



The Tapping Solution TO Create Lasting Change

A Guide to Get Unstuck *and* Find Your Flow

BY JESSICA ORTNER



ABOUT JESSICA ORTNER

JESSICA ORTNER is an EFT / Tapping expert, *New York Times* bestselling author of *"The Tapping Solution for Weight Loss and Body Confidence"*, and producer of *The Tapping Solution*, the breakthrough documentary film on EFT / Tapping. Her new book is called *The Tapping Solution to Create Lasting Change: A guide to get unstuck and find your flow.*

Jessica is passionate about teaching others how to create lasting change with more ease.

She is also the host of the podcast *Adventures in Happiness*, on iTunes. You can learn more about her and her work at TheTappingSolution.com

INTERVIEW TITLE IDEAS

- How to Create Lasting Change * Why Stress Relief is Key to Reaching Life's Biggest Goals.
- * When Life Feels Stuck - How to Find your Flow and Make Change with More Ease
- * The Secret Messages of Procrastination

SUGGESTED INTERVIEW QUESTIONS

At one point or another we all decide we want to make some kind of change in our lives. Why is that moment of deciding to make a change something that fascinates you so much?

When someone decides they want to make a life change, what is the most common mistake they make, that holds them back?

Why is relieving stress such an important part of creating lasting change?

What is tapping and how does it work?

Can you teach us how to tap?

If someone feels stuck in their life and they want to make a change, where do they start with taping?

Can we do some tapping now so we can all have an experience?

DETAILS

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