



# **The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More**

*Jessica Ortner*

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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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A lot of people always spent their own free time to vacation as well as go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity this is look different you can read any book. It is really fun for yourself. If you enjoy the book which you read you can spent all day every day to reading a e-book. The book The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More it is rather good to read. There are a lot of those who recommended this book. They were enjoying reading this book. If you did not have enough space bringing this book you can buy often the e-book. You can m0ore effortlessly to read this book out of your smart phone. The price is not too expensive but this book features high quality.

#### **June Whitaker:**

On this era which is the greater particular person or who has ability to do something more are more treasured than other. Do you want to become certainly one of it? It is just simple solution to have that. What you must

do is just spending your time not very much but quite enough to experience a look at some books. On the list of books in the top collection in your reading list will be The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More. This book which is qualified as The Hungry Inclines can get you closer in turning into precious person. By looking upward and review this reserve you can get many advantages.

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