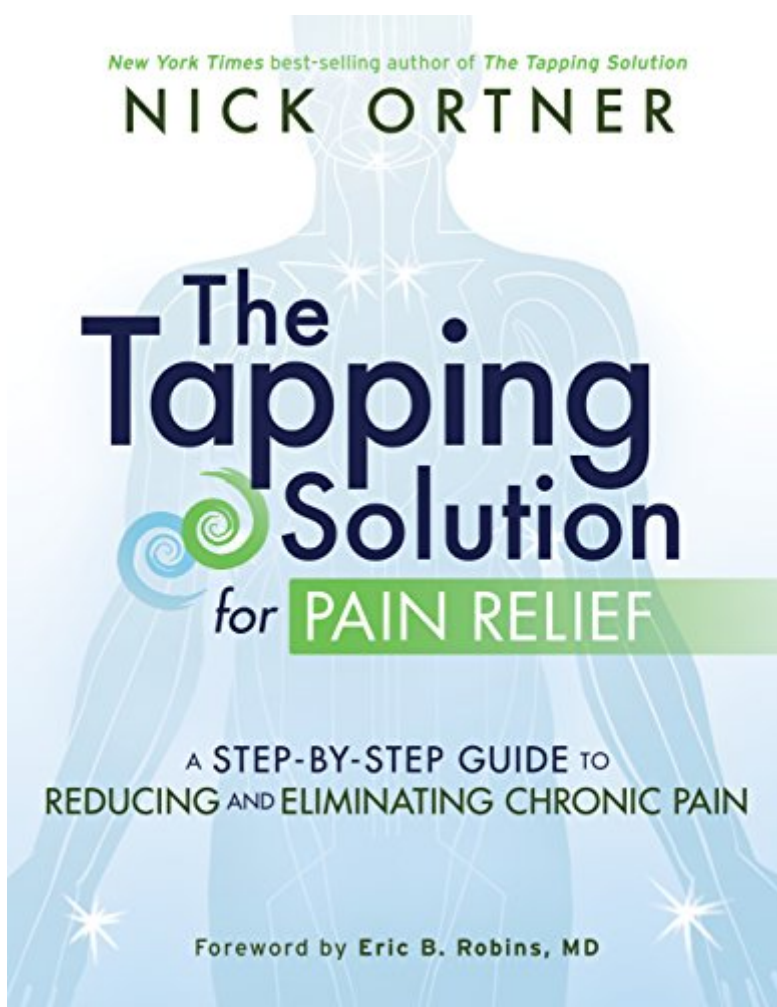


The book was found

The Tapping Solution For Pain Relief: A Step-by-Step Guide To Reducing And Eliminating Chronic Pain



Synopsis

Do you suffer from chronic pain? If so, you're not alone. In fact, more than 100 million Americans deal with this life-changing issue every day. And if you're like most of them, you've tried all the normal "solutions": doctors, injections, medications, and surgeries. While these all have a place in healing, they have fallen short in dealing with the pain epidemic. So what can you do? In *The Tapping Solution for Pain Relief*, Nick Ortner presents a startling alternative. He lays out a step-by-step plan that teaches you how to use tapping, or EFT (emotional freedom techniques), to reduce or eliminate chronic pain. Looking at the scientific research surrounding pain, stress, and tapping, he opens your eyes to just how powerful tapping can be, and then outlines tips and techniques to address pain in both the short and long term. Nick guides you on a journey that begins on the surface "tapping to address the pain itself" and moves to the deeper issues that often affect pain. With easy-to-follow tapping scripts and exercises, Nick helps you heal the emotional pain and underlying beliefs that often keep people stuck. He also addresses topics that you may not think of as associated with chronic pain, such as: Creating personal boundaries Dealing with toxic relationships Clearing resistance to change Understanding the power of a diagnosis Working through anger There are many ways the brain and body can create, increase, and prolong pain. After reading this book, you'll not only understand what's causing your pain but also how to achieve complete and lasting relief. But let's face it; this is about more than just pain relief. It's about empowering yourself to take back your body in order to live the life you want.

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Customer Reviews

My name is Joyce A. Ashby and I have a testimonial to doing tapping. I watched a few videos online to find out how to do the EFT Tapping, and started doing it on mine own. If I can do it so can you.. a bit of studying and reading the books helps also. I had a sore shoulder from something that I did that I'm not to sure how, but I did tapping on it twice a day for 1 week straight and the soreness went away! I just could not believe how well it works. I later did tapping on my allergy's that I have had for over 25 years. I followed what I have learned about how to find out what emotion that is attached to it. Asking questions as I went, and out of the blue an emotion popped in my head, and I worked on that. I started to cry, but kept on going. I noticed that over the last few months that I have done the tapping about my allergy's my sinus started draining down the back of my throat. At first I thought it was just a fluky thing, but it happened every time I tapped on my allergy's. I do it at night most of the time, and it also helps me fall asleep. I pass the information on to as many people that I get in contact with that have pain, or other issues. I'm so very THANKFUL to Nick and his sister for the work that they do, and sharing with us the information online, and in the books. I know at first, I was a bit skeptical about doing the tapping because it sounded odd, but I just did it and saw RESULTS!! Some things may take longer to do. When I get a headache I tap as soon as I can with a lot of positive words as I tap. I try to say, I'm happy and grateful my headache will go away with other positive words. Each situation is different. To me with having allergy's for so long I had to find the emotion that went with it, and tap through that and than go from there. When you don't have to take drugs to feel better that is the BEST thing ever! Amen to Nick and Jessica for all the help they do.. I love you and I am so glad that I learned about EFT (tapping) thank you from the bottom of my heart!

I own The Tapping Solutions the Revolutionary Solution, an excellent book, but I wanted to expand my use to body pain issues. I'm finding that this technique really really helps with all kinds of

pain. And, I'm grateful for the expanded techniques.

I love this method for relieving pain, calming my nerves and changing any mood that interferes with my life. Nick and his sister are the latest in this science and they are so smart, warm and easy to read or listen to that I highly recommend anything they do. The book is just one of the many works of Nick's I follow.

As always, Nick Ortner delivers! Anyone suffering from pain will benefit from this book. As Nick weaves his magic, you will start to understand the connection between emotions and the body. You will see why stress hormones increase physical pain. Tapping is moving to the forefront as one of the most effective means of dealing with stress, and this book provides a basic understanding of how this all works. His step-by-step guide makes applying these techniques easy for everyone, and the pain relief you will immediately experience quickly moves you to the ever-expanding fan base of tapping promoters. You'll love how he uses examples and stories to explain the how and why behind physical pain. Anyone can do it! It just makes sense. Bravo, Nick! Keep these books coming, please.

Tried Nick Ortner's 'Tapping for Pain Relief' with some reservations - really couldn't see that it could 'work'. To my surprise the pain (the pain in my knee joint) completely disappeared and hasn't recurred. My biggest frustration at the moment is to find the time & space to try Tapping on various other physical and psychological problems - including my feeling of frustration! Just love Nick Ortner's presentations.

I appreciate Ortner's enthusiasm. He goes into great detail about some things and I'm tempted to skip parts. However, I know that if I'm to benefit from his theory, I need to follow his strategies. I have found them helpful so far.

Great book...everyone should buy it and follow the instructions and incorporate it in their every day lives...5 stars is not enough for this book.

Amazing book, worth the buy for any person looking to heal their pain and also for any healer looking to help others heal their pain! So grateful for this information!

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Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips)
Beginner's Guide to Sciatica Pain Relief: A Concise Guide to Pain Relief & Spinal Cord Anatomy
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Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series)
Chronic Pain: Taking Command of Our Healing! : Understanding the Emotional Trauma Underlying Chronic Pain
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The Chronic Pain Control Workbook: A Step-By-Step Guide for Coping with and Overcoming Pain (New Harbinger Workbooks)
Chronic Kidney Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD)

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