



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

By Jessica Ortner

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, The Tapping Solution for Weight Loss and Body Confidence: A Woman's Guide to Stressing Less, Weighing Less and Loving More, Jessica Ortner, Jessica Ortner, 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? 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 programme is based on extensive research into the benefits and success of tapping and the hormones involved in stress and weight gain and it 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.



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