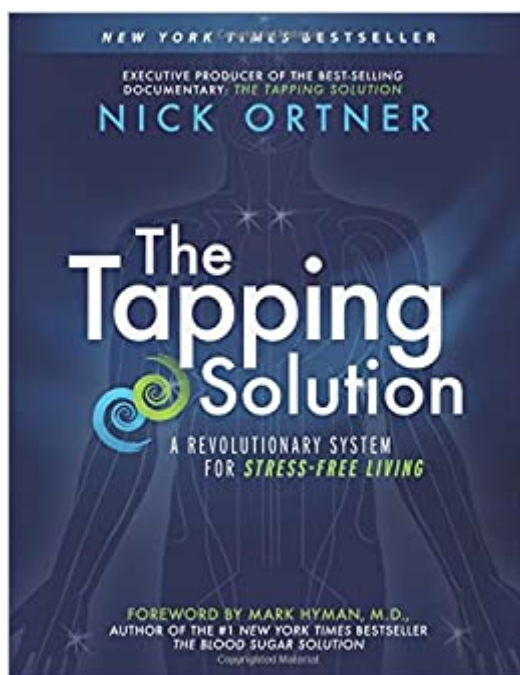


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The Tapping Solution: A Revolutionary System For Stress-Free Living



Synopsis

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. 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.

Book Information

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Customer Reviews

“I believe Nick Ortner’s teachings are easy to use and practical but work like magic. He certainly has taught me to magically release or dissolve problems of all sorts through the process of tapping. You will love this book, *The Tapping Solution*! I certainly do.” • Louise L. Hay, author of *You Can Heal Your Life* “Put away your skepticism; this really works. I have worked with Nick and had great results with tapping in my own life.” • Dr. Wayne W. Dyer, author of *Wishes Fulfilled* “I heartily recommend *The Tapping Solution*! Read this book and start tapping your way to better health and a better life.” • Christiane Northrup, M.D., author of *Women’s Bodies, Women’s Wisdom* and *The Wisdom of Menopause* “The *Tapping Solution* shares the transformative properties of Emotional Freedom Techniques (EFT) and details, through real-life stories of healing, the brilliance and effectiveness of tapping. Great strategies that help you to release your fears. Nick does an amazing job of laying down the framework of this groundbreaking new healing movement.” • Debbie Ford, author of *Courage, The Right Questions, and The Best Year of Your Life* “Wow! *The Tapping Solution* reveals how to address both the emotional and physical problems that tend to hamper your life. Nick Ortner is a genius at this amazing method. Read this one now and break free forever!” • Dr. Joe Vitale, author of *The Attractor Factor* “Nick Ortner gives his readers a wealth of information on the history of tapping, the proper way to tap, and personal accounts of the ways tapping has successfully enriched lives. What a delightful resource.” • Gay Hendricks, author of *The Big Leap* and co-author of *Conscious Loving* “EFT has vastly improved the quality of my life and my work, and I can’t think of a better person to bring this profound practice to you than Nick Ortner. He’s my personal coach and now, through this groundbreaking book, he can be yours. Don’t miss this healing opportunity. It could not only transform your life, it could also save it.” • Kris Carr, *New York Times* best-selling author of *Crazy Sexy Kitchen* “Nick Ortner is a master at EFT who offers a practical and easy-to-learn process that will easily guide you toward a life of healing from negative emotions, physical pain, anxiety, and so much more. A wonderful way to rewire your brain for an amazing life.” • Arielle Ford, author of *The Soulmate Secret* “In my darkest year, I discovered tapping, and, miraculously, this unorthodox approach to making sense of my life moved me out of the fog and into the sunshine. Nick Ortner’s thoughtful and informative book will help you to understand the what, why, and how of this revolutionary healing technique.” • Chip Conley, founder of *Joie de Vivre Hotels* and author of *PEAK* and *Emotional Equations* “If you want to improve your life exponentially, listen to Nick Ortner. As one of the foremost teachers and leaders in the method of

meridian tapping, Nick empowers people worldwide to expand their minds and lives. The Tapping Solution is one of the most practical and useful tools to learn the methods of meridian tapping and how to apply them successfully to everything you do. Follow the guidance and methods that Nick shares in this wonderful book and expect your life to change in miraculous and beautiful ways.

• Carol Tuttle, author of *The Child Whisperer* “Nothing comes closer to magical than the positive results I have personally witnessed using EFT on thousands of my patients who suffered from physical and emotional pain and illness. EFT can lead you to incredible breakthroughs on your healing journey, and it can help you in your daily life. Nick Ortner is one of the leaders in teaching this valuable resource in a practical way, and this book will help you utilize this enormously beneficial tool effectively.

• Dr. Mercola, founder of *Mercola.com*, most visited natural-health site in the world “Not only does Nick Ortner have an enormous amount of integrity as a person, his book is filled with that same integrity with his true desire to make people aware of the healing impact of tapping. His message needs to get out to the world so we can be empowered to initiate our own healing process through the Emotional Freedom Techniques. I love the scripts; they break down tapping into an easy-to-do practical way. I feel like I can put the techniques Nick offers in his book to use right away. Simply following the scripts in the book will enable you to let go of major issues immediately.

• Lisa Garr, host of *The Aware Show* “Nick Ortner has arguably done more to promote the art and science of EFT tapping than anyone else on the planet and his new book seals the deal. Nick’s innovative approaches make the remarkable gifts of tapping accessible to everyone. This book can serve as the perfect guide for an interested newcomer, the lay practitioner, or the clinical therapist. You will benefit immediately from tapping as it is shown here, and as you playfully explore its uses with others, tapping will astound you for years to come.

• Paul R. Scheele, Ph.D., author of *Natural Brilliance*, *Drop into Genius*, and *PhotoReading*, and developer of *Paraliminal Technology* “Nick Ortner has opened more than half a million people to the power of tapping on acupuncture points to enhance their happiness and well-being. With *The Tapping Solution*, he personally guides you, providing crystal-clear instruction on how to change the patterns of thought and behavior that hold you back, how to improve your relationships and your success in the endeavors that matter to you, and how to live a healthier, happier, more prosperous life.

• Donna Eden and David Feinstein, Ph.D., co-authors of *The Promise of Energy Psychology* “I believe EFT to be the one of the biggest breakthroughs in psychology and medicine in a century. Nick Ortner’s powerful presentation of EFT makes this the book you need in order to understand and learn EFT fast. Warm, funny, and compassionate, it’s

founded on deep personal experience. It contains many detailed case histories, fascinating sidebars, dozens of practical exercises, and targeted tapping scripts to unlock the magic of EFT in your life. Nick shows how EFT is grounded in the latest discoveries in neuroscience, yet he never loses sight of making EFT useful and relevant to the real-life problems we all face. If you want to break the patterns that have held you back in your life, this book is the key.

• Dawson Church, Ph.D., author of *The Genie in Your Genes* “Desperate for a life change, but afraid to do something different? Then you won’t want to miss *The Tapping Solution*. This book can help you examine what’s holding you back personally, physically, mentally and finally, once and for all, work through it using tapping. Nick Ortner demystifies the technique and shows you how you can apply it in just about any area to achieve the positive changes you desire for your life.”

• Ruth Buczynski, Ph.D., licensed psychologist, president of The National Institute for the Clinical Application of Behavioral Medicine “Wow, *The Tapping Solution* blew me away. Nick’s writing style is engaging and passionate, and the book is extremely thorough in its explanations of how tapping works, the science behind it, and how to apply it to myriad problems. Nick is clearly a master of EFT, and I learned so many new ways to use the technique through his insights and case reports, despite having practiced it daily with my patients over the past 14 years. This is one of the most positive, genuine, and uplifting books I’ve ever read, sure to be a classic in this field. My highest recommendation!”

• Eric B. Robins, M.D., urologic surgeon and mind-body healing expert, co-author of *Your Hands Can Heal You* “This eye-opening book will bring remarkable help to many people who have yet to learn about the deep healing properties of EFT or who already know about it but want to apply it immediately to their own specific problems. Nick Ortner has done all of us a great service by writing this!”

• Patricia Carrington, Ph.D., creator of the EFT Choices Method, associate clinical professor of psychiatry, UMDNJ/Robert Wood Johnson Medical School “For those seeking a prescription for eliminating limiting, self-sabotaging beliefs that lead to fear, anxiety, and chronic illness, look no further than *The Tapping Solution*. The scientific data proves that the body is equipped with natural self-repair mechanisms that can be flipped on or off by practices that turn off the body’s stress responses and turn on the body’s relaxation responses. EFT is just such a mind-and-body-altering practice, and Nick Ortner teaches you to master this simple self-healing tool with enthusiasm and grace.”

• Lissa Rankin, M.D., author of *Mind Over Medicine* “As a practicing psychiatrist with over 25 years of clinical experience, I see EFT as the most promising new treatment I’ve ever encountered. *The Tapping Solution* gives readers an overview of where

this form of energy psychology came from, how it's done, and what it can be used for. The potential applications of this deceptively simple technique are limitless. Nick Ortner is to be commended for providing us with such an informative, entertaining, and easy-to-use introduction to this important approach to psychotherapy and personal transformation.

• Eric Leskowitz, M.D., director, Integrative Medicine Task Force, Spaulding Rehabilitation Hospital, Department of Psychiatry, Harvard Medical School
"This book is a real gift! Nick has made tapping accessible to all, showing us how easy it is to use this tool to let go of patterns that no longer serve us and experience more freedom and joy."

• Agapi Stassinopoulos, author of *Unbinding the Heart*
"Tapping has totally changed my life. At first I thought it was just another gimmick or stunt. But it's not. It's a game-changing technique that will take you deeply into yourself and assist you to feel the emotional freedom that is your birthright. And I am forever grateful to Nick Ortner for introducing me to tapping. This book is a must!"

• Mastin Kipp, CEO/founder of *TheDailyLove.com*
"Deepest gratitude to Nick Ortner for being so instrumental in delivering EFT (tapping) into enough hands to finally usher in the well-deserved tipping point in energy medicine. The Tapping Solution is a hopeful compilation of the past successes and future possibilities of EFT. With this thoughtful guide through EFT's history and its everyday applications, Nick demonstrates how profound healing is possible for millions of people who need and deserve it. Thank you, Nick, for combining the hope and science behind this practice. Tapping is bound to shape our future for the better!"

• Carol Look, author of *Attracting Abundance with EFT*
"Nick Ortner has taken a unique system of transformation and made it available to everyone. He is a miracle of action, and lives by and through the powerful mode of healing that is tapping. If you are ready to quickly move those huge life challenges, stories, and traumatic events to be a thing of the past, then you have the right book in your hands in this moment. Seize the opportunity to fundamentally shift into new possibilities—read this book right now."

• Jennifer McLean, author, healer, and host of *Healing with the Masters*
"Nick Ortner is a man on a mission to change the world, person by person, in a direct and very personal way. He reveals how much power we really do have to change our lives if we just decide to try his elegant method. Life opens up, possibility abounds, and we rediscover our greatness when we truly release the past, heal from trauma, and shift ingrained habits—and he shows you how fast and easy that can happen. A dazzling approach that will change you . . . if you are ready."

• Margaret M. Lynch, creator of *The 7 Levels of Wealth Manifestation* and CEO of NESC, Inc.
"EFT is the

most powerful new transformational technology to come along in years, and the inspiring stories in The Tapping Solution give readers a first-hand account of its effectiveness. Nick Ortner's thorough exploration of tapping and its benefits will leave you with the quickest way I know to tackle your problems, whether physical or emotional. I highly recommend it.

• Jack Canfield, co-author of Chicken Soup for the Soul and Tapping into Ultimate Success
"The Tapping Solution not only provides cutting-edge treatments for many of the problems that ail us, but real-life, unbelievable stories that will inspire you to jump right in and add this profound method to your healing arsenal."

• Marcia Wieder, CEO/founder of Dream University
"Having this book in your hand is like holding the map to any personal treasure you wish to uncover. The results for those who use tapping, believers and skeptics alike, are nothing short of amazing and always seem to bring perspective, clarity, and calm to whatever the issue is at hand—physical, emotional, or spiritual. On top of that, having Nick as your guide is like having a trusted, caring friend at your side every step of the way. Keep this book close . . . it's your personal development preparedness tool kit for our ever-changing modern times."

• Kevin Gianni, health author, www.RenegadeHealth.com
"Tapping your way to health is not only fun, it is healing. I highly recommend you begin today!"

• C. Norman Shealy, M.D., Ph.D., president of Holos Institutes of Health

Nick Ortner is the creator and executive producer of the hit documentary film The Tapping Solution. He has also produced the worldwide online event, The Tapping World Summit, which has been attended by over 500,000 people. Ortner is a dynamic speaker, presenting breakthrough live tapping sessions. He has produced and coordinated other projects on health and wellness including David Wolfe's 21 Days to Health program, and he's an owner and managing director of the documentary, Simply Raw: Reversing Diabetes in 30 Days. He lives in Connecticut.

EFT (or tapping) is a simple process of tapping on 8 meridian points on your head and upper body. You learn it in 5 minutes and can use it for a lifetime. This book packs a rare one-two punch. Just reading the wisdom offered will help you change your perception on your problems and perception is everything! The book contains information on what tapping is, how it was developed and how it has been used. But that is way less than 25% of the value of the book. Actually doing the tapping will change your life. Strong statement - yes, but true. How many books have you read that inspire you but then you put the book down and that feeling goes away. This book will teach you how to actually do tapping and best of all will walk you through how to help yourself with almost any

situation. Yes - help yourself! It can be used almost anywhere and tapping is free, easy and it works! I KNOW! The book offers directions for almost any problem and tapping scripts to help you through it and TONS of free online extras! Does tapping for money put cash in your pocket? Unfortunately no, but I had major anxiety about money, fear of unknown expenses, at one point I literally lived in terror on a daily basis over my finances. Because of tapping I have quieted the fears and began to deal with my situation in a calm manner open to possibilities. I have started to see changes I can make and actually have hope and excitement about my future. For me this was BIG! Tapping is great for physical issues as well as emotional ones. I am using tapping for the pain in my knees, my vision problems, teeth clenching and even stomach aches! Weight loss, smoking, pain, anxiety, depression, relationships, phobias, the list is endless! Nick Ortner is a pioneer, leader and well known expert in the currently little known field of EFT. He has made a documentary film on tapping and produced 5 years of the online Tapping World Summit bringing EFT experts from all over together to help people with various issues. His insights and understanding of people and their inner demons is pretty amazing. The book is well laid out and easy to follow. While you are shown how to create your own scripts, specific to you, sample tapping scripts are included in the book with expanded versions available free online. Are there other books out there on tapping and are they good - yes. But having read many of them, I can tell you this one covers the most ground and really "teaches you to fish". It is the perfect beginner book and will take someone who has used tapping for years to new levels. It is easy to read, easy to use and will actually get you seeing results quickly. Do you really want to try just one more self help book?? Yes, you do. [Note: I was asked to review this book by the Tapping Solution and given the manuscript early to read. I have known about and used tapping for years and have read most of the books out there already. This review is my honest heartfelt opinion and I can tell you two more things with equal honesty. 1. Tapping does not work if you don't use it. 2. This book will teach you how, use it!]

I'm a molecular biologist, and while I'm deeply skeptical about unsubstantiated claims, I'm also certain that most western clinicians are a bit behind the mark. Treatments successfully used by cultures other than my own (I'm American) are now being studied by scientific researchers to determine their mechanisms of action. For example, we know a lot more about micronutrients and their impact on our health than we did just a few years ago. I suspect that many non-established solutions currently poo-pooed by traditional medical doctors will be practiced by medicine's next generation. For example, thirty years ago I took a Scientific American article to my Internist. The article suggested that bacteria was the cause of my gastric ulcer and a course of inexpensive

antibiotics was the cure. Conventional thinking at the time called for a change in diet to reduce irritation. My Internist tossed the pages at me in disgust. I was wasting his time with this nonsense. It would take at least 20 years of research and clinical trials for something like this to be taken seriously. I was being naive, he said. Within a decade it was accepted as fact that the bacterium *H. pylori* is the cause of most gastric ulcers. Tapping is rooted in the ancient practice of acupuncture, a treatment I respect and was about to turn to for pain relief. As of yesterday, my first tapping experience, the pain in my feet that has hobbled me since doing an exercise incorrectly several weeks ago, is gone. My experience is extremely limited and admittedly, perhaps this pain would have disappeared yesterday at the exact time I tapped, even if I hadn't tapped. Perhaps, but I'm skeptical about that. I paid \$11.99 for the Kindle version of the book.

This book is written in a very clear fashion. The steps to begin using EFT were described in a clear and organized manner. I was a little "stuck" on how tapping ought to "look," so I listened to some recordings of tapping experts as they walked clients through a tapping session. The audio examples made the parts of the book that I didn't understand make sense. I would certainly recommend this resource to others...actually, I already have!

This works. Helped me out immensely with issues I'd been carrying around since childhood. It's easy to do and works. Give it a try - start with something small and then see how you go.

Great stuff here. Nick and gang have greatly simplified things to a pattern. This is different than a lot of the books out there on this topic, it's easier to master! Many times in other books one is left wandering exactly what technique to use when, this book clears up that confusion. I highly recommend it!

Okay heard a lot about this process. Tried it oh my goodness. I got worst...in the book it says you might get worst before you get better. I don't have the time to Go throw this worse stage right now. I had planned on taking these books on my trip for reading. Not a good idea.

Very well written book! Nick Ortner and his siblings are changing the world! Tapping is transformational. I have seen miracle after miracle! It is so simple a child can do it. Therefore, it is easy to discount it. But just DO IT!!! You will be so happy you did!!

Nick Ortner's method of dealing with large and small problems, including trauma, works. It breaks the cycle of fight or flight. Tapping on the body's acupuncture points signals the "danger" is gone. Nick Ortner provides many examples of situations and shows how to use tapping. His book is a great resource. I have tried tapping. It's very effective.

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