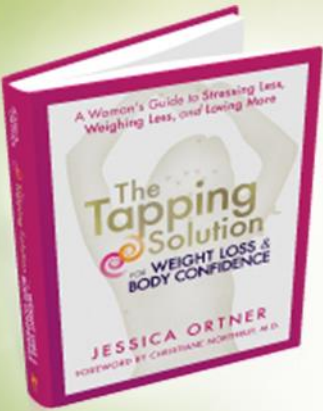


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As taught in *The Tapping Solution For Weight Loss & Body Confidence*

by Jessica Ortner



The Tapping Solution for Weight Loss and Body Confidence Quotes

Introduction

For many years, I was sure that losing weight was the answer to all my problems. Once I could fit into that dress or those jeans, I'd be happy, my career would take off, and I'd start dating. But only after I'd lost the weight. Only when I no longer looked like . . . this. Pg. xiii

It suddenly hit me—it was nearly impossible to take good care of something I hated. I'd spent so long hating my body that I didn't know how to respect and nurture myself or my body. By focusing so much on my exterior, I also robbed myself of the opportunity to feel good about myself and my body, simply because I didn't meet a cultural standard of beauty that is obsessed with thinness. That created stress that interfered with my weight loss and with my own happiness. Pg. xvii

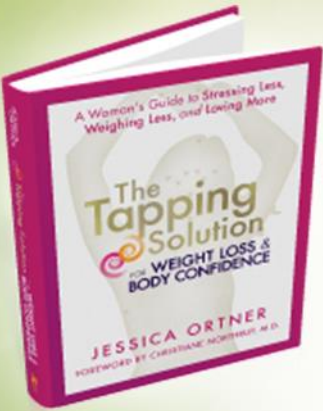
Chapter 1

So even if you're exercising and eating right, stress can disrupt your weight loss efforts. This is where tapping becomes such a powerful tool. What tapping does incredibly well is disrupt the fight-or-flight response, quickly allowing your body to return to a more relaxed state in which it can digest food properly and support healthier digestion and faster metabolism. Pg. 6

For the first time in years, clients tell me they can attend parties and have great conversations with people they'd never gotten to know previously because all they could focus on was the food. And for the first time in years, they can take a walk or go to a yoga class and actually enjoy themselves. Pg. 10

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Chapter 2

Clients often tell me how much they end up enjoying the time they spend tapping each day. Although it feels a bit strange when they're first learning how to tap, they find that they're more relaxed and in a better mood after they spend some time tapping. Pg. 33

Chapter 3

We give the mirror, a piece of glass, the power to dictate our happiness, not because we're vain but because we haven't invested in our relationship with ourselves or the body we currently have. What we see in the mirror is a reflection of our relationship with ourselves, and all too often that relationship is suffering from years of neglect. Pgs. 42-43

The scale, like the mirror, quickly becomes a sort of dictator. Based on whatever number appears, the scale tells you whether you're allowed to have a good day, whether you're allowed to feel happy, beautiful, and worthy. Pg. 48
When we can quiet the panic and practice patience with the weight loss journey, we open to the possibilities of the present. We begin to see that our lives can be amazing, inspiring, and pleasurable, not just after we lose the weight but now—right now. Pg. 51

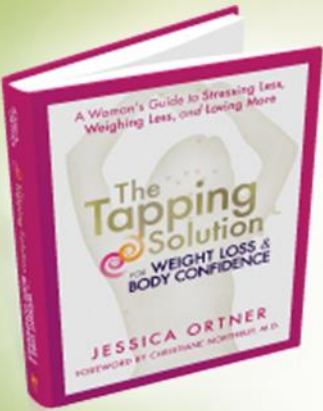
Chapter 4

Emotional eating often feels like our own dirty little secret, the source of equal servings of pleasure and shame. When we're under the influence of emotional eating—whether we're indulging a food craving, overeating to avoid our emotions, or constantly snacking—food becomes a toxic love affair. One moment we're smitten, soothed in body and soul by whatever we're eating. The next thing we

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know, we're uncomfortably full, trying to digest equally oversized servings of food and guilt. Pg. 57

Little by little, we put our own value into question. We feel ashamed of ourselves because our bodies don't meet our culture's strict and limiting standard of beauty. We wonder if we are actually flawed when the real problem is that we haven't yet learned how to love and respect ourselves as we are. Pg. 74

Chapter 5

By tapping on the hurtful words that someone said to you, you're giving your brain new instructions, telling it that the memory is no longer threatening—that you can now feel safe when remembering those words Pg. 92

I'd like to stress again, though, that too often we try to jump too quickly into compassion. Allow yourself to feel angry or hurt while you tap. Only when you feel like you can say those words without a physical reaction can you begin to open up to compassion and forgiveness. Pg. 94

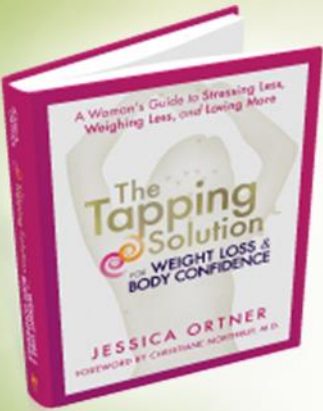
Chapter 6

If you have a negative belief like "I'm not good enough," you can't feel happy or experience real pleasure. Believing that you're not good enough (or that you're not beautiful/smart/strong enough) is like giving yourself a life sentence; it leaves no room for any other possibility. Pg. 100

Holding on to negative beliefs is like wearing dark-tinted glasses all day, every day. When we're wearing them, everything in our world seems scary and threatening. But when we take them off and put on clear glasses—which, in this case, means creating positive beliefs—the world around us seems brighter. Suddenly we feel hopeful, able to naturally seek out experiences that make us feel good. Pg. 101

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Chapter 7

Seeing weight as the problem is a logical conclusion, a belief that many of us have used to protect ourselves from the true meaning of the weight. When we dig deeper, we discover that it's the pain beneath the weight that prevents us from losing weight and feeling confident in the body we have. Pg. 125

It's important to have goals and reach for your dreams, but it's never a reason not to enjoy the present moment. Ultimately it's the journey, not the result that brings the most happiness. Pg. 143

Chapter 8

Many women sheepishly confess to hearing the words “You look like you lost weight” and thinking, So you thought I was fat before? When body image is a massive open wound, even the gentlest touch of a feather can burn. We can't control what others say, but when we heal that wound we can choose to appreciate the soft touch of that feather and enjoy it as a compliment or simply ignore it. Pg. 153

A woman with confidence is hypnotic. A smile is mesmerizing. Presence, openness, a sense of humor—these are all things that make a woman attractive. We've all experienced the presence of someone who walks in and lights up a room. It's never about their looks but about their energy. Allow yourself to light up the room by being your beautiful self. Pg. 159

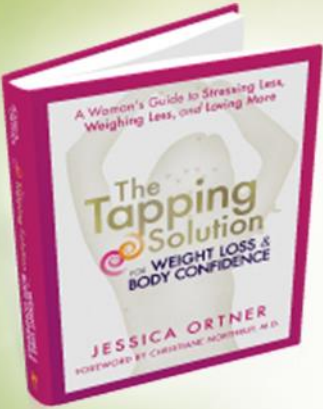
Chapter 9

When exercise seems outside of our identity, when we believe it's something other people do, we often adopt additional beliefs to support that one. Pg. 168

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When we say we don't have time to exercise, we are actually saying we don't know how to face our internal reality. We don't know what to do with the emotions, stress, and maybe also the memories that are fueling our tortured relationship with exercise. That's where tapping becomes such a useful tool because it allows us to work through all of that far quicker and more easily than ever before. Pg. 175

Let's stop making movement a serious burden; instead, let's make it an expression of joy and gratitude for being alive. Pg. 185

Chapter 10

When we approach eating healthy with curiosity and excitement we are able to see the abundance of foods and flavors there are. Nutritious doesn't mean boring. Pg. 210

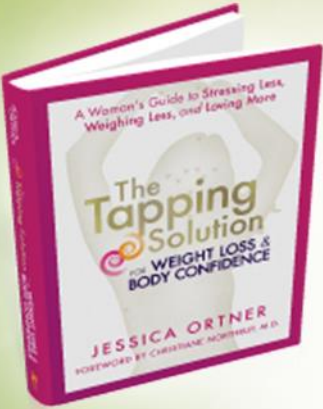
We need to become friends with food again. It's a relationship we need to spend time on and really invest in. When we go from obsessing about diet foods to eating foods that nourish us, from obsessing about losing weight to obsessing about learning how to thrive with better health, we enjoy the journey of discovering what is best for us. Pg. 211

Chapter 11

Because we haven't been taught to appreciate and love ourselves in this way, we don't feel like we deserve self-care and pleasure. Instead, we cling to our To Do lists and sacrifice our health and well-being for the sake of others. Then, when we feel deprived of our basic human need for relaxation and enjoyment, we turn to food as our sole source of pleasure. When we then try to deprive ourselves of food through dieting, we deny the last bit of pleasure we have in our lives. And that strategy never works! Pg. 219

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If we are not able to say no in the first place, we've set ourselves up for failure and burnout. When we allow ourselves to use that brake and say no, we can slow down, stop, and when needed, change directions. We no longer need to turn to food for relief because we feel more in control of our lives. Pg. 228

The truth is that we won't receive the support we need until we ask for it. Just because we can do it all doesn't mean we should. And when we don't speak up about our needs, we're asking our loved ones to read our minds—and then we resent them when they fail our test. By not being open and honest about the support we need, we're selling ourselves short and setting our relationships up for failure. Pg. 234

Chapter 12

We find that when we allow ourselves to be present in our own lives, the journey feels much bigger and more rewarding than those so-called "after" pictures could ever be. Pg. 246

The solution to this epidemic of perfection is to get out of our heads and into our bodies. When we connect with ourselves at a core level, we begin to value what we think more than what other people think. Pg. 250

Conclusion

The most powerful way I know for you to lose weight and feel great in your body is to use tapping to clear your limiting emotions and beliefs so you can start listening to your inner voice. It's time for you to start caring about what you think, so yes, go ahead and try that tango class, ask for a raise, and say no to people who drain you. Whatever your heart and body are telling you, it's time to listen. Pg. 265

It's not about the weight; it's never been about the weight. This is about your life, your power, and the courage to shine. Pg. 266