

One-line bio

Jessica Ortner is a New York Times bestselling author and co-founder of The Tapping Solution, a global movement that has helped millions transform their lives through EFT Tapping — a technique that combines acupressure points with modern neuroscience.

50-word bio

Jessica Ortner is a New York Times bestselling author and co-founder of The Tapping Solution, a global wellness platform that has helped millions through EFT Tapping. Her work has been featured on The Today Show, CNN, and Shape. She is a mom of two and passionate advocate for emotional well-being.

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Full bio

Jessica Ortner is a New York Times bestselling author and co-founder of The Tapping Solution, a global movement that has helped millions transform their lives through EFT Tapping — a technique that combines acupressure points with modern neuroscience. With over 300 published studies, Tapping has been shown to significantly reduce stress and anxiety, lower cortisol levels, ease symptoms of trauma and pain, and improve emotional well-being. She's also the founder of The Tapping Solution app, downloaded in 190 countries, with Tapping meditations played tens of millions of times — helping make Tapping one of the most well-documented tools for mental and emotional health.

Her work has been featured on The Today Show, CNN, Fox News, Shape, Women's Health, and countless other major media outlets. Through The Tapping Solution Foundation, she and her siblings have brought this work to schools, veterans, and communities in crisis — including her hometown of Newtown, Connecticut. She's a mom of two and a passionate advocate for lasting emotional change.