

The Tapping Solution for Manifesting Your Greatest Self

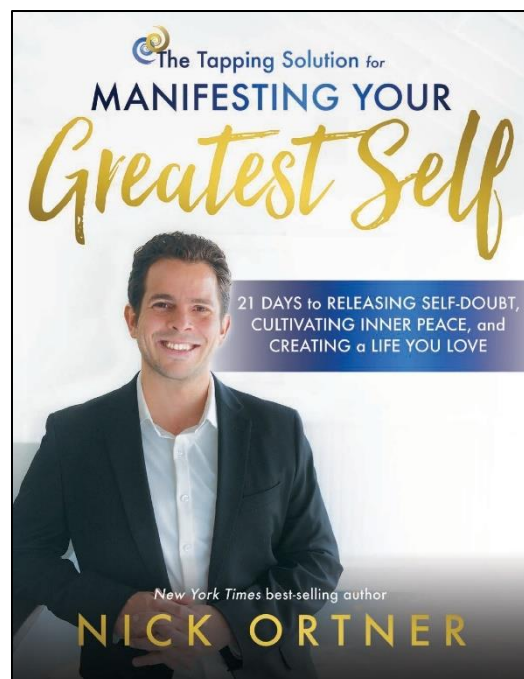
21 Days to Releasing Self-Doubt, Cultivating Inner Peace, and Creating a Life You Love

By Nick Ortner

Have you ever had the feeling your life just isn't working? That no matter how much you push and direct, or sit back and let go, the square peg you're holding just won't fit into the round hole that is your life?

What if, instead, the roadblocks to transformation went away? What if you could simply wake up as your greatest self, living your greatest life? Can you imagine what that would look like—and more important, what it would *feel* like? In this new book, the latest in the Tapping Solution series, Nick Ortner helps you not only imagine it, but make it a reality.

In *The Tapping Solution for Manifesting Your Greatest Self*, Nick guides readers through a 21-day process of self-discovery and self-development. The 21 stages use the simple, proven practice called Tapping (also known as Emotional Freedom Techniques). Each stage includes a Daily Challenge and a Tapping Meditation to help the changes take root.



Drawing on wisdom sources from Aristotle to Dr. Seuss along with Nick's own deep well of insight and engaging stories from his daily life, *Manifesting Your Greatest Self* is terrific fun to read. And readers can take their time with it: Nick encourages them to complete the program at their own pace, with the extra option of signing up for exclusive e-mail reminders to support them throughout the process. "We're going to work together to let your light shine brighter than ever before," Nick writes, "to feel at peace in your body, to create the life experiences you most deserve and desire."

Nick Ortner has over 1 million Facebook fans.

Sizzle Reel: https://youtu.be/Zvj5zC_y1To

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MEDIA CONTACT:

Lindsay McGinty

Manager, Publicity & Book Marketing

lmcginty@hayhouse.com

760-918-1115





ABOUT NICK ORTNER

Nicolas Ortner is CEO of The Tapping Solution, LLC, a company with a mission to bring into the mainstream a simple, effective, natural healing method known as Emotional Freedom Techniques (EFT) or “Tapping.” Tapping is a healing modality that combines ancient Chinese acupressure and modern psychology. Nick’s goal is to empower people to create healthy, abundant, and stress-free lives through his books, films, CDs, online events, and speaking engagements attended by participants from all over the world.

He is the *New York Times* best-selling author of *The Tapping Solution: A Revolutionary System for Stress Free Living* and *The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain* and creator of the breakthrough documentary film *The Tapping Solution*, which follows 10 people who used Tapping to overcome significant challenges, including chronic back pain, fibromyalgia, insomnia, devastating grief, and more. He has also produced first-of-their-kind online programs that teach easy, effective ways to apply Tapping to anything limiting a person’s life or health. Nick lives in Newtown, Connecticut, with his wife, Brenna, and daughter, June. Follow Nick on Facebook at [Facebook.com/Nortner](https://www.facebook.com/Nortner) and on Twitter @NickOrtner. Website: www.thetappingsolution.com, www.nickortner.com

A BASIC OUTLINE ON HOW TO TAP:

Step 1: Focus on Your MPI (Most Pressing Issue)

As you focus your attention on what's bothering you most, your MPI (Most Pressing Issue), ask yourself questions like, *When I think about this issue, what do I feel in my body? Do I feel tension, pain, tingling, buzzing, heat, or cold? Emptiness, numbness, or nothingness?*

Pay attention to feedback from your body. There are no wrong answers here. Just try to be as specific as possible about your experience.

Step 2: Measure the Intensity

Next give your MPI a number of intensity on a 0-to-10 scale. This is called the SUDS, or Subjective Units of Distress Scale.

When you focus on your MPI, how intense does it feel at this moment? A 10 would be the most intense you can imagine; a 0 would mean you don't feel any intensity at all. Don't worry about getting the SUDS level exact or "right"—just follow your gut instinct.

Step 3: Craft Your Setup Statement

With your SUDS level in mind, your next step is to craft what's called the "setup statement." This statement focuses your mind on your MPI.

The basic setup statement looks like this:

Even though I <describe your MPI>, I deeply and completely love and accept myself.

So, for example, you might say, "Even though I'm so worried about my presentation, I deeply and completely love and accept myself."

Or "Even though my whole body tenses every time I think about my ex taking the kids this weekend, I deeply and completely love and accept myself."

Your setup statement should resonate with what you're experiencing when you begin tapping. There are no "magic words" that unlock the door to stress relief. Your goal is to say words that have meaning to you, so if the basic setup statement doesn't ring true or feel powerful, change it.

Here are a few (of many!) variations on the basic setup statement that you can use and change to fit your experience:

Even though I <describe your MPI>, I completely love, accept, and forgive myself and anyone else.

Even though I <describe your MPI>, I choose to forgive myself now.

Even though I <describe your MPI>, I accept and forgive myself.

Even though I <describe your MPI>, I allow myself to be the way I am.

Even though I <describe your MPI>, I'm willing to let go.

Even though I <describe your MPI>, I'm willing to hold a new perspective.

Even though I <describe your MPI>, it's over and I'm safe now.

Even though I <describe your MPI>, I choose to release this stress now.

Step 4: Choose a Reminder Phrase(s)

The reminder phrase is short—just a few words that describe your issue.

So, for example, if your setup statement is about your anxiety about a presentation, your reminder phrases might be: “This anxiety about my presentation.”

You repeat your reminder phrase several times when you’re tapping, so you can vary it, if you like, as long as you stay focused on your MPI. In this example, you might say, “All this anxiety about my presentation . . . so anxious about this presentation . . . so much anxiety about this presentation.”

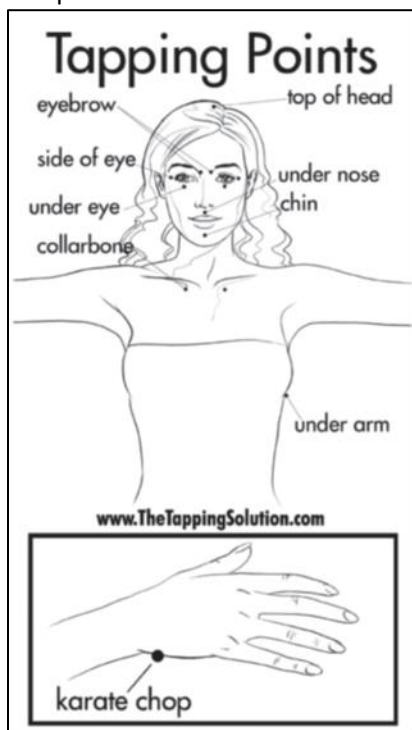
Step 5: Tap through the Points

Once you have created your setup statement and reminder phrase, you’re ready to start tapping.

You’ll start by saying your setup statement three times, all the while tapping on the Karate Chop point, which is on the side of your palm, just above the pinkie finger. You can tap with whichever hand feels most comfortable to you. Tap at a pace and force that feel right; you can’t get it wrong!

After you’ve said the setup statement three times, you’ll move on to tapping through the eight points in the Tapping sequence while saying the reminder phrase. These points are:

- Eyebrow
- Side of eye
- Under eye
- Under nose
- Chin
- Collarbone
- Under arm
- Top of head



You can tap on whichever side of the body feels best to you because the same meridian channels run down both sides of the body.

Tap five to seven times at each stop as you work through the sequence. This doesn't have to be an exact count. If it feels right to tap 20 times—or 100—on one point, then do it! The idea is to spend enough time at that point to speak your reminder phrase and let it sink in.

Don't worry about being perfect—just do what feels right and have the experience.

Step 6: Check In

You've now completed a round of Tapping!

First things first: take a few deep breaths. Feel your body and notice what's happening. Did you experience a shift of any kind—in your emotions or in your body? How intense does your MPI feel on the 0-to-10 scale now?

If your MPI went from an 8 to a 7, that's huge! It means that tapping is beginning to relieve your stress. It means a shift happened in just a matter of minutes, so keep tapping. If there's no change, that's fine, too. It's common for people to need more than one round of tapping to experience relief, especially as they are new to the process.

As you check in with yourself to see if you experienced any shift, ask yourself a few questions:

- *What sensations did I experience in my body while tapping?*
- *What emotions came up while I was tapping?*
- *What "random" thoughts or memories came to mind as I was tapping?*

As a general rule, it's best to get the intensity of the negative down to a 5 out of 10 before moving on to the positive, and then to keep tapping on the positive until the negative emotional charge has decreased to a 3 or lower.

Step 7: Test Your Progress

Once the intensity of your MPI has decreased, it's time to test your results. You can do this by refocusing your attention on your MPI.

If focusing on your MPI still feels emotionally charged, continue tapping through a few more rounds using the same language, and see if you can clear your MPI altogether.

Or you might find that, as you think about your MPI, your emotions change.

Instead of feeling anxious, for instance, you now feel angry. That's great! That's an indication that you're getting to the root of your MPI. In that case, you can move on and tap on your anger. If, while tapping on that anger, you find that it's masking yet another emotion, like sadness, go ahead and tap on that sadness, as well.

Just keep tapping through the layers of your emotions until you experience the relief you're seeking.

INTERVIEWER QUESTIONS:

- What is Tapping?
- Why does Tapping work?
- You mentioned a new study published in the journal Energy Psychology. What were the findings?
- Is it important to keep tapping on a daily basis? If so, why?
- Where do we start?
- Describe Peace or Panic.
- You mention that for people to be able to thrive in life, they need positive moments to outweigh negative ones by at least a 3-to-1 ratio. Why so?
- How can we begin to reverse the so-called “negativity bias” happening in our brain?
- Why is it so important to acknowledge the “small wins” in life?
- What is an energy leak? How can we repair it?
- Why is self-acceptance so critical in manifesting your greatest self?
- What growth did you experience personally while writing this book?

A NOTE FROM NICK:

This is my fourth book, and it's my most personal one to date.

It's not that this book is about me (although I do share some of my own story in it). It's more that the journey I take you on is similar to the one I went through to become my greatest self living my greatest life.

That journey inward is what has allowed me to wake up each morning in a home that I share with my amazing wife and our beautiful child, ready to do work that inspires me.

It's what has allowed me to enjoy vibrant health and an incredible group of friends within a community that I feel profoundly connected to.

It's why I regularly experience a deeper sense of joy and abundance than I imagined possible.

Who I am now is possible *because of* this journey.

I didn't know it at the time, but this journey, and hence this book, was born in my midtwenties. At that point in my life, I was living in an 800-square-foot apartment in Bethel, Connecticut. I was working in real estate back then, and my "office" was the kitchen counter I shared with my girlfriend.

I wanted so badly to enjoy the process of turning houses into beautiful homes. I wanted, *really* wanted, to run my business with kindness, gratitude, integrity—the same principles I was trying to live by.

But real estate is a cutthroat business, and there was no simple way out of the sizable debt I'd accumulated to get to the next big sale.

I loved my girlfriend, but there was no denying that our relationship wasn't meant to last. So while I wasn't often alone, I often felt incredibly lonely.

To add to my misery, my energy was constantly being drained by severe allergies and chronic insomnia.

In spite of these challenges, I tried every day to bring more ease, flow, love, and gratitude into my life. I really tried to focus on the "right" things.

But the fact was, my life wasn't working.

Have you ever had that experience?

When no matter how hard you push and direct or sit back and let go, the square pegs you're working with just won't fit into the round hole that is your life? When you start to lose confidence that you'll ever get it "right"?

Like I was, you're probably aware of your patterns. You probably know that you need to let go of the past, forgive that person, and show up to your life in new ways.

You know it's time to stop doubting yourself and finally feel the strength and confidence within you.

Yet somehow you can't quite do it.

In spite of all the "work" you've done to heal yourself and change your life, nothing seems to finish the job.

It's incredibly frustrating!

What if those roadblocks to deep, lasting transformation simply went away?

What if you could wake up as your greatest self, living your greatest life?

What would that look like? More important, what would that *feel* like?

Those are the questions I was obsessed with. To be honest, I still am.

Amusingly enough, when I look back, one of my greatest assets was my impatience. I simply couldn't accept the idea that personal development had to be *that* slow.

So I kept searching . . . and searching. I tried almost everything until finally, in 2003, I found Tapping.

That was when my life began to pivot toward fulfillment, love, abundance, community—all the visions, hopes, and dreams I'd held inside me.

If you'd told me back then that I'd now be spending my days helping people heal their lives and their bodies, I would have laughed.

Sure, I'd always loved personal development. I'd been devouring books and audios on personal empowerment, emotional healing, and more since high school. But pursuing personal development as a career? Me? The idea never crossed my mind.

But then I learned what I now know—Tapping can change everything.

I've never been a daredevil kind of guy, yet these days I select random volunteers from audiences of thousands—people I've never met and know nothing about—to come up onstage to heal themselves and their lives.

I don't do that because I've magically become fearless. I do that because I don't have to prove that Tapping works. The results it produces speak for themselves.

So now I'm that guy onstage who picks anyone from the audience and 20 minutes later half the audience is crying while the other half is gasping and applauding at the transformation they've witnessed.

There's science and research to back up those results, and of course I'll share that with you. Here's the great news, in a nutshell: Science has shown us that we're not the static beings we once thought we were. The brain that controls our thoughts, emotions, and behaviors is *neuroplastic*.

The human brain can and does *change*.

That means that lasting transformation and deep healing *are* possible.

And there's a growing understanding that the true gateway into the brain is through the body, which is exactly how Tapping works.

In fact, Tapping has been shown to relieve emotional, mental, and physical stress, even positively impacting gene expression in the body.

How cool is that?

Your DNA can work more effectively in your favor, thanks to Tapping.

So whether you want to heal your spirit and heart, your body and mind, your relationships, your finances, or something else, you can use this book.

As long as you do the tapping, you'll come out of this journey more firmly grounded in your greatest self, ready and able to step into your greatest life.

So tell me—when you begin waking up each morning feeling like your greatest self, what would you most like to experience?

More peace?

More abundance?

Greater physical well-being?

Deeper connection in your relationship?

Will there be more love, light, passion, and fulfillment in your daily life?

You can create your own happiness and then transform your outer world.

Take it as far as you want to. Or farther.

Join me on this incredible journey toward manifesting your greatest self.

Starting now the sky really *is* your limit.

PRAISE FOR THE TAPPING SOLUTION FOR MANIFESTING YOUR GREATEST SELF

"I believe that a daily practice creates powerful change. In his new book, *The Tapping Solution for Manifesting Your Greatest Self*, Nick Ortner offers 21 daily exercises for life-changing growth and profound transformation. Nick's unique Tapping Meditations will help you create quick shifts and feel immediate relief. I love this book and highly recommend it to anyone on a path of personal growth."

— **Gabrielle Bernstein**, #1 *New York Times* best-selling author of *The Universe Has Your Back*

"*The Tapping Solution for Manifesting Your Greatest Self* gets right down to the business of getting you out of your own way and on to the full realization of your dreams. It doesn't waste time and neither should you. Get your copy now because simply put, it works."

— **Sonia Choquette**, *New York Times* best-selling author of *Your 3 Best Super Powers*

"Utilizing tapping exercises is a fascinating approach to working through personal life challenges."

— **Caroline Myss**, author of *Defy Gravity* and *Anatomy of the Spirit*

"I love this book for so many reasons. It's funny and entertaining. It's filled with science and inspiring stories. It introduces you to a wise and caring soul who understands the power of energy and its role in healing. And it tells you exactly how to use tapping therapies to dramatically change your life. When you read this book and do the exercises, you'll realize that big changes might just be easier than you think!"

— **Cheryl Richardson**, *New York Times* best-selling author of *Take Time for Your Life*

"This book will help you overcome your blocks so you can move from dreaming to doing—from self-doubt to self-empowerment. It's simple, accessible and deeply motivating. The life you're aching to live is well within reach, all you need to do is tap your way to it!"

— **Kris Carr**, *New York Times* best-selling author (and EFT lover)

"A gorgeous book about a powerful technique for anyone ready to live like they've never lived—in their full power, connected to the Divine, in a world where all things are indeed possible. Through years of application and experience, Nick has taken an ancient system and made it modern, fast, and efficient. Herein, you'll find a roadmap devised to help readers make the most of their lives while making their dreams come true."

— **Mike Dooley**, *New York Times* best-selling author of *Infinite Possibilities* and *Leveraging the Universe*

"This practical playbook is pure gold. It provides the plan and process for you to become your greatest self living your greatest life. It's literally all right here. Only thing you need to do is do it! Lucky for you, it's super doable and followable . . . and with Nick Ortner cheering you on, you'll discover that you're unstoppable!"

— **Nancy Levin**, best-selling author of *Worthy*

“You don’t need a doctor. You don’t need a coach. You don’t need a pill or even a placebo. Tapping is a lifechanging modality you can do for yourself. Many kudos to Nick and the whole Ortner family for bringing this powerful technique out into the light. It’s easy. It’s revolutionary. And it’s available to all of us.”

— **Pam Grout**, #1 *New York Times* best-selling author of *E-Squared* and 17 other books

“Nick Ortner is on to something that the world is in sore need of right now. The Tapping Solution for Manifesting Your Greatest Self offers a refreshingly honest and easy-to-follow blueprint for anyone who wants to get to the root cause of what is holding them back. Rich with tools and guidance, this fourth installment from the man who put EFT tapping on the map is a worthwhile and captivating read.”

— **Nick Polizzi**, founder of The Sacred Science

“This is not just another ‘how to’ book. Nick Ortner takes us on a candid journey with grace and humor as he demonstrates how he uses tapping to help resolve some of his own daily challenges. The problems and issues he talks about are very relatable, making this an easy and fun read. The technique itself is powerful in alleviating stress, health issues, addictions and other challenges. It’s simple and effective, but can result in dramatic life changes. I highly recommend this book!”

— **Anita Moorjani**, *New York Times* best-selling author

“In this fun, heartfelt, and engaging book, Nick Ortner provides a road map for finding and living the most elevated version of self. Written in short, punchy paragraphs, spiced with vivid metaphors, illustrated by personal stories, and packed with exercises, it’s inspiring, accessible, and practical. Nick outlines the science behind why our brains are more attuned to negative than to positive experiences, and shows how we can overcome our evolutionary bias to repetitive self-sabotage. He guides us toward identifying our highest possible vision and anchoring it in our bodies as well as our behavior. . . . We all know intuitively that we have an inner calling. This book gives us the wisdom to embrace it, the tools to release the obstacles that stand in our way, and a blueprint for expressing it in a life well lived.”

— **Dawson Church**, Ph.D., author of *The Genie in Your Genes*

“The best kept secret is that we have an in-built capacity for radical self-healing. Working with strong emotions, psychological barriers, and self-limiting behaviors, The Tapping Solution for Manifesting Your Greatest Self provides the method and the means. You have the power to transform your experience, right now, and a side effect-free road map lies within these enlightened pages.”

— **Kelly Brogan, M.D.**, holistic psychiatrist and author of the *New York Times* bestseller *A Mind of Your Own*

“Acupoint tapping protocols give you a remarkably precise tool for shifting the brain chemistry that underlies your feelings, thoughts, and behavior. Nick Ortner has shown hundreds of thousands of people how to apply this approach on a self-help basis. With Manifesting Your Greatest Self, he has synthesized into a three week program the essential steps for taking a quantum leap into a more fulfilling future. If you have something better to do than that, do it. Otherwise, dedicate some time and effort to use the book’s clear guidance for elevating the life you are living. Bon voyage!”

— **David Feinstein, Ph.D.**, co-author, *The Promise of Energy Psychology* and *The Energies of Love*