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Confidence: A Woman's Guide To Stressing Less,
Weighing Less, And Loving More By Jessica Ortner**

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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

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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Join Jessica Ortner for The Tapping Solution. Jessica addresses tapping, also known as EFT or meridian tapping for a variety of concerns including weight

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Lissa reviews Jessica Ortner's new book, The Tapping Solution for Weight Loss and Body Confidence.

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

The tapping solution for weight loss & body -

The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More

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