



The Tapping Solution: A Revolutionary System for Stress-Free Living

Nick Ortner

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Do you have things in your life that you wish were different . . . but you don't know how to change?

The Tapping Solution offers a new technique to deal with seemingly impossible situations.

Tapping, also known as EFT, 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. It's also one of the easiest and fastest practices to learn. You can learn it in minutes, do it anywhere and on virtually any issue, and oftentimes 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 spoken word, tapping helps calm the nervous system to restore the balance of energy in the body and rewire the brain to respond in healthy ways.

In this book, you'll not only learn how to start tapping, you'll also get the history and cutting-edge science behind it. Featuring step-by-step instructions, exercises, and diagrams, *The Tapping Solution* shows you how to tap on a variety of issues and identify practical applications. Plus, throughout the book, you'll find unbelievable, real-life stories of healing, ranging from easing the pain of fibromyalgia to overcoming a fear of flying.

Find out how to release your fears and clear the limiting beliefs that hold you back from creating the life you want.

It's time for . . . The Tapping Solution!

The Tapping Solution: A Revolutionary System for Stress-Free Living Details

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From Reader Review The Tapping Solution: A Revolutionary System for Stress-Free Living for online ebook

veganjilly says

One of these days I will actually start LISTENING to what the Universe is trying to tell me! A few years ago I kept hearing about tapping. I didn't look into it though, and just passively heard tidbits about it here and there. Recently, though, the subject kept showing up IN MY FACE. I heard about it EVERYWHERE. I felt really intrigued by the idea, and synchronistically had been looking for ways to relieve stress in my life. I begrudgingly decided to give it a try and ordered this book from Nick Ortner.

Thank goodness the Universe is patient, because this book BLEW ME AWAY! I did not expect it to be this way at all. I thought it was going to be another book about some scientific stuff that, honestly, doesn't really interest me. Still, I was willing to give it a try. While the scientific stuff is in there, it is, at its core, a book about PERSONAL TRANSFORMATION. The tool of tapping works on many levels, and as I read through the book, found ample opportunities to practice the technique. The first time I tried it in the early parts of the book I thought, "how am I ever going to remember all these steps?" I kept going though, and within the first couple of chapters, I found myself tapping independently, at random times during the day, with EASE! Once you do them a few times, the tapping points and statement guidelines are actually not difficult at all and just naturally stick in your mind. I did NOT have to work hard at all to benefit from the practices in this book!

As a spiritual junkie, I prefer self-help books to cater to that desire in me. I did not expect this book to be spiritual at all; boy was I wrong! It is deeply spiritual in a very natural, nonthreatening way. As I progressed through the book and continued practicing tapping on my own, I found that tapping is an extremely intuitive process that helps us to release blocks. These blocks keep us from hearing our Internal Guidance (aka intuition/ God/ Spirit/ angels/ Higher Self), and therefore keep us feeling stuck and alone. Each time I tap on an issue, it clears away some of that stuck emotion and I'm able to hear that internal whisper again.

I am a busy mom with a gaggle of young children. As much as I would dearly love to spend endless hours each day, blissed out on my meditation pillow, that is simply not a reality in my life right now. What I found with tapping, though, is that it is SO quick, effective, and easy, that I am using it ALL THE TIME! I don't have to be alone to do it. I don't have to wait until my children are sleeping or quiet. I don't have to set aside a large chunk of time. This is, perhaps, my favorite thing about this tool: its incredible accessibility! No matter how busy I am or how chaotic my life, tapping is available IN THE MOMENT. When I take a few minutes to do it, I feel more peaceful. EVERY TIME. WITHOUT FAIL. That is more than I can say for many other techniques I have tried!

Before I read this book, I was resistant to tapping because I didn't want yet another practice that promised to ease the stress in my life, but that I didn't have time for. I have a pile of discarded books already that, while lovely to read, are not practical for a mom on the go. And with each book I discarded, I'd feel more disappointment and a growing sense of hopelessness. THIS BOOK IS NOT LIKE THAT! I started using the technique immediately, and the results were SO immediately effective that I find myself using it all the time throughout the day.

I am just at the beginning of this tapping journey, but I'm already feeling so grateful to have this practice in my life. It has helped me to find peace in my daily life. That alone is worth its weight in gold!

Dena says

I'm not ready for this kind of silly voodoo right now. I'm trying to figure out yoga all over again. I'm busy. No rating. It's not the book's fault. It's a very intriguing concept and I'll come back to it in a while.

Eileen says

This is a wonderful foundational resource for Tapping (or Emotional Freedom Technique). I knew nothing about tapping before I started reading, but listening to this book led me to other resources (including Nick Ortner's website) and has gotten me to tap on a regular basis. While I have since looked through the written book, I really enjoyed the audiobook because I could tap along to the sound of his voice, which was easier for me than reading the tapping scripts. Even in the short time I've been tapping, I have already noticed some shifts in my mindset and my energy. I look forward to continuing on this lifelong journey!

Karina says

I was introduced to tapping around the end of 2010.

Got the 2011 Tapping World Summit program and the dvd, "Use it on everything". For some reason I didn't start listening to any of it before last November. I then followed the 7 week program, and listened in on the 2013 Tapping World Summit, and now I simply can't get enough.

I thought it couldn't be better than that. But this book is the Tapping Bible!

I have read it and used it and it is SO EASY. And Nick Ortner really makes the technique down to earth and available to everybody. It is a MUST. I'll highly recommend it!

Jon Kidwell says

What a fantastic and enlightening book. As bizarre as this practice seems at the outset, this method really works. I've used The Tapping Solution for various aches and pains.... back, neck, headache, tension, etc.

One might find himself feeling rather odd going through the various tapping solutions. But once the reader realizes that this stuff really works, they probably won't care how odd it may be.

Right now, I am working on the stress relief portion of the Tapping Solution, and little by little I feel the weight upon my shoulders slowly becoming lighter.

I am always compelled to look at just about any book coming out of Hay House. They are consistent in their focus upon books about our mental, physical, and/or spiritual health. And, Nick Ortner's Tapping Solution is no different. Ultimately, I look forward to my own improved health in each of these areas.

I don't want to discuss any more of the book's content for fear of spoiling the reading experience. Let's just say that I was intrigued with the concept, the practice, and the continuing influx of new medical research.

And, I look forward to more works from Nick Ortner. I give him 5 Stars for this effort!

I received this title in e-book format from Hay House in exchange for a fair and honest review. There are no financial ties between the publisher, author, or this reviewer. This review can also be found on Goodreads.com, Amazon.com, and my blog BookReviewsByJon.wordpress.com.

Cloris Kylie says

The Tapping Solution, by Nick Ortner, promises to be a revolutionary system for stress-free living. Ortner not only delivers on his promise, but offers detailed tapping sequences for a broad range of issues; from releasing physical pain to losing those extra pounds.

I was as skeptical as Ortner was when he first tried tapping. But I tried it, and it worked!

What is tapping, anyway?

Tapping, or Emotional Freedom Technique, is a medley of counseling intervention and stimulation of meridian acupoints. Tapping is a way to use the relaxation mechanism in your brain to nullify the root causes of your problems.

How does tapping work?

Stimulating selected meridian acupoints decreases activity in the parts of the brain associated with fear. Tapping works in a similar way as acupuncture, but without the use of needles and with the addition of counseling. Several studies have proven the efficacy of this method, and Ortner offers detailed information on his website www.thetappingsolution.com/research.

Is tapping difficult to do?

I learned it in a few minutes. I started by crafting a “set-up statement” (whatever was bothering me.) Then, I repeated the statement as I tapped on the “Karate-chop” point and the eight points of the EFT sequence. I repeated the tapping sequence as many times as needed until I felt relief. Yes, it’s that simple.

To take the process a step further, you may want to create a “tapping tree,” in which you identify your symptoms, the emotions behind those symptoms, the events in the past that triggered the emotions, and the limiting beliefs that are causing your problems.

How did tapping work for me?

I used tapping to curb my craving for sugary foods. I love ending my meals with something sweet, especially ice-cream! (Who doesn’t, right?) At the end of my meal, I used tapping until the craving subsided. The whole process didn’t take more than two minutes. I haven’t tried tapping for more difficult issues, but according to Ortner, tapping can be as effective for anxiety, stress relief, eliminating phobias, finding the relationship you want, and even attracting money into your life.

Bottom Line?

I will continue tapping to curb my cravings. EFT has been proven to be a valuable tool, so why not use it? As Dr. Wayne Dyer says, one of the ten secrets for success and inner peace is to have a mind that is open to everything. For more info, go to my blogspot blog: [selfactualizedlife](http://selfactualizedlife.blogspot.com).

Tap on!

Andrea says

The Tapping Solution - A Revolutionary System for Stress-free Living, by Nick Ortner/book.

I discovered tapping a couple of months ago, listening to one of Louise Hay's interviews where she mentioned the practice. Then, I searched for it on youtube and found a few interesting videos describing how to use tapping and actually started working on it myself. Nick's book came at the right time: to complement my beginner's curiosity and knowledge of this revolutionary system, as he describes it himself.

The book starts with a great story of how tapping was "discovered". I am a believer that our minds are powerful instruments, and if we believe in our energy centers and "tap" to make it come to life, we can actually cure or alleviate several symptoms or dis-eases.

Nick's book is divided into 14 chapters, and he describes in each one a specific use for tapping. You can use this formula to relieve anxiety, get rid of physical pain, eliminate fears and even create or improve relationships. Nick writes in an easy to follow language, accessible to everyone, and has several examples of real cases to illustrate each specific segment. Each chapter also ends with suggested exercises and practice.

It's also interesting to note that, on the aftermath of Connecticut's tragic school shooting last year, Nick created a fundraiser to bring tapping to the community, in order to help with mental and emotional support. What a great idea and goodwill. Kudos to Nick for spreading the word about tapping.

FTC Disclosure: I received this book for free from Hay House Publishing for this review. The opinion in this review is unbiased and reflects my honest judgment of the product.

Serena says

The four-star review is for this method. I have tried it, and though the means are not entirely scientific, I have noticed great benefit. The book, unfortunately, is written like an infomercial. In my experience and opinion, tapping is a great add-on therapy for a wide range of psychosomatic issues. I don't think it will cure everything that ails you in five minutes, and I wish the book was written to temper such expectations. Acting like this is a miracle cure takes away from the powerful fact that it is an oft-helpful energetic treatment.

Zac says

I've been checking out a lot of books on stress and meditation lately and found that this book drew me in. It's based on a simple form of acupressure that involves tapping various points on the body while repeating phrases pertaining to what your goal is. It enables you to get a grasp for what's causing your "pains" and works to alleviate them. The book covers a wide variety of uses for the exercises including stress management, overcoming fears, losing weight, and more. The author gives real life experiences and patients of his that he's helped and clearly has a passion for the concept. I'd definitely recommend trying this book/concept, it could only help you.

Jonathan Case says

I had my first experience with using the EFT technique at a training for work several years ago. It was weird at the time but I tried it and it was OK. Certainly not mind blowing, but when I got past the initial feeling of embarrassment over the outward silliness of the exercise, I thought "hey cool technique." Fast forward a few years and I have a colleague that uses this technique with clients and speaks highly of it, so again it piqued my interest and I borrowed his book to learn more.

The technique borrows some concepts from clinical work like using a SUD score to subjectively track progress towards relaxation. I appreciated some of the specific techniques or mental exercises that were introduced in the first third of the book--the tapping tree for example. After the initial explanation of the tapping process, the rest of the book is basically just applications of the technique in different areas of life: stress, trauma, finances, body issues, etc.

The book itself felt kind of like an enthusiastic infomercial. I can appreciate the passion and excitement that the author feels about this tool. While there are many references to the scientific validity of this method, nothing was specifically referenced or cited in the book. Even the website is thin on empirical backing. One study demonstrating that an hour long session of tapping reduces cortisol levels better than no intervention at all is pretty unimpressive. What exactly is the mechanism that impacts activity in the amygdala or lowers cortisol levels? Repetition of positive affirmations? Tuning in to sources of stress and discomfort and addressing them? Becoming more aware of personal emotions, urges, or beliefs? Self-validation through recognizing emotions and accepting them? Correction of errant self-beliefs and self-talk through reframing? Or is it more specifically the physical stimulation of mysterious meridians on the body? I guess the cool thing about EFT is that it brings all of these things together. The author lost me when he started making claims about serious physical ailments like cancer or by suggesting that this process consistently yields nearly instant results to long-standing challenges such as serious trauma or phobias. Then it got really wonky when he suggested that this process can be activated in behalf of another person or animal using one's body as a surrogate. Wait, what?

Hearing sensational stories of rapid results does little to convince my skeptical brain. For me to really take this method seriously, I'd like to see longitudinal data for EFT interventions. I'd like to see more rigorous empirical research with a solid effort to control for factors common to other approaches. Granted, it's possible some of this research exists out there, but if it does, neither the book nor the resources referenced in the book (aka website) clearly link to or cite that research. I think the strengths of this book are not the ones that are emphasized. The book is a quick enough read and I appreciated some of the early content. I'd read the first third or so and skip the rest.

Christina says

This is a fascinating idea. 'Tapping' acupressure points to relieve stress and pain is something I have only recently heard of, so I purchased this book for details. I think it's an excellent book for beginners, as the author shares not only the history of EFT, but very detailed instructions. The only thing that keeps me from giving it 5* is that the style of writing felt a little like an infomercial. The actual information was great. He includes a number of actual scripts to use and shares some excellent guiding questions to help you discover the root of the stresses and pains in life.

Rochelle says

This is a valuable and amazing book that teaches the practical use of EFT, or tapping. I discovered that EFT works! And after reading this, now I understand why! Recommended for all.

"Many people worry that by focusing on their anger, grief, stress or anxiety while tapping, they might be attracting negativity into their lives. ...There's nothing wrong with *experiencing* negative thoughts, emotions, beliefs and symptoms. I'd argue that it's human to experience all of those at various times. It's when those negative emotions get *stuck*--when they have no outlet--that your body can enter a state of imbalance that may contribute to dis-ease and prevent healing. Once your negative emotions, beliefs and experiences have been processed and released, you're free to feel and be positive again..."

"At its deepest level, the process of EFT is one of healing, releasing, and learning from past traumas and negative experiences. This is like peeling away layer after layer of an onion. The anger we feel is released, only to find sadness underneath. The sadness gives way to understanding. The understanding leads to awareness and joy. The awareness and joy usher in peace and love. Layer by layer, we peel away the past - often doing some crying along the way - and what's left is the real self. The beauty of who and what we are at our core, the understanding and forgiveness of our past, and the possibilities for our future."

Aimee says

A great starting point for those interested in EFT - I'll definitely make use of some of the detailed scripts for various topics and issues that Ortner has written.

My main criticism of the book is that I grew a bit tired of reading page after page of success stories, it got to be a bit much and I couldn't help but think about how much shorter the book would be if he cut out all the fluff.

Dale says

As of this writing, I am currently reading this book. I think it is well written and has lots of good insights. I have read other books on E.F.T. and I would say that so far this is my favorite book on the subject. I feel that way because I love the little nuances and deep insights that the author presents throughout the book. E.F.T. is

a technique that mixes modern psychology and the healing art of reflexology together. E.F.T. has been shown to help people with all kinds of life issues from health problems to finances to relationship struggles. I highly recommend this book and quite a few famous people have been recommending it as well, including Louis Hay and Wayne W. Dyer. Anyone into natural, alternative medicine and law of attraction will enjoy this book.

Bookish Enchantment says

I am going to sit in neutral territory here. This book is not for people who are readers of self help books or are well versed in affirmations. Whilst EFT (or Tapping) is a new concept for many it can be learned easier enough through internet articles and websites.

The book is good for those who are new to affirmations, self help concepts. Every body else will find it very ho hum (like I did).

In saying all this Tapping or Emotional Freedom Technique is very very effective and what this book did for me is reignite my interest in the process with very positive results.
