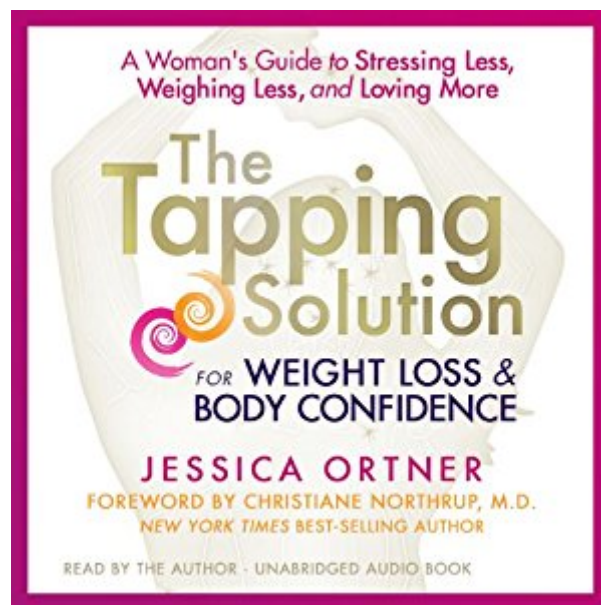




The book was found

The Tapping Solution For Weight Loss & Body Confidence: A Woman's Guide To Stressing Less, Weighing Less, And Loving More



Synopsis

Placing conditions on our lives and our happiness has become the norm: 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. 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. Plus she teaches you 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!

Book Information

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Customer Reviews

So many people think that they would be happy if they could just lose weight or look differently. What if that is completely backward? What if the weight is not the source of our unhappiness, but is actually the result of our hidden feelings and beliefs? This is the premise of Jessica Ortner's new book, "The Tapping Solution for Weight Loss & Body Confidence". Weight loss has become big business and a national obsession, as two thirds of Americans are overweight and one third are considered obese. If you have tried all of the diets and programs (you probably have or you wouldn't

be here), this is the missing component that other programs need. Another diet is not the answer. Losing weight is not rocket science. There is not a heavy person in the world that doesn't know that broccoli is good for you and donuts are bad. The reason most diet books don't work is because they focus on weight or food, but never address the root cause of why you are eating too much. The real heart of this book and process is not about food. It is about loving yourself and feeling good about your body. I really enjoyed Jessica's writing style. It is like a personal conversation with a friend. I think everyone can relate to her openness and honesty. As she states, "I could no longer use my weight as an excuse not to be happy or go for what I wanted in life. I began to look at my relationship with my body, food, and exercise as well as sexual intimacy, pleasure, and perfection, and I realized that I wasn't broken. I just had layers of beliefs that made life feel unbearable if I couldn't turn to food for comfort." In the end, it is a feel good book about embracing life and feeling good about yourself. This is not a book to just read. It is crucial that you do the tapping. Without the tapping, this process may show you why you have struggled with weight, but it will not give you the long term weight loss and confidence that you will get with the tapping. The tapping meditations at the end of the chapters are excellent. If you are turned off by "touchy-feely" programs, you may be tempted to skip this book. There is a lot of science around EFT tapping, and I have been using it successfully with clients for years. The ideas and principles are really about your subconscious feelings and how they drive your eating. You are feeding your feelings and not your body. They can apply to anyone no matter what your beliefs are (yes, that does include men). I highly recommend this book to everyone who has struggled with their eating. An obsession with food is like any obsessive relationship. It is about getting and not giving. What is missing from your life? What are you trying to get from food? This book will guide you to freedom. Bill Cashell - Author of "The Emotional Diet"

I hope I can update this review later! Reading the Kindle version. It's an awesome read and I am very intrigued. I think the book is written very well and I can't stop reading... until I get stuck on an obviously missing section. That is more than annoying! Fix the electronic version before you charge money it! It's like a stupid cliffhanger in a great series :-).

This book is what everyone else says...warm, inviting, like talking with a friend. Jessica Ortner has been there and done that and was able to get a smaller sized t-shirt from the journey. So she understands. In her book, Jessica addresses what extra weight is really about and gives the reader actionable (and easily doable) steps to effect healing within themselves and to make the shifts that

they desire in their bodies, energy and lives. Tapping is easy. You can do it anyway and Jessica shows, in this book, how easy it is to make those changes that you have previously struggled with. While Jessica didn't 'invent' tapping, she brings the practice to readers in such a comfortable, safe way that they feel supported as they work through the book. But this book's story is much bigger than tapping or weight loss. It is about confidence. As a matter of transparency, I am the illustrator for this book. My first published illustrations. I am so excited and the reason that I was able to share my art with the world was because of this practice and the way Jessica teaches this process. She helps women to find their inner strength, to be willing to step up in life and say "I am enough". Upon reading this book and doing the tapping, the first thing that the reader will find is PEACE. Stress starts to melt away. For me, quickly. The anxiety lessens throughout the process of tapping. This feeling of calm is worth the price of the book, even if there weren't any other results. But there are many more. After years of trying to give up diet soda, I just stopped because of this process. I didn't try. I just didn't want it anymore! That was huge for me, as I knew I was poisoning myself with the chemicals in the drinks. In addition, I find that my whole attitude towards food has changed. It has matured. When I used to (yes USED TO) diet, I felt restricted, which I am not a big fan of, and that I was being punished by what I couldn't have. Now I understand that food isn't about just comfort or enjoyment, which was its function in my life before Jessica's work. Sure, it can be enjoyed and should be. Now I know that my body has its needs beyond my taste buds and that was a WOW moment for me. I intellectually knew that before but now I get it. I could say so much more about this book but will close with this. While the weight loss is great, the best thing readers will get from this book is what they will gain...a new level of peace and appreciation for who they are. That is a gift that we not only give to ourselves but to the world around us. Jessica is a great model of self acceptance not because she is perfect but because she is perfectly, beautifully human and so openly shares her experiences with the reader of this book. A life changing book.

Love this book. I also loved the first tapping solution book, but this book is personal to me. All I can say is give it a try and see. It makes a lot of sense and is easy to try all the tapping exercises. I read through it once and am now reading through again to apply the exercises. I can already see a change in myself and I'm not even through the first tapping yet. Really great book. I'm purchasing more for my three sisters and mom. I will update my review when I have finished more of the book. I am genuinely excited and so happy to have found this book. It's changing my life. I'm thinking of starting a book group because it's always good to have support. So read it with a friend!!!

I am working my way through this book and taking my time with it because it requires that of me -- to slow down, to contemplate, to remember and focus. Every time I do this, I find out something new about myself, about my eating habits, about new ways to approach food & me, all with the help of tapping. I've been a fan of tapping for a few years now, and it works every time I take the time to do it. Jessica is a real talent, and I like the way she has put this book together, including the anecdotes from real people. Highly recommend this book to others...and thank you Jessica!

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