

## **THE TAPPING SOLUTION WEIGHT LOSS**



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The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More [Jessica Ortner, Christiane Northrup M.D.] on Amazon.com. \*FREE\* shipping on qualifying offers. Many women live their lives believing that they can't ask for what they want until they change something they're unhappy with.

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### **Weight Loss With Tapping The Tapping Solution**

Here is a tapping meditation to help you incorporate these three keys to create lasting weight loss with Tapping in the New Year.

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### **How to Use Tapping for Weight Loss and Body Confidence**

Using Tapping for Weight Loss and Body Confidence requires a two part approach: First and foremost is understanding what underlying, typically unconscious, factors are causing your weight to go up and your body confidence to go down (beyond just having more weight).. Most weight loss exercise programs and diet plans go straight to trying to offer a solution without first understanding what is

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### **Tapping for Weight Loss Emotional Freedom Technique to**

I watched Nick interview Louise Hay just a few days ago, and the powerful insights she brings by bridging together her work with affirmations on the positive and tapping to cleanse the negative.. I also reviewed Jessica Ortner's own Weight Loss and Body Confidence Program using Tapping/EFT as the basis for clearing emotional blockage to losing weight, and the causes for gaining it, that far

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