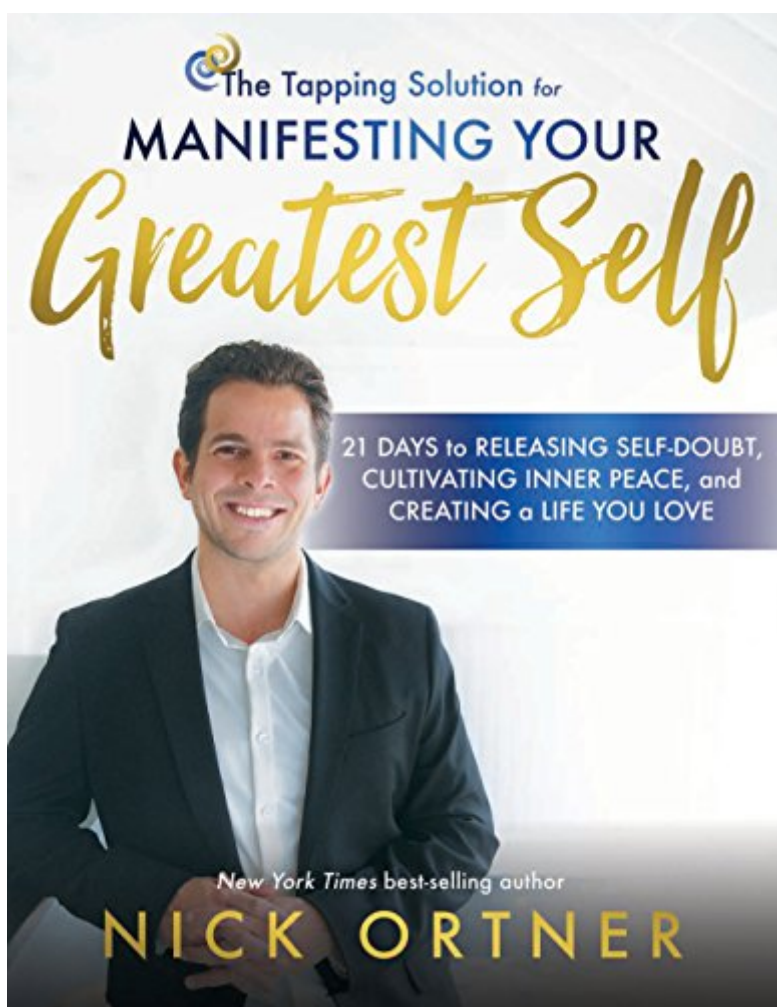


The book was found

The Tapping Solution For Manifesting Your Greatest Self: 21 Days To Releasing Self-Doubt, Cultivating Inner Peace, And Creating A Life You Love





Synopsis

Have you ever had the feeling your life just isn't working? That no matter how much you push and direct, or sit back and let go, the square peg you're holding just won't fit into the round hole that is your life? What if, instead, the roadblocks to transformation went away? What if you could simply wake up as your greatest self, living your greatest life? Can you imagine what that would look like—and more important, what it would feel like? In this new book, the latest in the Tapping Solution series, Nick Ortner helps you not only imagine it, but make it a reality. In *The Tapping Solution for Manifesting Your Greatest Self*, Nick guides readers through a 21-day process of self-discovery and self-development. The 21 stages use the simple, proven practice called Tapping (formally known as Emotional Freedom Techniques). Each stage includes a Daily Challenge and a Tapping Meditation to help the changes take root. Drawing on wisdom sources from Aristotle to Dr. Seuss along with Nick's own deep well of insight and engaging stories from his daily life, *Manifesting Your Greatest Self* is terrific fun to read. And readers can take their time with it: Nick encourages them to complete the program at their own pace, with the extra option of signing up for exclusive e-mail reminders to support them throughout the process. "We're going to work together to let your light shine brighter than ever before," Nick writes, "to feel at peace in your body, to create the life experiences you most deserve and desire."

Book Information

Print Length: 360 pages

Publisher: Hay House (October 3, 2017)

Publication Date: October 3, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B072R5QV5B

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #36,439 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12

Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Energy

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