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Jessica ortner

Hi! I m Jessica Ortner. I am a stress reduction and weight loss coach and feel-good activist. I am the author of the new Hay House book, The Tapping Solution

Tapping for weight loss - the master cleanse

Using tapping, or EFT, you can remove negative feelings about yourself and your weight, which reduced stress and Cortisol, known to cause weight gain and retention.

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How this one weird technique can reduce stress, conquer cravings, and help you lose the weight for good.

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The idea of losing weight by tapping your fingers may sound too good to be true but it's exactly how Jessica Ortner, author of the new book The Tapping Solution

Tapping diet: emotional freedom techniques for

In her book, The Tapping Solution for Weight Loss and Body Confidence, she introduces readers to this technique.

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Jessica ortner: the tapping solution for weight

'The Tapping Solution for Weight Loss and Body Confidence' is Jessica Ortner's new book on how to boost confidence and lose weight with Emotional Freedom Technique (EFT).

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