

One-line bio

Nick Ortner is a *New York Times* bestselling author and co-founder and CEO of The Tapping Solution, a global movement that has helped millions transform their lives through EFT Tapping — a technique grounded in modern neuroscience.

50-word bio

Nick Ortner is a *New York Times* bestselling author, co-founder and CEO of The Tapping Solution, and a leading voice in evidence-based emotional healing. His work in EFT Tapping — supported by 300+ peer-reviewed studies — has reached tens of millions of people across 190 countries worldwide.

Full bio

Nick Ortner is a *New York Times* bestselling author and co-founder and CEO of The Tapping Solution, a global movement that has helped millions transform their lives through EFT Tapping — a technique grounded in 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.

Under his leadership, The Tapping Solution App has built one of the world's largest real-world datasets on a mental health tool, with tens of millions of guided sessions completed across 190 countries. The results consistently outperform industry standards in health, wellness, and mental health. Nick's work is currently being studied at top universities across the country. Through The Tapping Solution Foundation, he and his siblings have brought EFT Tapping to schools, disaster-relief zones, and underserved communities, including their hometown of Newtown, Connecticut, after Sandy Hook. He's a passionate advocate for making evidence-based emotional healing accessible to everyone.