

## THE TAPPING SOLUTION WEIGHT LOSS

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[The Tapping Solution \(EFT\): How To Get Started](#)  
[The Tapping Solution for Weight Loss and Body Confidence](#), [The Tapping Solution for Pain Relief Book](#), [Gorilla Thumps & Bear Hugs: A Tapping Solution Children's Story](#), [The Big Book of Hugs: A Barkley the Bear Story](#), [The Tapping Solution for Teenage Girls](#), [La Soluci n Tapping: Un sistema revolucionario para deshacerte de tus miedos y tus lmites](#), [The Tapping Solution for Parents, Children](#)

[Weight Loss With Tapping - The Tapping Solution Weight Loss](#) [Weight Loss With Tapping](#) Written by: Jessica Orner. Home Blog/ [Weight Loss With Tapping](#) Published By: [The Tapping Solution](#) Written By: Jessica Orner. Comments (52) Certain times of the year, especially around November & December, we are filled with celebratory foods and drinks that are good for our spirit, but not so good for our waistline. Come January 1st, the joy and carefree

[How to Use Tapping for Weight Loss and Body Confidence ...](#)

Using Tapping for Weight Loss and Body Confidence requires a two part approach: First and foremost is understanding what underlying, typically unconscious, factors are causing your weight to go up and your body confidence to go down (beyond just having more weight).

[The Tapping Solution for Weight Loss & Body Confidence: A ...](#)

[The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More](#): Jessica Orner, Christiane Northrup M.D.: 9781401945114: Books - Amazon.ca

[The Tapping Solution For Weight Loss ... - Indigo Chapters](#)

Rated 5 out of 5 by Carolee from [The Tapping Solution for Weight Loss and Body Confidence: A Woman's Guide to Stressing Less, Weighing Less and Loving More](#) I signed up for Jessica Orner's 7 week Weight Loss program last year.

[How Tapping Helped One Woman Lose 30 Pounds](#)

The idea of losing weight by tapping your fingers may sound too good to be true but it's exactly how Jessica Orner, author of the new book [The Tapping Solution: For Weight Loss and Body](#)

[The Tapping Solution for Weight Loss, Natural Stress ...](#)

Here, Jessica Orner, tapping expert and author of [The Tapping Solution for Weight Loss and Body Confidence](#),

gives us the scoop on this simple, slightly "woo-woo," yet effective weight-loss technique.

### **Is The Tapping Diet A Real Solution To Weight Loss ...**

Is The Tapping Diet A Real Solution To Weight Loss?

Rebecca Zamon The Huffington Post Canada. Valentine via Getty Images Tapping your fingers might help get you through a bout of impatience, but

### **How Tapping Can Help You Lose Weight (Video ...**

Jessica Orner is a speaker, coach and author of *The Tapping Solution For Weight Loss and Body Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More.*

### **Tapping For Weight Loss Home Training Program - The ...**

Tapping or Emotional Freedom Technique (EFT) is a form of psychological acupressure, based on the same energy meridians used in ancient Chinese acupuncture practices, to treat physical and emotional ailments for over five thousand years, but without the invasiveness of needles.

### **The Tapping Solution for Weight Loss & Body Confidence: A ...**

*The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More* [Jessica Orner, Christiane Northrup M.D.] on Amazon.com. \*FREE\* shipping on qualifying offers. Many women live their lives believing that they can't ask for what they want until they change something they're unhappy with.

### **The Tapping Solution for Weight Loss & Body Confidence : A ...**

*The Tapping Solution for Weight Loss and Body Confidence* is a powerful system that releases the emotions and beliefs that hold us back from loving our bodies. I use tapping on a regular basis and have personally benefitted from this powerful method. It's one of the most important practices in my healing arsenal. Join Jessica Orner on this amazing journey and give it a try!" --Kris Carr, *New*

### **The Tapping Solution for Weight Loss & Body Confidence ...**

What would have made *The Tapping Solution for Weight Loss & Body Confidence* better? This book has a lot of really good information but it is not a good choice for an audio book since they do not provide all of the tapping scripts separately either as a mP3 or as a document.

### **Amazon.ca:Customer reviews: The Tapping Solution for ...**

Find helpful customer reviews and review ratings for *The Tapping Solution for Weight Loss & Body Confidence: A*

Woman's Guide to Stressing Less, Weighing Less, and Loving More at Amazon.com. Read honest and unbiased product reviews from our users.