



About Jessica Ortner

Jessica Ortner is a stress-reduction expert and one of the leading voices teaching EFT Tapping, a revolutionary self-soothing technique that combines ancient Chinese acupuncture and modern psychology. Tapping has been proven to help reduce cortisol (the stress hormone), making Tapping a powerful and easy tool to manage the stress of our daily lives.

She is a producer of *The Tapping Solution*, the breakthrough documentary film on EFT/ Meridian Tapping. She is the New York Times best-selling author of *The Tapping Solution for Weight Loss and Body Confidence* – a book based on her online program, which has helped more than 11,000 women tackle the stress that leads to weight gain. Jessica is also the host of the Tapping World Summit, an annual online event that has attracted over one million attendees from around the world.

In 2018, along with her brothers Nick and Alex, she launched The Tapping Solution App to make this stress relief technique accessible to anyone around the world. With over 200 Tapping meditations to choose from, there is something for everyone. The app has had over 1.6 million completed Tapping sessions, with over 200,000 people having used her “Releasing Anxiety” Tapping meditation, showing an average 41% decrease of anxiety in just 9 minutes.

She lives in Sandy Hook, CT with her husband Lucas and son Enzo.