

# By Jessica Ortner The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing (1st Edition)



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Tired of the yo-yo dieting? Want something different to deal with your weight loss? Ready for a real change? Jessica Ortner offers an effective, practical approach to eliminating the causes of weight gain such as stress, self judgment, criticism toward your body,negative beliefs/emotions etc. She gently guides you through the Emotional Freedom Technique to release all your emotional pain so that you get to the real you and release your extra weight. Give yourself the Gift of weight loss and buy the book now for a new you :)

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