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## The Tapping Solution for Weight Loss Body Confidence: A Womans Guide to Stressing Less, Weighing Less, and Loving More

By Jessica Ortner

Hay House, Inc. Paperback. Condition: New. 312 pages. Many women live their lives believing that they cant ask for what they want until they change something theyre unhappy with. No promotion until they get new skills. No relationship until they establish their career. No fulfillment until they find love. One of the most common conditions women place on themselves is weight lossno love until they lose weight, no sex until they lose weight, no happiness until they lose weight. But Jessica Ortner, co-producer of the highly successful documentary on meridian tapping, The Tapping Solution, offers women a better choice. Why not lose the weight and create the life youve always dreamt of As a culture obsessed with weight loss, we all know the latest fads that claim to help us drop pounds instantly. What often isnt discussed is the science behind the issue and how learning to deal with stress can promote and accelerate weight loss. Not only does stress create an overabundance of cortisol that is directly related to abdominal obesity, it also impacts behavior, supporting bad habits, including using food to deal with difficult emotions and painful situations. In this groundbreaking book, Jessica uses tapping to help tackle...



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