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Tapping
Solution
TO

Create Lasting Change

A Guide to Get Unstuck
and Find Your Flow

New York Times best-selling author

JESSICA ORTNER

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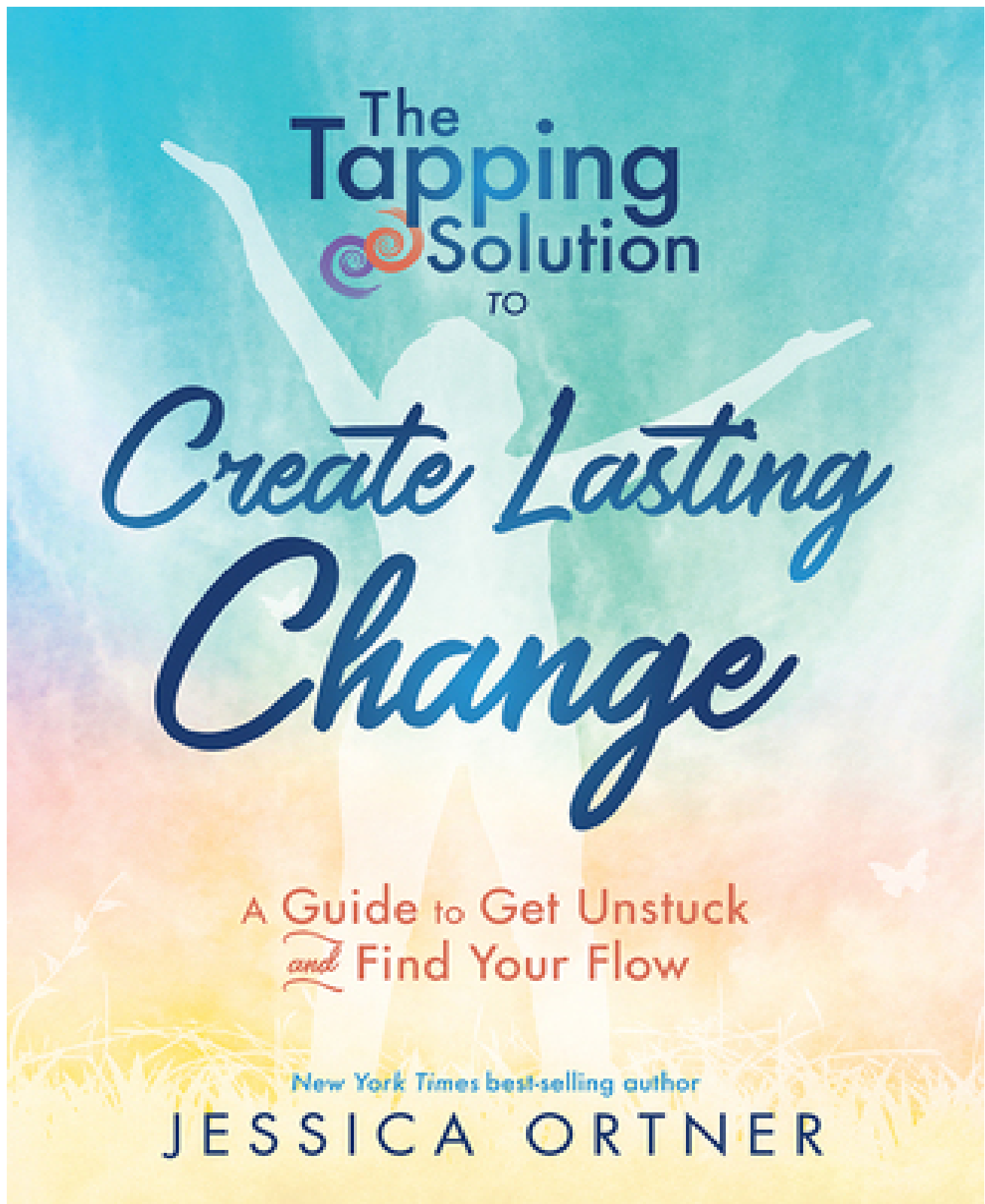
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Synopsis book

Why do we fear the unknown so intensely that we're willing to shy away from our deepest desires and settle for playing small? Why do we get enthused when we first start something, only to burn out the moment things feel challenging? Why does getting what we want sometimes feel just as scary as not getting what we want? And why, even with new outcomes we desire, do we often struggle to sustain them and instead slip back into old, self-sabotaging patterns? Jessica Ortner asked herself these questions as many of us do until eventually it became clear that she was really exploring our relationship with the one unavoidable constant in our lives: change. Her new book, the latest in the best-selling Tapping Solution series, shares the lessons she's learned about what it feels like to flow through change and how to create positive, lasting change in ways that feel both authentic and empowering. Ultimately, Jessica tells us, there's profound beauty and joy in change, even when it doesn't feel

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Description

Why do we fear the unknown so intensely that we're willing to shy away from our deepest desires and settle for playing small? Why do we get enthused when we first start something, only to burn out the moment things feel challenging? Why does getting what we want sometimes feel just as scary as not getting what we want? And why, even with new outcomes we desire, do we often struggle to sustain them and instead slip back into old, self-sabotaging patterns? Jessica Ortner asked herself these questions as many of us do until eventually it became clear that she was really exploring our relationship with the one unavoidable constant in our lives: change. Her new book, the latest in the best-selling Tapping Solution series, shares the lessons she's learned about what it feels like to flow through change and how to create positive, lasting change in ways that feel both authentic and empowering. Ultimately, Jessica tells us, there's profound beauty and joy in change, even when it doesn't feel

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