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Weight Loss
Amp Body
Confidence A
Womans Guide
To Stressing
Less Weighing
Guide To
Stressing Less
Weighing And

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Loving More
Audio Cd
Jessica Ortner

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**Tapping for Weight
Loss and Body**

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**Solution - Jessica
Ortner**

The Tapping Solution
for Weight Loss \u0026

Body Confidence by

Jessica Ortner

Audiobook Excerpt**How**

to Tap with Jessica

Ortner How to Stop

Cravings Fast! Tap

Along with Jessica

Ortner - The Tapping

Solution

Tapping Into The Power

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Of Vagus Nerve for
Weight Loss *The
Tapping Solution for
Weight Loss and Body
Confidence Book by*

Jessica Ortner HOW
TAPPING CAN HELP
W/ WEIGHT LOSS +
BODY CONFIDENCE |

Book Review (Jessica
Ortner) The Tapping
Solution for Weight
Loss & Body
Confidence by Jessica

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Ortner ~~The Tapping~~
~~Solution for Weight~~
~~Loss and Body~~
~~Confidence 7 Week~~
~~Program Review~~ The
Tapping Solution for
Financial Success and
Personal Fulfillment 7
Week Program Review
Tutorial **Tapping for**
Weight Loss: Glimpse
TV with Jessica
Ortner How To Use
EFT Tapping For

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Tapping

**Weight Loss | For
Emotional Freedom
Technique** *How*

*Tapping These 9 Points
Can Change Your Life |*

Dr Alan Mandell, DC
Morning EFT Tapping
Script for Weight Loss
and Body Confidence

How To Reduce Extra
WEIGHT and Feel
GREAT With EFT
(Emotional Freedom
Technique) ~~Science~~

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~~u0026 Theory behind
the Tapping World
Summit - Bruce Lipton
Tapping Meditation for
Morning Clearing with
Jessica Ortner - The
Tapping Solution How
to Use Tapping to Calm
Anxiety Tutorial -
HealthyPlace Bruce
Lipton - Money and
Energy 10 Minute
Guided Visualization
for Weight Loss with~~

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~~Jon Gabriel~~ 55X5

*Method and EFT to
Manifest Weight Loss!
(Yes you CAN!)*

Emotional Freedom

Techniques (EFT)

*Demonstration The
BEST Weight Loss*

Book Ever - Tapping for

Weight Loss - Jessica

Ortner Interview with

Jessica Ortner, Author

of The Tapping Solution

for Weight Loss and

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~~Body Confidence How
to Use EFT Tapping for
Pain Relief - Nick~~

~~Ortner - The Tapping~~

~~Solution Jessica A~~

~~Ortner's Book Launch
Party - The Tapping
Solution for Weight~~

~~Loss and Body~~

~~Confidence What Is
Tapping? with Nick and
Jessica Ortner Nick~~

~~Ortner's Tapping~~

~~Technique to Calm~~

Get Free The Tapping

Anxiety & Stress in

3 Minutes Free

Tapping Video - EFT

Tapping for Anxiety

& Worry with

Jessica Ortner - EFT

Tapping Meditation

Can't Lose Weight?

**TRY THIS it really
works!! (Eft Tapping)**

~~The Tapping Solution~~

~~For Weight~~

co-creator of The

Tapping Solution App

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and author of The
Tapping Solution for
Weight Loss and Body
Confidence. "The basic
technique requires you
to focus on a negative
emotion-a fear, worry ...

~~I Gave EFT Tapping a
Try Here's How It
Works and How It
Helped Me Destress in
Minutes~~

What's wrong with body

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positivity, as a concept,
starts with its roots as a
white-washed solution
to fatphobia and limiting
goals.

~~The True Trick to Body
Positivity and Self-
Acceptance Is That...
It's Actually BS~~

This Android App
automatically starts
when the scale is
connected and proceeds

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to display the weight on
your phone. Tapping the
main weight text zeros
the scale. The amount is
also spoken out ...

~~Small-Scale Projects
Use Snail-Mail Mail-
Scale~~

By following the
Metabolic Renewal
program, you can
purportedly lose weight,
keep your heart strong

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... you increase the
intensity to the fullest
setting, tapping into a
unique hormonal
advantage ...

~~Metabolic Renewal
Reviews: Dr. Jade Teta
Women's Weight Loss
Meal Plan Recipes and
Workouts PDF~~

Open it up, and you'll
find built-in shelving
that holds an assortment

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of workout gear
(weights, resistance
bands, yoga blocks, and
more), making it a
complete home gym
solution for your garage

~~NordicTrack Vault~~
review

The parapet wall around
the old well collapsed
due to the weight of the
people following ...

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Opposition slams
government over
alleged phone-tapping,
seeks probe Punjab
crisis: Fresh Congress ...

Ganj Basoda well
tragedy: Nine dead, 19
rescued; Madhya
Pradesh CM Shivraj
Singh Chouhan
announces
compensation

Coretrax recently

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undertook its first deployment of an expandable liner technology for a major Norwegian operator in one of the biggest natural gas fields in the Norwegian Continental Shelf, which ...

~~Expandable Liner
Accelerates Offshore
Norway Multilateral
Drilling~~

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China has been promoting garbage classification in its rural areas, yet it lacks financial appropriation and fiscal decentralization to support waste processing projects. Though the existing ...

Effects of Fiscal
Decentralization on
Garbage Classifications

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In that time, the
company's weight loss
solution has evolved
from a single device to a
comprehensive program
that combines medical,
digital, and nutritional
approaches to jumpstart
weight loss...

~~Allurion Technologies
Unveils Transformed
Allurion™ Weight Loss
Program and New~~

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~~Corporate Brand~~

With the XPG Xenia 14,
despite what a little
confusing marketing
might suggest, it seems
to be taking firm aim at
the thin-and-very-light
market - and, well, we're
still waiting for a truly
deep ...

~~XPG Xenia 14 review~~

There were some rules
before I even arrived to

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test out Gravity For
Industries' jetpack:
Don't wear sportswear
fabrics as they could set
alight, come with A
"robust footwear" and
ensure your ankles are
...

~~I flew, ever so briefly,
with a jet suit~~

Open champion Collin
Morikawa claimed the
most impressive win of

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his still young career by embracing change and not being scared of big moments ...

The Open 2021: Why Collin Morikawa's second major should scare his competition
Jul 09, 2021 (The Expresswire) -- "Final Report will add the analysis of the impact of COVID-19 on this

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industry." Global
"Weight Gain
Supplements ...

Weight Gain
Supplements Market
Growth, Size, Share,
2021 Top Leading
Countries, Trends,
Demand, Challenges
and Global Forecast
2026

With this payment
solution, there is no

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need to touch the ...
payments simply with
your NFC enabled
android smartphone. By
tapping it on an NFC
enabled POS machine,
you can make faster &
secure ...

~~SBI Card has the perfect
contactless payment
solutions for people who
want to go cashless~~

Partly because of

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COVID-19, startups and bigger pharmaceutical companies are more frequently tapping technology to ... businesses from mindfulness to weight loss are creating what could become ...

~~The 12 top bankers in the hottest part of healthcare reveal their predictions for the~~

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~~future of the industry~~

Companies seeking to
cut plastic use are

tapping a vast source of
raw materials ... "The

problem is massive in
its scale," he said. The
weight of ocean plastic
will rival that of fish by
2050 ...

More Audio Cd
Jessica Ortner

Many women live their

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lives believing for they
can't ask for what they
want until they change
something they're
unhappy with. No
promotion until they get
new skills. No
relationship until they
establish their career.
No fulfillment until they
find love. One of the
most common
conditions women place
on themselves is weight

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loss—no love until they
lose weight, no sex until
they lose weight, no
happiness until they lose
weight. But Jessica
Ortner, co-producer of
the highly successful
documentary on
meridian tapping, *The
Tapping Solution*, offers
women a better choice.
Why not lose the weight
and create the life
you've always dreamt

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of? As a culture
obsessed with weight
loss, we all know the
latest fads that claim to
help us drop pounds
instantly. What often
isn't discussed is the
science behind the issue
and how learning to deal
with stress can promote
and accelerate weight
loss. Not only does
stress create an
overabundance of

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cortisol that is directly related to abdominal obesity, it also impacts behavior, supporting bad habits, including using food to deal with difficult emotions and painful situations. In this groundbreaking book, Jessica uses tapping to help tackle the stress that leads to weight gain—including the personal stresses of

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low self-esteem and a
lack of confidence.

Using her own struggles
with weight loss, along
with success stories of
some of the thousands
of women she's worked
with, Jessica walks
readers through the
process of discovering
their personal power and
self-worth. Her program
is based on extensive
research into the

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benefits and success of tapping and the hormones involved in stress and weight gain.

In this book she guides readers through a proven process of overcoming their dependency on food.

She covers everything from the emotional aspects of overeating and cravings, to how to find joy in exercise, the

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power of pleasure, and how our families and friends may inadvertently add to the problem. With hope, heart, humor, and science, Jessica weaves a path to a happy, healthy life full of confidence and joy.

Nick Ortner, founder of the Tapping World Summit and best-selling

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filmmaker of The
Tapping Solution, is at
the forefront of a new
healing movement. In
his upcoming book, The
Tapping Solution, 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

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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

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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

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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

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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

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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.

"Ortner presents a startling alternative [for pain management]: he lays out a step-by-step plan that teaches people

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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 [examines] how powerful tapping can be, and then outlines tips and techniques to address pain in both the short and long term.

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Nick guides readers on a journey that begins on the surface--tapping to address the pain itself--and moves to the deeper issues that often affect pain"--

Weight loss is one of the most frustrating problems imaginable. People trying to lose weight usually fail, and most wind up weighing

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more than before. Not
with EFT! Several
studies show that by
using the method in this
book, called "Clinical
EFT" because it's the
only version of EFT
validated in dozens of
clinical trials, you can
lose weight, and keep it
off permanently. One
study found that people
lost an average of 11 lb.
in the year after a

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Clinical EFT Weight
loss program. In this
book you'll hear from
dozens of people who
lost weight successfully
with EFT. Their deeply
moving stories tell how
many other parts of their
lives improved too,
from skin tone to
marriage, from self-
confidence to financial
abundance. That's
because EFT, also

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called Tapping, For
eliminates stress. Author
Dawson Church has
conducted many
scientific studies of
EFT. These show that
Clinical EFT reduces
cortisol, your main
stress hormone, while
lowering anxiety,
depression, and pain,
leading to long-term
weight loss. Clinical
EFT has been used

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successfully by
thousands of people to
lose those unwanted
pounds without
expensive drugs or risky
surgery, and is your
proven solution to
keeping weight off
permanently. When you
experience the simple,
powerful, science-based
solutions in these pages,
you'll understand why
tens of thousands of

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people like you have
made EFT for Weight
Loss the best-selling
book on the subject ever
published.

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

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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

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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
question--as many of us
do--until eventually it

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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

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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,

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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

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focus on what you
desire * And much more

Weight Loss
Finally--a weight loss
approach with results
that last! Forget fad
diets and spending hours
at the gym--The
Tapping Diet shows you
how to shed excess
pounds with the power
of Emotional Freedom
Techniques (EFT). This
cutting-edge therapy

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uses tapping to move past the mental roadblocks that stand in the way of your weight loss. In this revolutionary book, author and EFT master Carol Look guides you through tapping scripts and daily exercises that help you turn reconditioned thoughts into action and make lifestyle changes that

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last. You'll also learn how to use tapping to increase your confidence and take control of the impossible cravings, sabotaging notions, and self-imposed limitations that prevent you from reaching your health goals. Complete with 50 delicious, easy-to-make recipes, The Tapping Diet will help you tap

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your way to incredible
weight loss and a
lifetime of healthy
living!

Confidence A Woman's Guide

Raising children is
life's greatest gift and
accomplishment, but it
can also come with an
overwhelming amount
of stressors, anxiety and
self-doubt. Am I
modeling the type of
person I want my child

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to become? Am I doing enough to prepare my child to strive in an ever-changing world? Are my children happy and confident in themselves? In The Tapping Solution for Parents, Children & Teenagers, Nick Ortner encourages readers to first take a look at their own stressors and worry as parents, reminding

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readers that self-care is vital to helping others. In the first section of the book, parents are guided on using the revolutionary technique known as EFT (Emotional Freedom Techniques) Tapping to release parental overwhelm, quiet worry, manage conflict and transform their experience of

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parenthood. In the second section, Nick explores specific uses for Tapping with children, ranging from releasing negative emotions like anger, fear and phobias, sadness, grief, guilt, and shame, to overcoming specific challenges such as anxiety disorders, sleep, nightmares, performance anxiety,

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Solution For
bullying, school jitters,
divorce and much more.
Through the use of
diagrams, links to
videos, and Tapping
tips, The Tapping
Solution for Parents,
Children & Teenagers is
an easy-to-use resource
to solve everyday issues
taking place in our
homes.

Jessica Ortner

This book presents the

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research and evidence behind Emotional Freedom Technique in an easy-to-read manner and also offers client stories of their experiences. What is EFT, and what happens when you use it? Emotional Freedom Techniques, or simply EFT, is a powerful way to deal with unresolved issues, transform

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beliefs, and reprogram
yourself for greater
happiness and success.

Commonly called
"tapping," EFT has been
utilized by thousands
people worldwide. If
you're holding this
book, you've probably
tried it at least once--or
heard about it from a
friend. EFT researcher
and author Peta
Stapleton, Ph.D., brings

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together the history and cutting-edge research of tapping. She also shows how tapping can be used for a whole host of ailments, including anxiety, weight issues, depression, trauma, and more. Dr. Stapleton's own groundbreaking study involving food cravings in overweight adults helped establish EFT as an effective,

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valid form of therapy. In
The Science behind
Tapping, you'll come
away with a deeper
understanding of what
EFT is and how it can
help you. The book
starts with a beginner's
guide to EFT, which
includes tapping
statements and phrases,
as well as helpful charts
showing the location of
tapping acupoints on the

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face and upper body.

After taking you
through its many uses,

Dr. Stapleton also

explores the common

obstacles to success

with EFT--and how to

combat them. Get ready

to learn more about EFT

and its incredible

possibilities.

Jessica dreams of one

day being a scientist, but

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teasing from other kids at school has hurt her confidence and left her feeling sad and alone.

Join her as she learns how to use the Magical Tapping Technique to quickly release her sadness and regain her confidence. Through the book, you'll learn about the scientifically proven technique commonly known as "Tapping"

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and how you can use it for both yourself and your child to overcome stress, anxiety, negative emotions, and much more. Your child will love the fun descriptions and illustrations for each point, such as the Super Eagle Eye Point, Lion Cry Point, Dragon Fire Point, Wolf Point, and more. Your child will be having a blast as they

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howl, hug, thump on
their chest, act like a
monkey, and more . . .
all while learning how
they can use Tapping to
help themselves in real
life!

In a world dominated by
fast food and fake food,
establishing healthy
eating habits in children
is one of the greatest
concerns for parents --

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and potentially one of
the greatest challenges.
Fortunately, the
renowned physician Dr.
David Ludwig
developed a proven
lifestyle plan that has
benefited thousands of
families. Here he shares
his nine-week program,
offering the tools --
including tasty recipes,
motivational tips, and
activities -- that can help

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families prevent the
kitchen table from
becoming a
battleground.

Confidence A

Womans Guide

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And Loving

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Jessica Ortner