



The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain

Nicolas Ortner

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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.

The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain Details

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From Reader Review The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain for online ebook

Linda says

Helpful resource for dealing with pain and other chronic conditions

GooseberryCompote says

I found the discussions about different situations/kinds of pain helpful.

Jamie Holloway says

This is a great book too.

Silvia says

Easy to use tools and stories of successful use of tapping. Will definitely put tapping into my tool chest for managing stress and changing old mindsets.

Vivienne says

Loved this book! Being one who deals with chronic, severe pain, I'm very excited about implementing this great book on a daily basis. The little I have done so far is definitely giving me hope to help diminish the pain I have, or possibly alleviate my pain. Thank you, Nick Ortner, for this tremendous resource. I think everyone should read this book.
