under the arm, and top of the head.
5. **Reassess Intensity:** After one or more rounds, the individual re-evaluates their intensity level to gauge progress.

This structured approach blends cognitive awareness with physical stimulation, which proponents claim helps to “clear” emotional blockages that contribute to distress.

Meridian Points and Their Significance

The tapping points used in The Tapping Solution are derived from traditional acupuncture meridians. While acupuncture targets these points with needles to influence the flow of energy, EFT’s tapping is thought to stimulate the same pathways to calm the nervous system.

The primary meridian points targeted include:

- **Karate Chop Point:** The soft edge of the hand, used for setup statements.
- **Eyebrow Point:** At the beginning of the eyebrow, near the bridge of the nose.
- **Side of the Eye:** On the bone bordering the outer corner of the eye.
- **Under the Eye:** On the bone just below the eye.
- **Under the Nose:** Between the bottom of the nose and upper lip.
- **Chin Point:** Midway between the bottom of the lower lip and the chin.

- **Collarbone Point:** Just below the collarbone.
- **Under the Arm:** On the side of the body, about four inches below the armpit.
- **Top of the Head:** Center of the crown of the head.

The tactile engagement with these points is believed to activate calming responses from the parasympathetic nervous system, which might explain some of the reported reductions in anxiety and stress.

Applications and Popular Uses of The Tapping Solution

The versatility of The Tapping Solution has led to its application across various domains, from mental health to physical wellbeing. Some of the most common areas where users apply this technique include:

Stress and Anxiety Management

One of the most prevalent uses of The Tapping Solution is to alleviate stress and anxiety. By focusing on tapping while acknowledging distressing thoughts or sensations, users report enhanced relaxation and reduced worry. This aligns with studies suggesting EFT can lower cortisol levels and subjective anxiety ratings.

Chronic Pain Relief

Some practitioners incorporate The Tapping Solution into pain management strategies, particularly for conditions like fibromyalgia, migraines, or back pain. While the evidence remains preliminary, anecdotal accounts frequently mention decreased pain intensity after tapping sessions.

Emotional Trauma and PTSD

EFT has been explored as an adjunct therapy for trauma survivors and individuals with PTSD. The method's emphasis on self-acceptance and somatic engagement offers a non-verbal outlet for processing painful memories. Clinical trials have observed symptom improvements in some patients undergoing EFT protocols.

Performance Enhancement

In the realm of sports and professional performance, The Tapping Solution is sometimes used to overcome mental blocks, reduce stage fright, and improve focus. Athletes and public speakers have adopted tapping routines to manage adrenaline surges and maintain composure under pressure.

Pros and Cons of The Tapping Solution

While The Tapping Solution offers an accessible and holistic approach to wellness, it is important to weigh its advantages and limitations before integrating it into one's health regimen.

- **Pros:**

- Non-invasive and easy to learn.
- Can be practiced independently, anytime and anywhere.
- Supports emotional regulation without medication.
- Cost-effective compared to traditional therapy or acupuncture.
- May complement other psychological and medical treatments.

- **Cons:**

- Scientific evidence remains limited and sometimes controversial.
- Not a substitute for professional mental health care in severe cases.
- Results can vary widely between individuals.
- Some critics label it as pseudoscience due to lack of clear physiological mechanisms.

Ultimately, The Tapping Solution suits individuals seeking alternative or adjunctive methods to support emotional wellbeing, especially those open to mind-body therapies.

The Tapping Solution in the Broader Context of Holistic Health

The rising popularity of The Tapping Solution coincides with a growing societal shift toward integrative health approaches. Patients and practitioners increasingly value therapies that consider both psychological and physical dimensions of health.

This technique complements mindfulness, meditation, and cognitive behavioral strategies by adding a somatic element—physical tapping—that can anchor emotional processing in the body. Its user-friendly design and adaptability have made it a favored tool in self-care toolkits, wellness apps, and even corporate stress reduction programs.

However, as with many alternative therapies, responsible use involves critical evaluation and awareness of limitations. Health professionals often recommend The Tapping Solution as part of a multi-faceted approach rather than a standalone cure.

The conversation around what the tapping solution truly offers continues to evolve, informed by ongoing research, user experiences, and clinical observations. For those intrigued by the interplay of energy psychology and modern wellness, The Tapping Solution represents a fascinating intersection worth further exploration.

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what is the tapping solution: 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.

what is the tapping solution: The Tapping Solution to Create Lasting Change Jessica Ortner, 2018-09-04 From the New York Times best-selling author of *The Tapping Solution for Weight Loss and Body Confidence*, the latest book in the Tapping Solution series uses EFT as a tool for finding the clarity and the ease you need to navigate change. 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? Why does getting what we want sometimes feel just as scary as not getting what we want? And why, even with new outcomes we desire, do we often struggle to sustain them and instead slip back into old, self-sabotaging patterns? Jessica Ortner asked herself these questions--as many of us do--until eventually it became clear that she was really exploring our relationship with the one unavoidable constant in our lives: change. Her new book, the latest in the best-selling Tapping Solution series, shares the lessons she's learned about what it feels like to flow through change and how to create positive, lasting change in ways that feel both authentic and empowering. Ultimately, Jessica tells us, there's profound beauty and joy in change, even when it doesn't feel that way at the start. Readers will learn how to use Tapping (also known as Emotional Freedom Techniques, or EFT) to navigate the unknown with new energy, hope, and an open heart. Topics include: • Finding our way through fear and uncertainty • Discerning whether our inner critical voice is friend or foe • Learning to release the doubts and fears that cloud our judgment • Getting past procrastination • Letting go of goals and finding a new way to focus on what you desire • And much more

what is the tapping solution: The Tapping Solution Nick Ortner, 2013 Explains how to use the Emotional Freedom Technique (EFT) to create much needed change in one's life.

what is the tapping solution: 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.

what is the tapping solution: 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.

what is the tapping solution: *The Tapping Solution for Parents, Children & Teenagers*

Nick Ortner, 2018-02-20 The experience of raising children can be one of life's greatest gifts, but it can also come with an overwhelming amount of stress and anxiety, and even self-doubt.

- Am I modeling the type of person I want my child to become?
- Am I doing enough to prepare my child to be resilient in an ever-changing world?
- Are my children happy and confident in themselves?

In *The Tapping Solution for Parents, Children & Teenagers*, New York Times best-selling author Nick Ortner encourages readers to take a look at the amount of stress and worry in their lives as parents, reminding readers that self-care is critical. Parents are guided on how to use the revolutionary technique known as EFT (Emotional Freedom Techniques), or Tapping, to release parental overwhelm, quiet worry, manage conflict and transform their experience of parenthood. In the second section of the book, Nick explores specific uses for Tapping with children, ranging from releasing negative emotions like anger, fear and phobias, to dealing with sadness, grief, guilt and shame. This powerful technique can even help with specific challenges such as:

- anxiety disorders
- difficulties with sleep
- nightmares
- performance anxiety
- bullying
- school jitters
- divorce and much more.

Nick emphasizes the importance of teaching children the social and emotional skills they need for success in life, school and work. This book will guide parents in using EFT Tapping to help their children learn how to handle challenges by means of self-reflection, self-regulation and overall greater self-awareness. Through the use of easy-to-follow diagrams, links to step-by-step videos, and dozens of Tapping tips, *The Tapping Solution for Parents, Children & Teenagers* offers an easy-to-use resource to help solve many of the emotional and social challenges that families deal with on a daily basis.

what is the tapping solution: *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.

what is the tapping solution: *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!

what is the tapping solution: *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!

what is the tapping solution: *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!

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and instead gets right to the point through a concise and straightforward writing style that does a great job of expressing the practical information in a way that can be applied right after finishing the book. Many decided to give it a try. Strangely enough, it seemed to successfully reduce their food cravings. Scroll up and grab a copy today.

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in our lives when we're not in the best state of mind, this could either be depression, disappointment/ no support system or worry and stress. Whatever it may be, tapping has a solution for you! In this book you'll read up on how tapping targets the root causes of these problems. For example; when you compare tapping to ordinary medicine, tapping is much more consistent and long lasting because medicine helps to heal the problem; which is just as effective as watering a dying plant, whereas tapping teaches it to thrive on its own. Including the techniques that you'll learn in the book, this will be the perfect recipe for your journey to self-improvement. You'll be happy to know that tapping not only heals emotional/mental pain but it also benefits the healing of physical pain through EFT tapping which you'll find out about in chapter 4.

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-Mary Baker Eddy Right now take a moment and ask yourself what are the issues you are struggling with that are currently holding you back? Do you experience crippling stress? Are you prone to procrastination? Do you want to quit smoking or lose weight? Whatever it is take heart and know that you are not alone. To one extent or another everyone you meet is fighting their own desperate battle. What's more I'm sure that you've made many attempts to overcome your own personal demons in the past only to come up short. Why is making real, positive change so difficult? The problem, more often than not, is in your mind. From the time you are born your brain is constantly trying to understand and relate to the world by way of cause and effect relationships. Some cause and effect relationships, such as the seemingly instantaneous urge to remove your hand from fire, are obviously beneficial. However as we get older these cause and effect relationships can become mixed up and confused and actually hold us back. An example of this is learning to respond to stress by drinking, smoking, or overeating. This is the problem that most of us face. Often without knowing it we have constrained ourselves in invisible chains of our own creation. This is what holds us back and why it can be so hard to change. Breaking these invisible bonds and replacing them with positive habits is what meridian tapping is all about. Not unlike acupuncture or acupressure tapping allows you to make use of the mind/body connection to re-program your faulty brain patterns and replace them with new ones. This is what The Tapping Solution for Beginners is all about. Within it's pages you will learn how to: Transform negative emotions into positive ones Allow new insights and options to manifest themselves to you Remove blocked energy and allow yourself to experience true happiness Make your days easier by learning to go with the flow as opposed to making everything into a fight Improve your relationships, both at home and at work Experience true emotional freedom from doubt, fear and worry Release your creativity Learn how to overcome issues such as weight loss, insomnia, shyness and more This is but a taste of what the miracle of meridian tapping can help you with. In straightforward and easy to understand language The Tapping Solution for Beginners outlines the principles you need to know in order to turn your life around today. What's more, once you understand these principles you will have the power to create your own tapping scripts to help you overcome your own unique issues. The secret to becoming all you can be is by learning how to unlock the power of your mind. Order this book and get started on your own journey of self-discovery and adventure today!

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