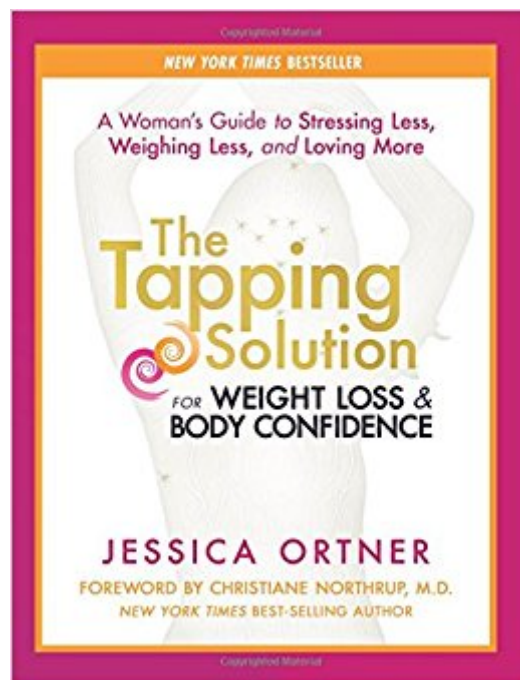


The book was found

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



Synopsis

Many women live their lives believing that 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 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 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 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 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 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 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.

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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.

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.

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