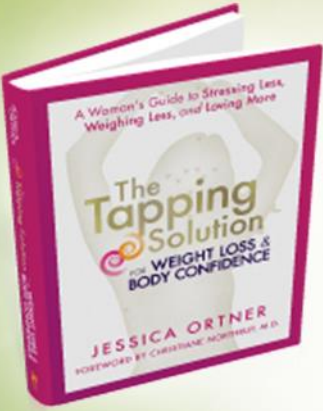


# Learn More About the Power of Tapping

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



## Suggested Interview Questions

1. How were you introduced to tapping?
2. Why did you decide to try tapping for weight loss and body confidence?
3. Why does tapping work?
4. What results can people expect?
5. Can you teach us how to tap?
6. If someone wants to use tapping for weight loss, where do they start?
7. How does tapping work to relieve cravings?
8. How can tapping help us take healthy action steps, like exercise more?
9. You write a lot about body confidence. What does body confidence really mean?
10. How do we use tapping to feel more confident in our body?