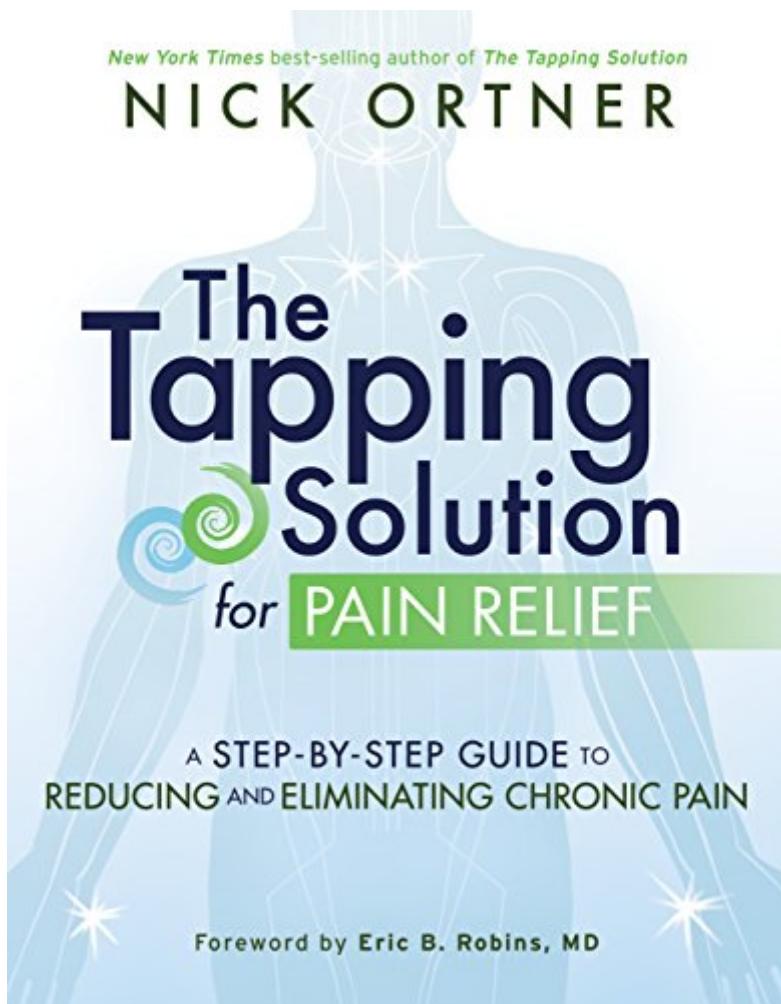


The book was found

# 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.

## Book Information

File Size: 2209 KB

Print Length: 245 pages

Page Numbers Source ISBN: 1401945244

Publisher: Hay House; 1 edition (April 21, 2015)

Publication Date: April 21, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00T6JT0TI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #120,266 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #25 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #59 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

My name is Joyce A. Ashby and I have a testimonial to doing tapping. I watched a few videoâ€™s 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 Iâ€™m not 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 allergyâ€™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 allergyâ€™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 allergyâ€™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. Iâ€™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, â€œ Iâ€™m happy and grateful my headache will go awayâ€ with other positive words. Each situation is different. To me with having allergyâ€™s for so long I had to find the emotion that went with it, and tap through that and then go from there. When you donâ€™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!

[Download to continue reading...](#)

The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain Tapping: Learn EFT in 5 Min - The Effective Tapping Solution for Anxiety, Addictions, Weight Loss & Wealth by Using the Tapping Therapy The Chronic Pain Solution: Your Personal Path to Pain Relief No Grain, No Pain: A 30-Day Diet for Eliminating the Root Cause of Chronic Pain Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management Eliminating War by Eliminating Warriors: A Case Study in Costa Rica - Abolishing the Military and Army, Culture, Economic Evolution, Domestic Developments, External Threats, Historical Foundations Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms MS - Living Symptom Free: The True Story of an MS Patient: A Guide on How to Eat Properly and Live a Healthy Life while Controlling, Reducing, and Eliminating the Symptoms of Multiple Sclerosis The Natural Menopause Solution: Expert Advice for Melting Stubborn Midlife Pounds, Reducing Hot Flashes, and Getting Relief from Menopause Symptoms by Editors of Prevention (Mar 26 2013) 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 Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology) Confronting Chronic Pain: A Pain Doctor's Guide to Relief (A Johns Hopkins Press Health Book) Anti Inflammatory Diet: Chronic Disease to Healthy Living - A Simple Guide (Chronic Pain, Arthritis, Joint Pain Book 1) 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 The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback 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)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help