

Nick Ortner The Tapping Solution

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[The Dragon with Flames of Love](#) Hay House, Inc

Excuses begone!: Offers guidance in reconnecting with one's spiritual source to find direction and meaning in all areas of life.

[Thursday is the New Friday](#) Hay House, Inc

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.

Money, a Love Story HarperCollins Leadership

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.

[Matrix Reimprinting using EFT](#) Simon and Schuster

This extraordinary work presents a series of simple, powerful tools that anyone can use to find a short, effortless route to success and fulfillment. You will discover tried-and-true techniques that deliver quick results. In fact, these shortcuts to success are so simple, accessible, and effective that you will quickly call them magical. Marc Allen developed these tools over several decades, and refined them over many years in a series of life-changing seminars. The results have been wonderful, even miraculous, for a great many people. Work and play with any part of this book and you’ll start seeing remarkable things happening in your life and in your world.

[The Big Book of Hugs](#) Hay House, Inc

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

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[The Tapping Solution for Manifesting Your Greatest Self](#) Hay House, Inc

A unique guide to decreasing symptoms of IBS through delicious food Do you suffer from irritable bowel syndrome (IBS)? You’re not alone; it is estimated that about 35 million Americans experience the symptoms of IBS. *IBS Cookbook For Dummies* provides those affected by IBS with easy-to-follow, easy-to-understand recipes to create meals using foods and methods that decrease the risk of experiencing the discomfort of symptoms associated with the disorder. Inside you’ll find the dietary tips and information you need to decrease your symptoms and discomfort simply by watching what you eat. You’ll find more than 100 tasty recipes you can easily make at home. And since individuals with IBS often suffer from various complications—including bowel obstructions, sores and ulcers within the intestinal tract, and malnutrition or the presence of nutritional deficiencies—*IBS Cookbook For Dummies* provides a nutritional meal plan that will help alleviate these complications. Presents more than 70 delicious, easy-to-make recipes designed to ease the symptoms of IBS Helps you avoid “trigger” foods and choose healthier alternatives Includes tips for menu planning, including healthy meals and snacks Explains what to eat when traveling and dining out No need to suffer when you have IBS; just get this handy guide to start eating—and feeling—better!

[The Essential Wayne Dyer Collection](#) HarperCollins

We’ve been led to believe that when we get sick, it’s our genetics. Or it’s just bad luck—and doctors alone hold the keys to optimal health. For years, Lissa Rankin, M.D., believed the same. But when her own health started to suffer, and she turned to Western medical treatments, she found that they not only failed to help; they made her worse. So she decided to take matters into her own hands. Through her research, Dr. Rankin discovered that the health care she had been taught to practice was missing something crucial: a recognition of the body’s innate ability to self-repair and an appreciation for how we can control these self-healing mechanisms with the power of the mind. In an attempt to better understand this phenomenon, she explored peer-reviewed medical literature and found evidence that the medical establishment had been proving that the body can heal itself for over 50 years. Using extraordinary cases of spontaneous healing, Dr. Rankin shows how thoughts, feelings, and beliefs can alter the body’s physiology. She lays out the scientific data proving that loneliness, pessimism, depression, fear, and anxiety damage the body, while intimate relationships, gratitude, meditation, sex, and authentic self-expression flip on the body’s self-healing processes. In the final section of the book, you’ll be introduced to a radical new wellness model based on Dr. Rankin’s scientific findings. Her unique six-step program will help you uncover where things might be out of whack in your life—spiritually, creatively, environmentally, nutritionally, and in your professional and personal relationships—so that you can create a customized treatment plan aimed at bolstering these health-promoting pieces of your life. You’ll learn how to listen to your body’s “whispers” before they turn to life-threatening “screams” that can be prevented with proper self-care, and you’ll learn how to trust your inner guidance when making decisions about your health and your life. By the time you finish *Mind Over Medicine*, you’ll have made your own Diagnosis, written your own Prescription, and created a clear action plan designed to help you make your body ripe for miracles.

[Tap Into Joy](#) 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!

The Financial Healer Createspace Independent Publishing Platform

From the co-author of the Chicken Soup for the Soul series, this book gives an easy step-by-step process to overcoming any obstacle that is keeping readers from success.

Communication With All Life Hay House, Inc

This is a new and completely revised edition of the original manual for Emotional Freedom Techniques (EFT), one of the most successful psychology self-help techniques ever developed. Thousands of people tell amazing stories of how it has helped them with psychological problems like anxiety, depression, phobias, and PTSD, as well as physical problems like pain and stress. Author Dawson Church is the best-known researcher in the field, and this manual is based on Clinical EFT, the only version of EFT to be validated in dozens of scientific studies. Step by step, you will learn the "evidence-based" form of EFT used in those studies. You'll discover how you can identify the hidden roots of emotional problems, and how to alleviate them using EFTs "Basic Recipe" as well as advanced techniques. This book shows you how to use Clinical EFT fo a variety of common conditions, including pain, fears, addictions and cravings, weight issues, insomnia, and guilt. With the healing keys of EFT, you'll be surprised at how many problems that hold you back can be quickly and easily relieved, opening up new possibilities for your life.

Don't Try This Alone Createspace Independent Publishing Platform

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!

Laboratory Evaluations for Integrative and Functional Medicine HarperCollins

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.

The Adult Chair Michelle Chalfant

EFT (Emotional Freedom Techniques), also known as Tapping, has become a popular tool for realizing goals. For many of us, one of our main aspirations is to flourish in our careers and, by extension, in our finances. Yet limiting

beliefs and fears keep people stuck in their current financial states. EFT uses the fingertips to tap on acupuncture points while emotionally tuning into negative attitudes and past experiences, allowing people to transform their thoughts and feelings. Margaret M. Lynch teaches people how to harness the power of Tapping to identify and clear blocks to prosperity. Book jacket.

The Tapping Solution for Teenage Girls Hay House, Inc

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.

IBS Cookbook For Dummies TarcherPerigee

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!

Tapping Solution to Create Lasting Change Sounds True

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 Tapping Solution for Parents, Children & Teenagers Hay House, Inc

Do you suffer from chronic pain? If so, you ' re not alone. In fact, more than 100 million Americans deal with this life-changing issue every day. And if you ' re like most of them, you ' ve 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.

Unblocked Hay House, Inc

The Adult Chair is more than a book, or a tool, or a process. It is an entirely new way to see your world, your relationships, your career, and your life.

The Tapping Solution for Pain Relief Hay House, Inc

“ 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!

EFT Tapping Hay House, Inc

Step into the power of tapping and enjoy improved health, happiness and well-being with this beautifully illustrated guide. This book can change your life. EFT or Emotional Freedom Technique is self-help in a new way. It is not about ideas, theories or positive thinking. It is a simple, easy-to-learn practical tool which works. By focusing your mind on problem areas while applying pressure with your fingertips to specific acupressure points on your body, you influence your physical and emotional well-being. You will learn to reconnect your mind with your body's messages, restoring harmony where stress and anxiety may have dominated. Understanding that the remedy really can be in your own hands is very empowering. Authors Sue Beer and Emma Roberts were two of the first ten practitioners in the world to be awarded the title EFT Master by the technique's originator, performance coach Gary Craig. Since Craig's recent retirement, no more EFT Masters can be conferred and our authors are two of only 29 in the world who are eligible to practice under the title EFT Master.