

Tapping

Jessica Ortner

The Book of Tapping Sophie Merle, 2017-03-16 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 Tapping Solution Nick Ortner, 2013-04-02 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 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 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.

Tapping In Laurel Parnell, 2010-05-14 Never has it been so effortless to activate your inner power and resilience than with the remarkable technique known as ''resource tapping.'' *Tapping In* makes available for the first time a self-guided program for learning this revolutionary EMDR-related method. With step-by-step instruction in bilateral stimulation (a core component of EMDR, or Eye Movement Desensitization and Reprocessing), *Tapping In* teaches

you a clinically recognized system for tapping both sides of the body to overcome trauma, boost confidence, calm the body on a deep, physiological level, and to respond better to stress. Join world-renowned EMDR expert Dr. Laurel Parnell as she shares a series of easy-to-learn exercises to access your ''latent positive resources'' - your neurological foundation for internal resilience and stability.

The Tapping Solution for Parents, Children & Teenagers Nick Ortner, 2018-02-20 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.

Gorilla Thumps and Bear Hugs Alex Ortner, 2016-12-06 Annabel dreams of one day being a scientist, but 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" 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 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!

The Tapping Solution for Pain Relief Nick Ortner, 2015 Ortner presents a startling alternative [for pain management]: he lays out a step-by-step plan that teaches people 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. 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--

The Science Behind Tapping Peta Stapleton, Ph.D., 2019-04-16 This book presents the 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 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 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, 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 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.

Tapping Solution to Create Lasting Change Jessica Ortner, 2019-09-03
Navigate change with clarity and ease using the tools of EFT in this guide from New York Times best-selling author and Tapping expert Jessica Ortner. *The Tapping Solution to Create Lasting Change* gets right down to the heart of what it takes to change and have a better, healthier, and more love-filled life. -- Christiane Northrup, M.D. 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? And why, even when we get the outcomes we desire, do we often struggle to sustain them and instead slip back into old, self-sabotaging patterns? In *The Tapping Solution to Create Lasting Change*, available for the first time in paperback, New York Times best-selling author Jessica Ortner shares the lessons she's learned about

what it feels like to flow through change and how to bring about real transformation in ways that are both authentic and empowering. Her gentle, relatable guidance shows you how to use Tapping, also known as EFT, as a tool for finding the clarity and the ease you crave to move forward; how to navigate the unknown with new energy, hope and an open heart; and how to release the doubts and fears that are clouding your judgment so you can rediscover your true path. It's a new way to look at the one unavoidable constant in life--change--not as an obstacle in our path but as a doorway to joy.

The Tapping Solution Nick Ortner, 2014-09-16 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.

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Energy Tapping Fred Gallo, Harry Vincenzi, 2008-09-01 Your body's energy system is a powerful force. When out of balance or disrupted, stress, anxiety, depression, and other negative emotions can take hold. Energy tapping, a revolutionary therapy based on energy psychology and acupuncture, balances the body's energy for renewed physical and mental vitality. Use the simple techniques outlined in this guide to tap into your inherent potential for health, happiness, and confidence. *Energy Tapping, Second Edition* shows you how to create customized energy-tapping programs to reduce the impact of negative thoughts and feelings, improve your performance at work, lose

weight, eliminate addictions and unproductive patterns of behavior, develop a satisfying romantic relationship, and more. Because each energy tapping exercise takes less than a minute to complete, you can use these techniques anytime to instantly balance your energy and boost your confidence. Note: The book *Energy Tapping* was a joint development of Fred Gallo and Harry Vincenzi. Any statements to the contrary in print or on the web are false.

Tapping Into Wellness Kathilyn Solomon, 2015-12-08 Imagine experiencing vibrant health, peace, abundance, and optimism every day. *Tapping Into Wellness* shares an innovative tool called Emotional Freedom Technique® (EFT), which allows you to have all this and more, literally at your fingertips. Join Kathilyn Solomon as she shares simple instructions, powerful and practical exercises, and real-life case studies from this world of miracles. EFT (also known as tapping) is a fast-spreading, easy-to-learn, and effective approach for men, women, children, and animals. This guide draws on the latest EFT Gold Standard™, showing you how to work through physical or emotional problems and challenges. Often referred to as acupuncture without needles, tapping can help you: Resolve chronic pain and illness, cravings, and addictions Overcome stress, anxiety, and phobias Activate your body's own natural healing system Gain relief from haunting memories and trauma Experience resilience, positive energy, and improved health Praise: "An excellent resource for you to tap into the rich treasure of your mind-body system and release your fears, resolve your past traumas, heal your

sicknesses, and far more . . . This book is a fabulous and engaging read, and highly recommended.”—Eric B. Robins, MD, mind-body healing expert and co-author of *Your Hands Can Heal You* “Tapping into Wellness is an excellent resource for anyone wishing to move beyond the troubling thoughts and feelings that limit their experience of life.”—Brad Yates, author of *Freedom at Your Fingertips* and featured expert in *The Tapping Solution*

The Science Behind Tapping Peta Stapleton, 2022-01-04 *The Science Behind Tapping* offers readers a deeper understanding of Emotional Freedom Techniques—what it is, and how it can help with a host of issues. I loved reading this book because it provided answers to some of my own personal questions about the relationship between the mind and the body. -- Dr. Joe Dispenza, New York Times best-selling author of *You Are the Placebo* Emotional Freedom Techniques, or simply EFT, is a powerful way to deal with unresolved issues, transform beliefs, and reprogram yourself for greater happiness and success. Commonly called tapping, EFT has been utilized by thousands of 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 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, 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 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.

The Tapping Solution for Manifesting Your Greatest Self Nick

Ortner, 2019-02-19 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 Your Troubles Away with EFT Annie O'Grady, Kuarna Cronin, 2011

The Tapping Solution to Create Lasting Change Jessica Ortner, 2018 The newest book in the TAPPING SOLUTION series uses EFT as a tool for finding the clarity and the ease you crave to move forward. It's for those who are already going through a change (willingly or not) and those who look around and want to make a change. Readers learn how to release the doubts and fears that are clouding their judgment so they can discover their next best step--

The Tapping Solution for Weight Loss & Body Confidence Jessica Ortner, 2015-10-27 "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!

Gorilla Thumps and Bear Hugs Alex Ortner, 2016-12-06 Annabel dreams of one day being a scientist, but 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 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 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!

The Tapping Solution for Teenage Girls Christina Wheeler, Nick Ortner, 2016-05-10 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!

Tapping In Poppy Delbridge, 2022-09-01 'That was bloody brilliant - I still feel the buzz now. I feel lighter, ready, empowered!' Fearné Cotton 'Poppy is a powerhouse - this book is your new guide to achieve the stuff you thought you couldn't do or become who you thought you couldn't be. A MUST read!' Laura Whitmore Awaken possibilities, Unlock your full potential, Live your best life. Life can be complicated and messy, but that doesn't mean you can't learn how to live it to the full. Mind coach Poppy Delbridge outlines her unique approach in Tapping In, where cutting-edge science and next-generation manifesting techniques meet to provide you with a tailored blueprint for success. By banishing negative thought loops and entering a new realm of

self-belief, your career, relationships and even finances can flourish. This is a surprisingly simple, evidence-based way to upgrade your mindset, reduce your stress levels - and radically improve your reality. Fast. By combining the principles of ancient wisdom with modern cognitive therapy, tapping provides a powerful, accessible way to silence the noise, shift your energy and truly start living in a profound state of joy. Create the life you've always dreamed of - it's time to tap in.

Tapping into The Wire Peter L. Beilenson, Patrick A. McGuire, 2012-09-17
Story lines from *The Wire* challenge public perceptions about the deadly, real-world connections between drugs, crime, and poverty. Did Omar Little die of lead poisoning? Would a decriminalization strategy like the one in *Hamsterdam* end the War on Drugs? What will it take to save neglected kids like Wallace and Dukie? *Tapping into 'The Wire'* uses the acclaimed television series as a road map for exploring connections between inner-city poverty and drug-related violence. Past Baltimore City health commissioner Peter Beilenson teams up with former Baltimore Sun reporter Patrick A. McGuire to deliver a compelling, highly readable examination of urban policy and public health issues affecting cities across the nation. Each chapter recounts scenes from episodes of the HBO series, placing the characters' challenges into the broader context of public policy. A candid interview with the show's co-creator David Simon reveals that one of the intentions of the series is to expose gross failures of public institutions, including criminal justice,

education, labor, the news media, and city government. Even if readers haven't seen the series, the book's detailed summaries of scenes and characters brings them up to speed and engages them in both the story and the issues. With a firm grasp on the hard truths of real-world problems, Tapping into 'The Wire' helps undo misconceptions and encourage a dialogue of understanding.

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Tapping Introduction

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