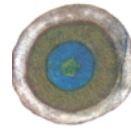


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CIRCLE 3
MEDIA

"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."

~ **Kris Karr, author of *Crazy, Sexy, Cancer***

"I have worked with Nick and had great results with Tapping in my own life."

~ **Wayne Dyer, author of *Wishes Fulfilled***

"Read this book and start tapping your way to better health and a better life."

~ **Christiane Northrup, MD**

THE TAPPING SOLUTION

A Revolutionary System for Stress-Free Living

by Nick Ortner

Foreword by Dr. Mark Hyman

*Book Proceeds to Benefit The Jesse Lewis Choose Love Foundation &
The Tapping Solution Foundation*

A ground breaking, and simple healing system has taken the world by storm and is helping thousands of people around the globe heal trauma, stress, anxiety and much more. From transforming war veterans dealing with PTSD; survivors of the genocide in Rwanda; to parents, students and first responders of the Newtown, CT/Sandy Hook School shooting tragedy; the astounding effectiveness of this profound technique is undeniable.

What is this mystery technique?

It's called **Tapping, also known as EFT**, and it is a powerful tool for improving your life on multiple levels: mental, emotional, and physical. It has been proven to effectively address a range of issues—from anxiety, chronic pain, addiction, and fear, to weight control, financial abundance, stress relief, and so much more.

In his new book; THE TAPPING SOLUTION: A Revolutionary System for Stress Free Living (Hay House, April 2, 2013/\$ 24.95 /hardcover) author **Nick Ortner** teaches this easy technique that can heal seemingly impossible situations—that you can learn it in minutes, do anywhere and use for literally any emotional or physical issue, and often times experience immediate results.

How does it work?

Based on the principles of both ancient acupressure and modern psychology, tapping concentrates on specific meridian endpoints while focusing on negative emotions or physical sensations. Combined with affirmations and reinforcing statements, tapping helps calm the nervous system to restore the balance of energy in the body and rewire the brain to respond in healthy ways.

“As you read this book, you'll understand your issues, blocks and emotional challenges, and you'll learn to use tapping to eliminate them and see results in your life beyond anything you've ever experienced before,” states author Nick Ortner.

In *The Tapping Solution* you will:

- Learn to start tapping right away for stress, weight loss, depression and more.
- Learn the history and cutting-edge science behind the technique and why it is revolutionizing the alternative health industry.
- Receive step-by-step instructions, exercises, and easy to follow diagrams.
- Read about unbelievable, real-life stories of healing, ranging from easing the pain of fibromyalgia to people overcoming their phobias such as fear of flying.

Book Proceeds will benefit *The Jesse Lewis Choose Love Foundation*, founded by Scarlett Lewis Who Lost Her 6-Year-Old Son Jesse in Sandy Hook School Shooting.

For more information please visit: www.thetappingsolution.com/book

The Tapping Solution is available with book retailers nationwide as well as: amazon.com and bn.com.

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About the Author

Nick Ortner is the creator and executive producer of the hit documentary film *The Tapping Solution*. He also produces the annual 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 around the world. He lives in Newtown, Connecticut.