

NICK ORTNER BIO

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 bestselling 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." Prior to that, Nick created and produced the breakthrough documentary film "The Tapping Solution," which follows ten people who used tapping to overcome significant challenges, including chronic back pain, fibromyalgia, insomnia, devastating grief and more. Nick's books and film document real and extraordinary results that have inspired tens of thousands to follow suit by successfully applying tapping to their lives.

Nick 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. Some noteworthy examples are: The "Tapping World Summit," a free, annual worldwide online event that has been attended by over 1,000,000 people (www.tappingworldsummit.com) and Nick's popular seven-week EFT coaching programs, which cover common issues such as financial abundance, weight loss and more.

Most recently, Nick has developed The Tapping Solution App! With this incredible app, Nick has connected so many people with the amazing power of EFT Tapping by literally bringing it into the palm of everyone's hand. This is the only meditation app that incorporates EFT Tapping and the ability to measure the intensity before and after the Tapping Meditation, so you're able to track your results in real time.

The Tapping Solution App has helped to push Nick's mission forward, making tapping easy and accessible for all! This app has been downloaded in over 100 countries across the world and over 1.2 MILLION meditations have been played on the app since its release in October 2018. The reviews speak to the astonishing results people are seeing with over 1,000 5-star reviews!

Nick and the Tapping Solution team are committed to spreading tapping throughout the world, and particularly to supporting its revolutionary and life-changing usage. They've raised over \$1,000,000 for tapping-related charities such as Project Light, which aids genocide orphans in Rwanda, Africa (www.projectlightrwanda.com), The Veterans Stress Project, supporting veterans with PTSD (www.stressproject.org), and You Can Thrive! a New York organization providing services for women with cancer (<http://youcanthrive.org>), and The Tapping Solution Foundation, that Nick started in

2013 to support the community of Newtown, CT after the tragic shootings at the Sandy Hook Elementary School.(www.TappingSolutionFoundation.org)

Nick lives in Newtown, CT with his wife Brenna and daughter June. Follow Nick on Facebook at [Facebook.com/Nortner](https://www.facebook.com/Nortner) and on Instagram at [instagram.com/nickortner/](https://www.instagram.com/nickortner/).