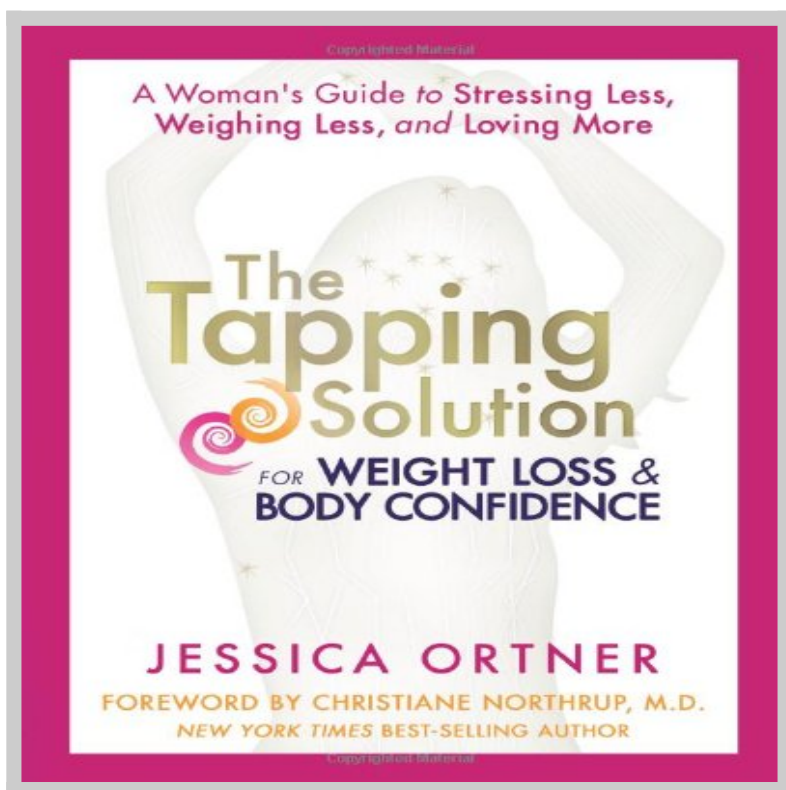


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Tapping Solution Weight Loss Confidence Book Preview

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.