

### **by jessica ortner the pdf**

Jessica Ortner is an EFT / Tapping expert, New York Times bestselling author of "The Tapping Solution for Weight Loss and Body Confidence", and producer of The Tapping Solution, the breakthrough documentary film on EFT / Tapping. Her new book is called The Tapping Solution to Create Lasting Change: A guide to help you get unstuck and find your flow.

### **Jessica Ortner**

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82 Jessica Ortner and another bestowed by a traumatic family history. 10 Alan Berger expresses the predicament within the American context as follows: Members of this generation are both the first and the last.

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i was a bit sceptical. but i have been doing jessica ortner stress relief for a week. and i have to say. it has helped. lol did the evening one and fell right to sleep. i also know what she means about the tiger, i have been monitoring myself all week.

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Jessica Ortner, an EFT Tapping expert, has been taking a much different approach towards helping women and she's been getting some startlingly good results. As Jessica says "Focusing on diet and exercise FIRST when trying to release weight is the wrong approach. You need to first focus on what's going on inside you, in your unconscious

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