

Nick Ortner The Tapping Solution

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[The Best Year of Your Life Gaia](#)

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.

[Emotional Freedom Techniques and Tapping for Beginners: EFT Tapping Solution Manual: 7 Effective Tapping Therapy Techniques for Overcoming Anxiety and Kinetic Dandelions](#)
Following in the footsteps of New York Times bestseller *The Tapping Solution* by Nick Ortner, this book from renowned Tapping expert Margaret Lynch teaches us how to use Tapping (Emotional Freedom Techniques) to clear the blocks to achieving greater wealth. Emotional Freedom Techniques (EFT), also known as Tapping, have become a popular tool for realizing personal goals. For many of us, increasing our wealth is one of our greatest ambitions, but also an area where we feel the most stuck because we have limiting fears and beliefs that sabotage our success. EFT uses the fingertips to tap on acupuncture points while emotionally tuning in to negative attitudes and past experiences, thereby clearing the inner blocks to attracting and managing wealth. *Tapping Into Wealth* includes QR codes that link to video demonstrations of Tapping techniques. Discover how Tapping can help you release your old views of money and open the door to more wealth than you ever imagined.

[Step-by-Step Tapping HarperOne](#)

We all have life goals, but why is it that so many of us struggle to fulfil them? Because we tell ourselves we're committed to realising our goal but a moment's weakness leads us to make decisions that push us in the wrong direction. We need to become aware of our decisions and Debbie Ford has created the perfect wake-up call - **THE RIGHT QUESTIONS**. Asking the Right Questions will

inspire you to take the right action - and steer your life in the direction you want. This uplifting book will give you the freedom to strengthen your soul, express your dreams and fulfil your deepest desires.

[Formulaic Language and New Data](#) Walter de Gruyter
Jack Canfield, the #1 New York Times bestselling author of the *Chicken Soup for the Soul®* franchise and coauthor of *The Success Principles*, and Dave Andrews, a recovery expert, join forces to present a "sensitively written yet no-nonsense guide" (Publishers Weekly, starred review) to help you cut back or quit drinking entirely—in the privacy of your own home. *The 30-Day Sobriety Solution* grew out of Jack Canfield's decades-long work in self-esteem and success training. Its principles were carefully developed into a program by Dave Andrews and tested by thousands whose inspiring stories of recovery are shared throughout the book. Organized into five phases that span 30-day periods, this book guides you through each day with practical exercises that, over time, allow you to more easily make positive choices again and again. Integrating neuroscience, cognitive therapy, proven tools, and teachings, *The 30-Day Sobriety Solution's* daily program will help you achieve your goals—whether that's getting sober or just cutting back—and create positive, permanent change in your life.

[The Tapping Solution for Parents, Children & Teenagers](#) Hay House, Inc

Kathy was an overachiever—an economist, technical writer, and classical singer married 27 years to her college sweetheart. It looked like Kathy was fine. But deep within her hid a pain from infancy so severe that a cascade of adult life crises finally triggered it. And once it exploded, the pain was unbearable. Kathy was suffering attachment disorder, a psychological condition potentially affecting almost half the US population. Caused by traumatic stress in the first three years of life, attachment disorder correlates with the nation's 50 percent divorce rate and widespread mental health issues. Yet no one talks about its prevalence, so many sufferers go untreated, forced to live with their pain in silence—without a hint of its cause. This was certainly true for Kathy. But when her initial forays into psychiatric help failed, Kathy decided to treat herself. It was a mistake that almost cost her life. Told with candor and quirky, ironic humor, *Don't Try This Alone* will resonate with anyone suffering attachment damage. It knows no boundaries; it strikes those who believe they had wonderful childhoods as well as the obviously abused. Yet there's hope! Kathy's story also shows: help and healing are out there.

[Coconuts & Kettlebells](#) HarperCollins

Achieve lasting health—without cutting calories or following dieting "rules"! Instead of obsessing about the quantity of food you eat, shift your focus to the quality, say Noelle Tarr and Stefani Ruper. The popular hosts of the *Well-Fed Women* podcast want you to make sure you're getting enough food so that your body has the fuel and nourishment it needs to support a healthy, long, and energetic life. Noelle and Stefani know firsthand about the ups and

downs of dieting. Like many people, they have struggled with confusing and frustrating health issues such as anxiety, infertility, and hormonal imbalance—but when they discovered that the secret to improving wellness was actually more food, they ditched the calorie counters and gave their bodies the nourishment they needed to heal. In the Coconuts and Kettlebells program, you'll eat at least 2,000 calories a day—setting a minimum intake of fat, protein, and carbohydrates to ensure that your diet is full of nutrients. Noelle and Stefani identify the Big Four foods that cause the most health problems—grains, dairy, vegetable oils, and refined sugar. While many diets require you to eliminate these foods entirely, Coconuts and Kettlebells provides an easy-to-follow step-by-step system to test these foods and determine which you need to cut back on to feel better—and which you can eat without restrictions. To help you discover how your body responds to the Big Four, you'll choose from two simple 4-week meal plans: one for Butter Lovers, people who tend to feel more satisfied eating higher ratios of fats, and one for Bread Lovers, people who tend to feel more satisfied eating higher ratios of carbs. Each meal plan comes with weekly shopping lists and instructions on how to batch cook, meal prep, and stock the pantry. In addition, you get more than 75 simple and delicious real food recipes, including: • Kale and Bacon Breakfast Skillet • Raspberry-Coconut Smoothie Bowl • Thai Coconut Curry Shrimp • Apple-Chicken Skillet • Moroccan Lamb Meatballs • Grilled Balsamic Flank Steak • Chocolate-Cherry Energy Bites • Lemon-Raspberry Mini Cheesecakes To go along with the meal plans, you'll find three 4-week fitness plans tailored to beginner, intermediate, and advanced experience levels. Best of all, the workouts can be done anywhere—at your home or on the road—and take no more than 30 minutes each. A comprehensive whole-body program, Coconuts and Kettlebells provides the knowledge and tools you need to be healthy inside and out.

The PhotoReading Whole Mind System Hay House, Inc

A step-by-step guide to the simple acupressure self-care technique of tapping for acute and chronic emotional, psychological, and physical ailments • Effective for emotional conditions such as panic attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of flying, providing immediate results in many cases • Shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and nightmares; encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration • Offers the full tapping protocol as well as a shortened version for acute situations • Illustrates easily accessible points to tap and in what order Tapping, or Emotional Freedom Technique (EFT), is a simple form of acupressure that treats the energetic roots of emotional and physical suffering. By tapping on specific meridian points you can quickly and easily dissolve blockages in the body's energy system, caused by past traumas and suppressed emotions such as grief and anger, and restore the natural flow of energy in your body, the key to optimal health and overall well-being. In this step-by-step guide to EFT, Sophie Merle details the practice of tapping, illustrating the easily accessible points on the face, hands, and torso to tap and in what order. Explaining how to open your energetic system to EFT treatment for fast and long-lasting results, she reveals how the energy psychology practice of tapping can be applied to any area of your life but is particularly effective for emotional and psychological conditions, including panic attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of flying, providing immediate results in many cases. She also shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and nightmares; assist physical healing from illness; encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration. The author explains how tapping can be done anywhere, offering both the full tapping protocol, which only takes a few minutes, and a short-form version, which takes less than a minute, for acute issues. Including remarkable success stories of EFT in practice, this comprehensive guide to tapping shows how the solution to many of life's problems is at your fingertips.

Tapping Solution to Create Lasting Change ISSN

"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!

Emotional Equations HarperCollins

"An invaluable operating manual," says Tony Hsieh, Zappos CEO and author of *Delivering Happiness*. Using brilliantly simple logic that illuminates the universal truths in common emotional challenges, popular motivational speaker and bestselling author Chip Conley has written "a fresh, original guide to an authentic and fulfilling life."* With a foreword by Tony Hsieh, CEO of Zappos and author of *Delivering Happiness* When Chip Conley, dynamic author of the bestselling *Peak*, suffered a series of devastating personal and professional setbacks, he began using what he came to call "Emotional Equations" (such as Joy = Love - Fear) to help him focus on the variables in life that he could handle, rather than dwelling on the parts he couldn't, such as the bad economy, death, and taxes. Using brilliantly simple logic that illuminates the universal truths in common emotional challenges, *Emotional Equations* offers a way to identify the elements in our lives that we can change, those we can't, and how to better understand our emotions so they can help us . . . rather than hurt us. Equations like "Despair = Suffering - Meaning" and "Happiness = Wanting What You Have ÷ Having What You Want" have been reviewed for mathematical and psychological accuracy by experts. Now Conley tells his own comeback story and those of other resilient people and inspiring role models who have worked through emotional equations in their own lives. *Emotional Equations* arms you with practical strategies for turbulent times.

Tapping Into Wealth Bantam

The 10 Habits of Highly Successful Women is a collection of essays revealing the secret career habits and hard-won wisdom of a diverse group of accomplished women, selected by Rachel Sklar and Glynnis MacNicol, co-founders of TheLi.st, the well-known network dedicated to elevating professional women. Perhaps no group has experienced more upheaval in the last few decades than working women. In this series, each woman explores the one key habit or lesson that has made the difference in forging her career and attaining professional success. Whether it's CNN personality Sally Kohn's exploration of emotional correctness or What Not To Wear's Stacy London on the wear and tear of our aspirational "Culture of Extraordinary;" why millennial Nisha Chittal won't tell you her age and what Cindy Gallop learned about sex while dating men half hers; how lessons from waitressing led Jenna Wortham to the New York Times or how Paula Froelich perfected the art of the "controlled burn" to start over after the end of a dream career--these essays uncover the challenges and delights of chasing, and finding, success in work and life as a professional woman.

Conscious Loving Lake Union Publishing

Here is a powerful new program that can clear away the unconscious agreements patterns that undermine even your best intentions. Through their own marriage and through twenty years' experience counseling more than one thousand couples, therapists Gay and Kathlyn Hendricks have developed precise strategies to help you create a vital partnership and enhance the energy,

creativity, and happiness of each individual. You will learn how to: [Mind Over Medicine](#) Simon and Schuster

Let go of power struggles and need for control; Balance needs for closeness and separateness; Increase intimacy by telling the "microscopic truth"; Communicate in a positive way that stops arguments; Make agreements you can keep; Allow more pleasure into your life. Addressed to individuals as well as to couples, *Conscious Loving* will heal old hurts and deepen your capacity for enjoyment, security, and enduring love.

The Tapping Solution Elite Books

Explains how to use the Emotional Freedom Technique (EFT) to create much needed change in one's life.

The Promise of Energy Psychology Simon and Schuster

Meditation is like a love affair with your innermost self. At times it can be ecstatic and entrancing, other times simple and still—and sometimes you might not even feel its profound effects until later. Now with *Meditation for the Love of It*, Sally Kempton shares practical secrets to help us turn meditation into an unconditional embrace of the fullness of our experience—on and off the meditation cushion. With the gentle wisdom and compassion of one who understands the nuances of practice, she opens us to the joy of exploring the deep and mysterious inner landscape of the heart, mind, and body. Drawing on her 40 years as a teacher and a fellow meditator, Sally teaches us how we can connect to our inner longings and creative shakti energy to allow the transformative gifts and blessings of meditation to unfold. With playfulness and devotion—two key attitudes in sustaining a daily practice—she shares indispensable guidance for this voyage of self-discovery, including: How to tune in to your own “meditation channel,” a bandwidth of tranquillity, energy, and joy Why you don’t need a quiet mind to meditate How the force known as Kundalini can fuel your practice Connecting to your ever-present Inner Beloved to let go of conditioned ideas about yourself and make space for the True Self to come forth Ripening your practice beyond technique into the “sweet mysterious expanse of spontaneous meditation” More than 20 practices for bringing the peace and insight of meditation into your daily life “Remember: what you seek in meditation is your own Beloved, your own inner intelligence, your own Awareness, and your own Truth,” teaches Sally. *Meditation for the Love of It* points us back to our own intimate heart of hearts, our own deepest experience, and the bliss of existence itself.

From Stress to Success Simon and Schuster

"Tapping For Kids" puts the extraordinary power of EFT Emotional Freedom Techniques firmly into the hands of children and young people as a tool for life to help them overcome their fears, worries, and everyday traumas as well as build their self esteem.

Unblocked National Geographic Books

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.

[Tapping for Kids](#) Penguin

Offers advice on strategies for turning insight into action, proposing specific ways to achieve personal goals through taking action and living a desired life.

From the #1 New York Times best-selling author of the *Medical Medium* series, a revised and expanded edition of the book that started a health revolution.. Anthony William, the *Medical Medium*, has helped millions of people heal from ailments that have been misdiagnosed or ineffectively treated or that doctors can't resolve on their own. Now he returns with an elevated and expanded edition of the book where he first opened the door to healing knowledge from over 30 years of bringing people's lives back. With a massive amount of healing information that science won't discover for decades, Anthony gets to the root of people's pain or illness and what they need to do to restore their health now--which has never been more important. His tools and protocols achieve spectacular results, even for those who have spent years and many thousands of dollars on all forms of medicine before turning to him. They are the answers to rising from the ashes. *Medical Medium* reveals the true causes of chronic symptoms, conditions, and diseases that medical communities continue to misunderstand or struggle to understand at all. It explores the solutions for dozens of the illnesses that plague us, including Lyme disease, fibromyalgia, adrenal fatigue, ME/CFS, hormonal imbalances, Hashimoto's disease, MS, RA, depression, neurological conditions, chronic inflammation, autoimmune disease, blood sugar imbalances, colitis and other digestive disorders, and more. This elevated and expanded edition also offers further immune support, brand-new recipes, and even more solutions for restoring the soul and spirit after illness or life events have torn at our emotional fabric. Whether you've been given a diagnosis you don't understand, or you have symptoms you don't know how to heal, or someone you love is sick, or you're a doctor who wants to care for your own patients better, *Medical Medium* offers the answers you need. It's also a guidebook for everyone seeking the secrets to living longer, healthier lives. "The truth about the world, ourselves, life, purpose--it all comes down to healing," Anthony William writes. "And the truth about healing is now in your hands."

Communication with All Life (Large Print 16pt) Hay House, Inc
EFT Tapping: Overcome Stress, Fatigue and Emotional Problems
Do you feel stressed out a lot of the time? Do you often feel tired and worn out? Is your mind occupied with problems and do you struggle with emotional issues? You're not alone! These are common issues that a lot of people face today. Fortunately, there are plenty of good methods that can be used to resolve these kinds of issues. There's cognitive therapy, talk therapy, meditation, yoga, etc. These methods can definitely be helpful. However, they are not always as easy to learn and seeing a therapist can get pretty expensive. This book deals with a different technique that may work better for you: EFT Tapping. It is effective, easy to learn and quick to do: you can already feel better after just a few minutes! Also, EFT is a simple self-help technique so you don't need an expensive therapist. In this book you will learn how to do a standard EFT Tapping session to work on any issue you may have. Additionally, the book focuses on a few specific issues, providing tapping sequences and scripts to help you: de-stress; re-energize; and overcome emotional problems, such as low self-esteem, depression and anxiety. Discover EFT Tapping Emotional Freedom Technique or EFT is a psychological acupressure technique that involves tapping near the end points of energy meridians in your body. EFT is an effective combination of mind-body medicine and acupressure that can help with physical, mental and emotional health issues. EFT Tapping borrows much of its healing process from the meridian system that traditional

acupuncture has used for over 5,000 years. Whereas acupuncture focuses primarily on the treatment of physical ailments, EFT addresses and relieves both physical and mental issues. In essence, EFT Tapping combines the cognitive benefits of conventional therapy with the physical benefits of acupuncture. EFT is also a less invasive technique in that it stimulates meridian points by tapping with the fingertips, rather than by using needles. EFT works by tapping away negative energy blockages and disturbances. It thereby helps restore your energy flow in its natural balanced state, which is ideal for overall health and well-being. Through EFT, many people have: improved their personal performance; strengthened their relationships; freed themselves from limiting beliefs; and achieved a vibrant physical and mental health. *Improve Your Life with EFT Tapping* EFT Tapping has been proven useful in healing, or reducing the intensity of, physical illnesses and emotional problems. In this book you will learn the 5 basic steps of a classic EFT exercise, which you can use to work on any specific issue you may have. You will also learn an alternative tapping sequence called the EFT Heart and Soul Protocol, so that you can add variety to your exercises and choose the tapping protocol you're most comfortable with. The book is instructive and to the point: it uses diagrams to illustrate tapping points and also includes a list of videos to practice and improve your tapping skills. Millions of people around the world already use EFT for a happier, healthier and more balanced life. Use the information you'll find in this book to improve your condition, resolve any emotional or internal conflicts you may be experiencing or any problems you may be facing. Why not give it a try? Take advantage of EFT to be more positive and happy. Use EFT Tapping to make your life better!

Unbinding the Heart Hay House, Inc

A practical, step-by-step program for healing the four lower chakras—the empowerment chakras—using EFT/tapping. Noted empowerment coach Margaret Lynch Ranieri introduces the hidden power of the four lower “empowerment” chakras—root, sacral, solar plexus, heart—and the groundbreaking healing techniques she created to heal them using Emotional Freedom Technique (EFT), also known as “tapping.” These four chakras are the source of the exact rising empowerment energy you need to feel, speak, and act with confidence, courage, and deeply felt belief in yourself and your value. However, these are the chakras that get blocked with long-buried fears and pain that create self-doubt, procrastination, playing small, and years of trying to prove you’re good enough. Healing these lower chakras will help you reclaim your inner power so you can stop proving and start being your most powerful, passionate, and authentic self.

Nurturing Healing Love Michelle Chalfant

This groundbreaking book explains how to tap into your body's energy not only to change your health, but to change your behaviors and thought patterns as well. Your body is comprised of energy pathways and energy centers that are in constant motion, a dynamic interplay with other energies and with your cells, organs, immune system, mood, and thoughts. If you can shift these energies, you can influence your physical health, your emotional patterns, and your state of mind. *The Promise of Energy Psychology* gives simple step-by-step instructions that will help you to: - overcome fear, guilt, shame, jealousy, or anger - change unwanted habits and behaviors - enhance your ability to love, succeed, and enjoy life The energy approach presented in this book can help bring about significant change in your life. With this strategy, stubborn phobias often fade in minutes; the lifelong effects of an early trauma can frequently be reduced or completely eliminated; uncontrollable anger can rapidly become manageable; even elusive physical problems may respond where other treatments have failed. *The Promise of Energy Psychology* is an amazing tool that puts the ability to effect change directly into your hands, and finally gives you control over your fears, pain, and destructive behaviors.