



STRESSLESS *Eating*

Starting At

**THE ROOTS**







*Past/Present*

*Future*

No Fruits  
(Weeds, Rotten)

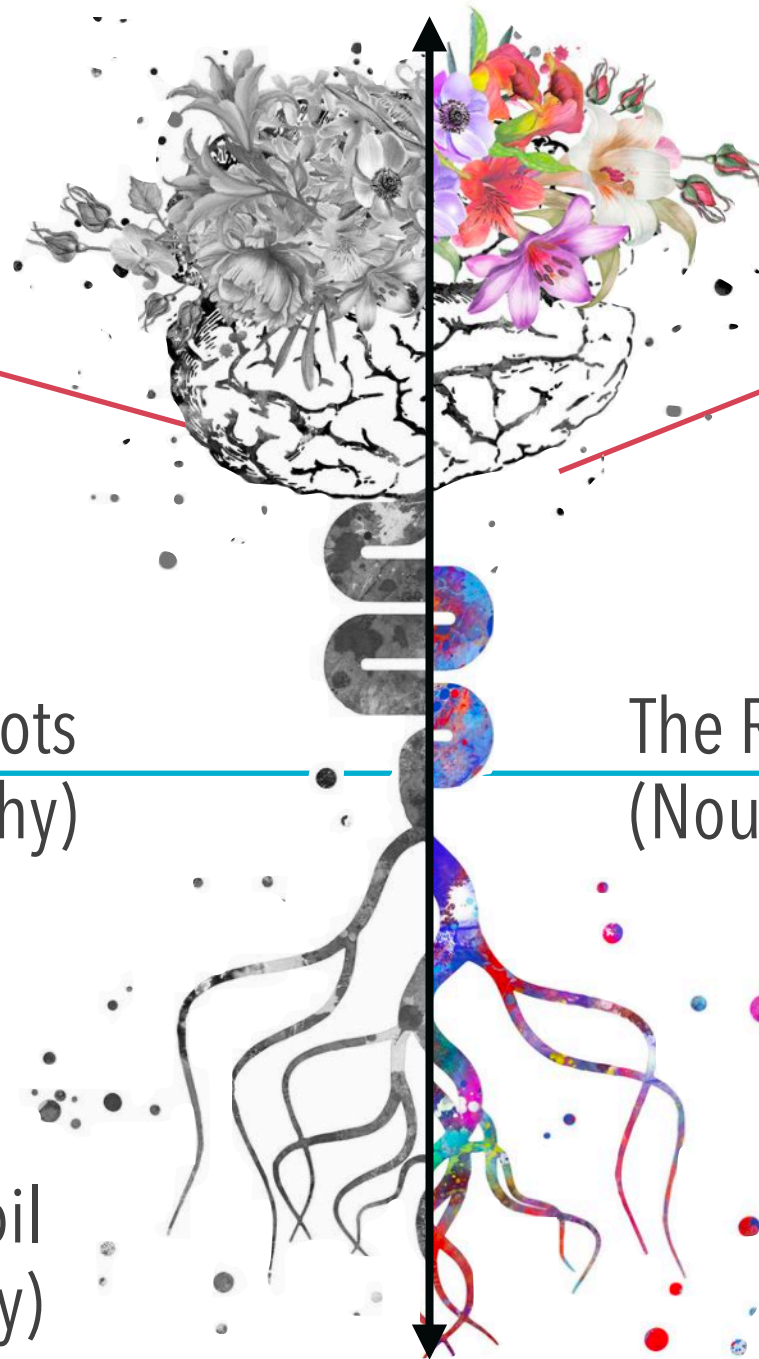
The Fruits  
(Alive, Abundant)

The Roots  
(Dry, Unhealthy)

The Roots  
(Nourished, Healthy)

The Soil  
(Unnourished, Unhealthy)

The Soil  
(Nourished, Healthy)





Phase 3:  
Experimentation

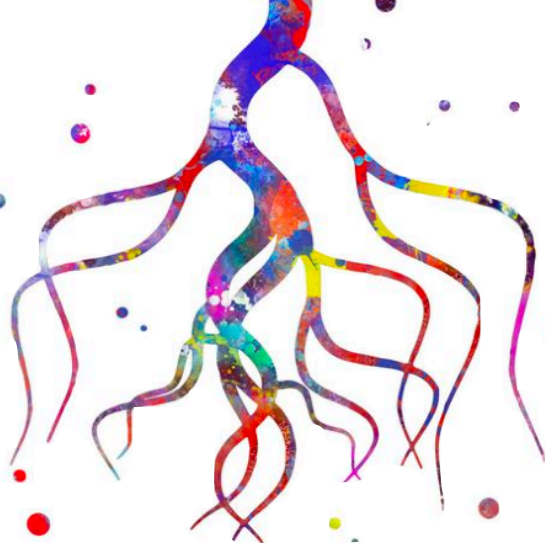
The Fruits

Phase 2  
Self-Imaging

The Roots

Phase 1  
Unwire/Rewire

The Soil

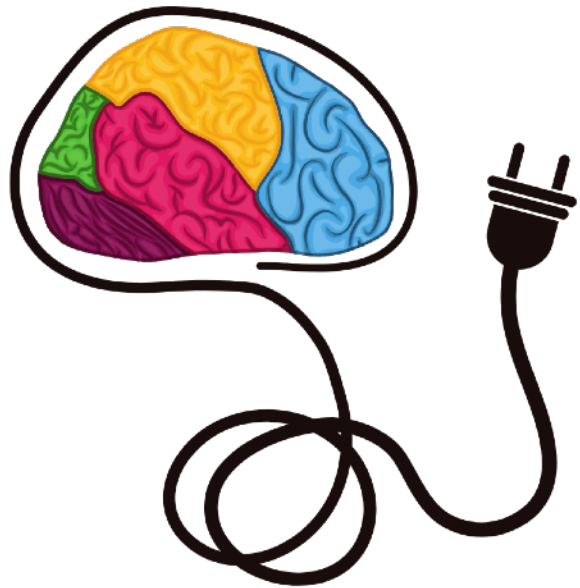




# *Un-Wiring* AND *Re-Wiring*

## YOUR **BRAIN**

(Your New **Daily** Ritual)



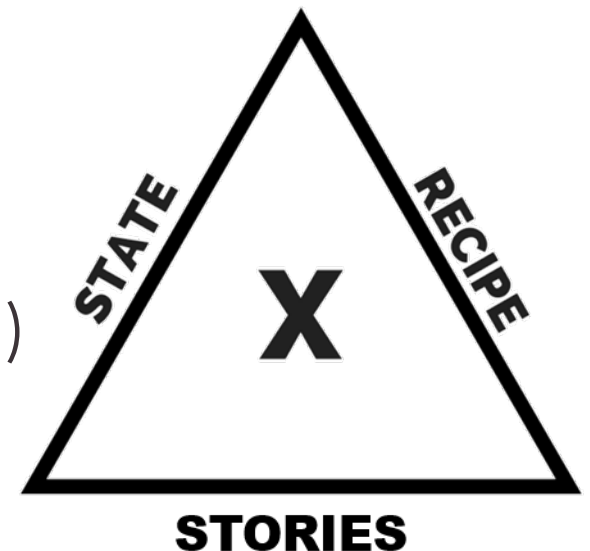


# My Findings:

★ Here's what I've found to be true for myself and for every other woman I've ever met (as in, this is how your brain works)...

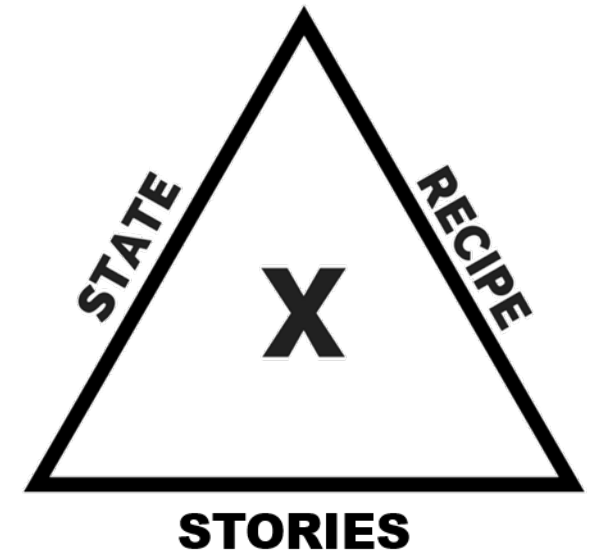
★ We as (female) humans are a product of the following 3 things:

1. Our 'state'.
2. Our 'recipe'
3. Our 'stories' (beliefs about ourselves + others + world)



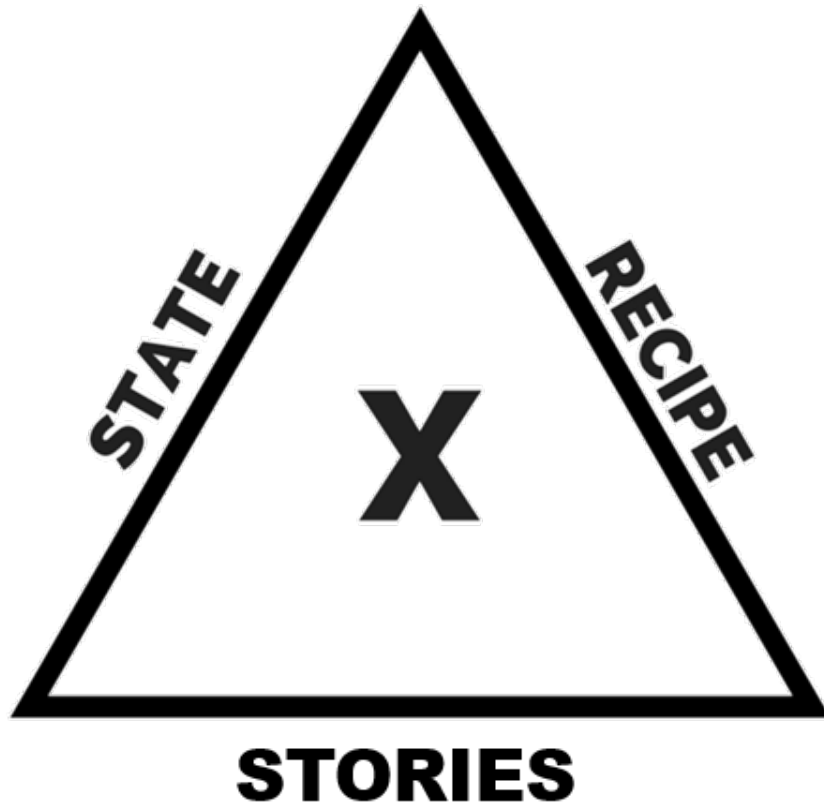
# *We Become What We Practice...*

- ★ **Our 'state'**. The 'frequency' at which we are operating. How we are feeling moment-to-moment, day-to-day...and the response it's eliciting on a mind/body/brain level. Physiologically, Mentally, Emotionally -- all of it.
- ★ **Our 'recipe'**: Whatever it is we are 'feeding' ourselves. Is your recipe contributing to your life...or is it taking away from your life? And is it the recipe that you WANT?
- ★ **Our 'stories'** : The collective 'account' of whatever stories we either heard about ourselves or told ourselves TO or ABOUT ourselves. What collective story are you telling yourself? And is it a Bitch story? Or a Love story? One where you get to win, or one where you always lose?





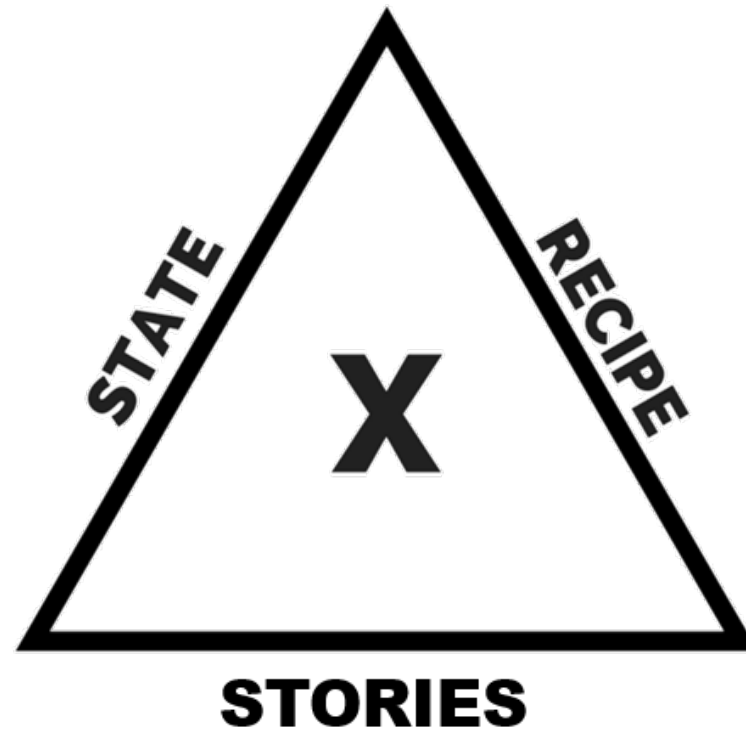
# *We Become What We Practice...*



- ★ This is the 'machine' or filter that our day-to-day lives are run through.
- ★ And then THIS becomes our reality.
- ★ You feed the machine one thing, it spits out another.

# *100% Certainty!*

There is a 100% hands-down-every-time chance that influencing the 'machine' will cause a massive shift in the experience of your life.





# What I Know To Be True...

★ I truly believe that if you want to transform your life...

(And I'm talking MIND-BODY-BRAIN not-just-change-but-TRANSFORM-your-life kinda change.)

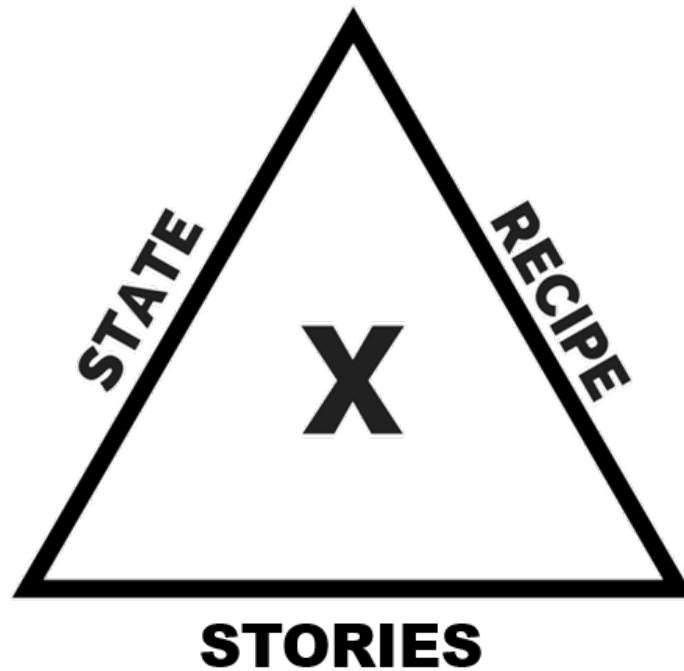
★ Then all you have to do is change one (or more) of the following.

1. Your 'state'.
2. Your 'recipe'
3. Your 'stories' (beliefs about self, others, world)



*So the question then becomes:*

**What are you FEEDING?**







*What are you feeding?*



*Working in Minimums*

*(Not Maximums!)*





*Focusing on Consistency  
(Not Intensity!)*

# *The Compound Effect:*

**If you were given a choice to receive one million dollars in one month... or a penny doubled every day for 30 days, which one would you choose?**

**Day 1:** \$.01

**Day 2:** \$.02

**Day 3:** \$.04

**Day 4:** \$.08

**Day 5:** \$.16

**Day 6:** \$.32

**Day 7:** \$.64

**Day 8:** \$1.28

**Day 9:** \$2.56

**Day 10:** \$5.12

**Day 11:** \$10.24

**Day 12:** \$20.48

**Day 13:** \$40.96

**Day 14:** \$81.92

**Day 15:** \$163.84

**Day 16:** \$327.68

**Day 17:** \$655.36

**Day 18:** \$1,310.72

**Day 19:** \$2,621.44

**Day 20:** \$5,242.88

**Day 21:** \$10,485.76

**Day 22:** \$20,971.52

**Day 23:** \$41,943.04

**Day 24:** \$83,886.08

**Day 25:** \$167,772.16

**Day 26:** \$335,544.32

**Day 27:** \$671,088.64

**Day 28:** \$1,342,177.28

**Day 29:** \$2,684,354.56

**Day 30:** \$5,368,709.12





The tiniest tweaks and changes can (and will) have a MASSIVE payoff... **but only if you are CONSISTENT.**

It's the MASSIVE changes (and overhauling of your life) that **keep** you from getting that consistency...and getting those 'reps'.



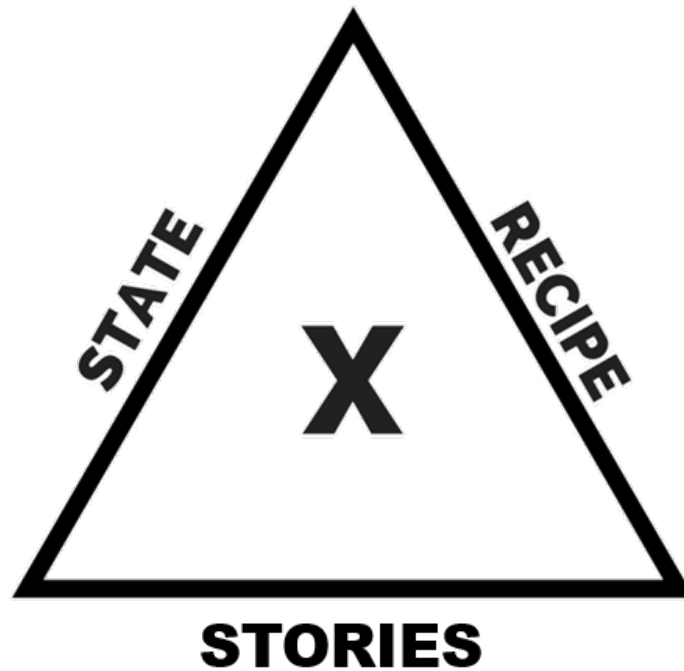
*Working in Minimums*

*(Not Maximums!)*

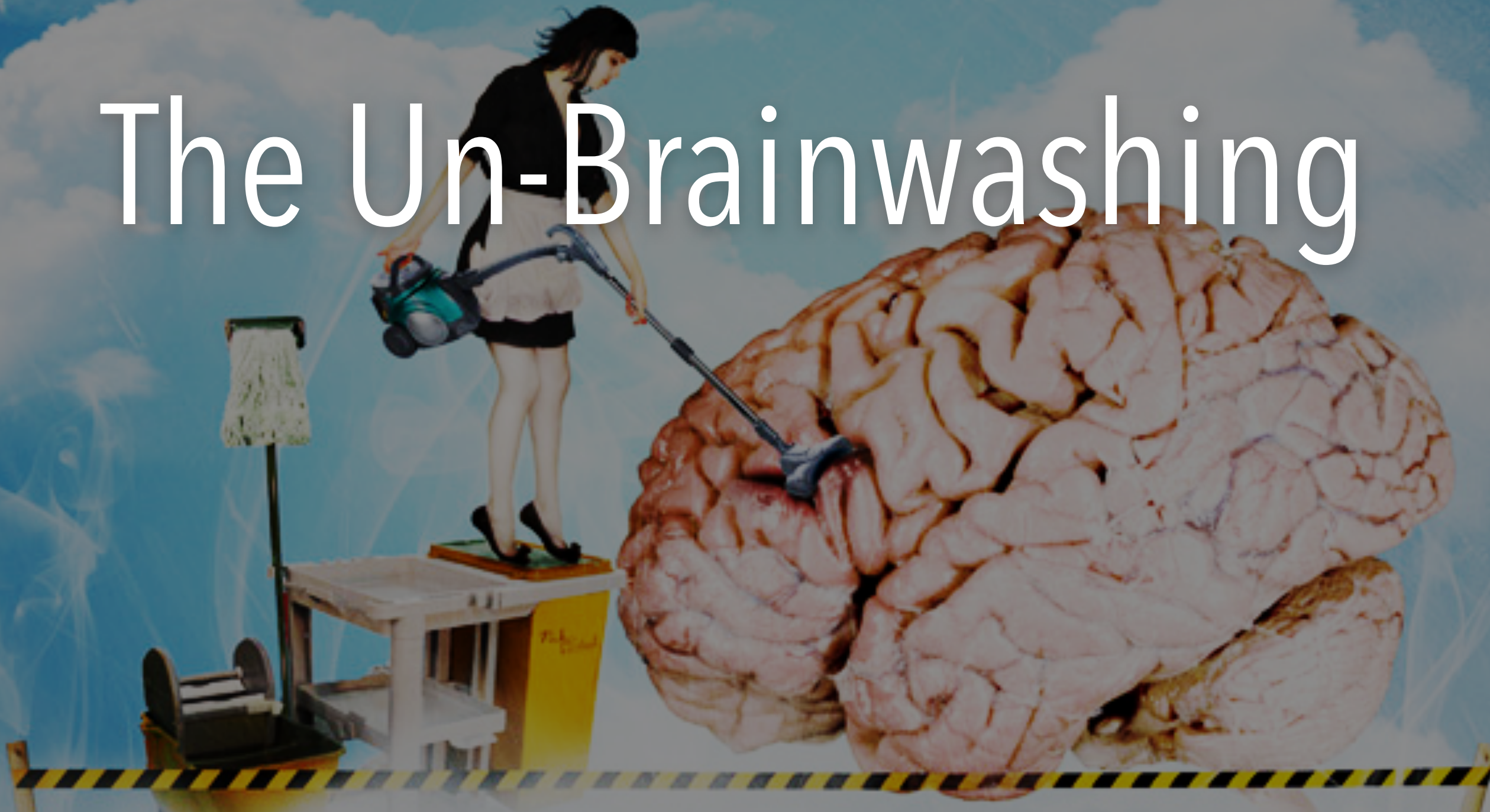


*Back to the conversation at hand...*

**How Do We Start Shifting This RIGHT AWAY?**



# The Un-Brainwashing



Phase 3:  
Experimentation

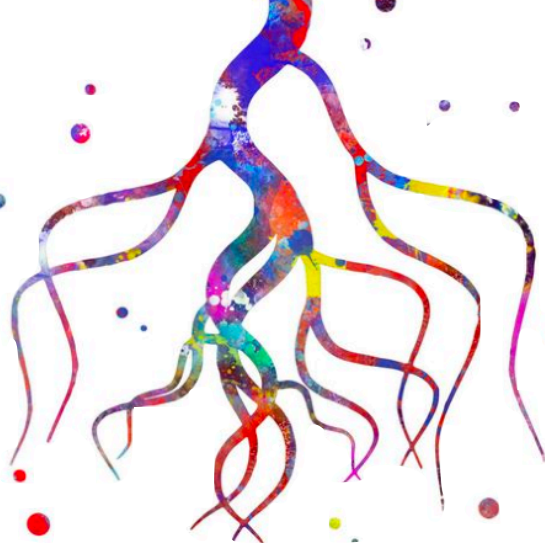
The Fruits

Phase 2  
Self-Imaging

The Roots

Phase 1  
Unwire/Rewire

The Soil







Starting with  
*New Soil*





Now Let's Take A Look At:

*The Roots*



# PHASE 1: (Unwire) & REWIRE



- ★ Re-wire your brain and **reverse the 'brain damage'** of chronic dieting
- ★ 'Un-brainwash' you of "the Diet Mentality" and all the stories and beliefs that are **causing the chaos**
- ★ Learn the 'language' of **Stressless Eating**
- ★ It's a language that gets **EASIER the more you practice** it and you get **BETTER at it the more you practice it.**
- ★ It's a language that you learn **once**...and have **forever.**

## PHASE 2: Self-Imaging



- ★ Identify those 'weeds' in the garden of your mind that are **sabotaging** you, **keeping you from trusting yourself**, or straight-up **setting you up to fail** (Because you can't out-strategize, out perform or out smart THAT. )
- ★ Learn a SYSTEMATIC & SCIENTIFIC approach to **re-wiring** your **Brain & Self-Image**
- ★ Learn a SYSTEMATIC & SCIENTIFIC to **Self-Love** and **Self-Trust**
- ★ Stepping into the **identity** of the version of you who is actually FREE

# PHASE 3: Experimentation



- ★ Put what you've learned **into practice** and **living this out** in the real world.
- ★ Custom-craft your own **personalized** and **individualized** "Big Fat Experiment" where we do a series of guided short-experiments designed to:
- ★ Learn **what works** for YOUR brain, and **what doesn't** and...
- ★ Keep **what works, ditch the rest**, all the while...
- ★ Building **YOUR unique 'success recipe'** that will act like your 'compass' to **guide you every single day**.



# The Glue That Holds It All Together



Information



Implementation



Integration

3 Distinct **Phases**. 3 Core **Elements**.

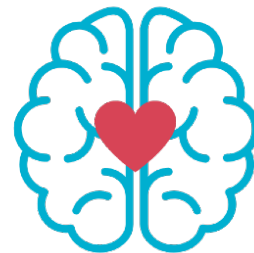
Part **discovery**. Part **experimentation**. Part **practice**.

And **ONE New Language** that will totally **re-wire that beautiful brain** of yours.

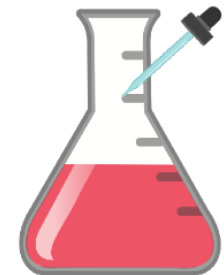
PHASE 1:  
(Unwire) & REWIRE




PHASE 2:  
Self-Imaging



PHASE 3:  
Experimentation







*Slow Is Smooth,  
Smooth Is Fast!*





Root #1 Phase 1:

*Unwire / Re-wire*






# The Fundamentals





The image features two arched doors set against a red brick wall. The door on the left is yellow, and the door on the right is blue. Both doors have a dark, arched window at the top and a silver handle. The text is overlaid on the image, with the title at the bottom and two choices on either side of the doors.

**Choice #1:**

The 'hard' of staying stuck where you are indefinitely (trading short-term pleasure for long-term pain.)

**Choice #2:**

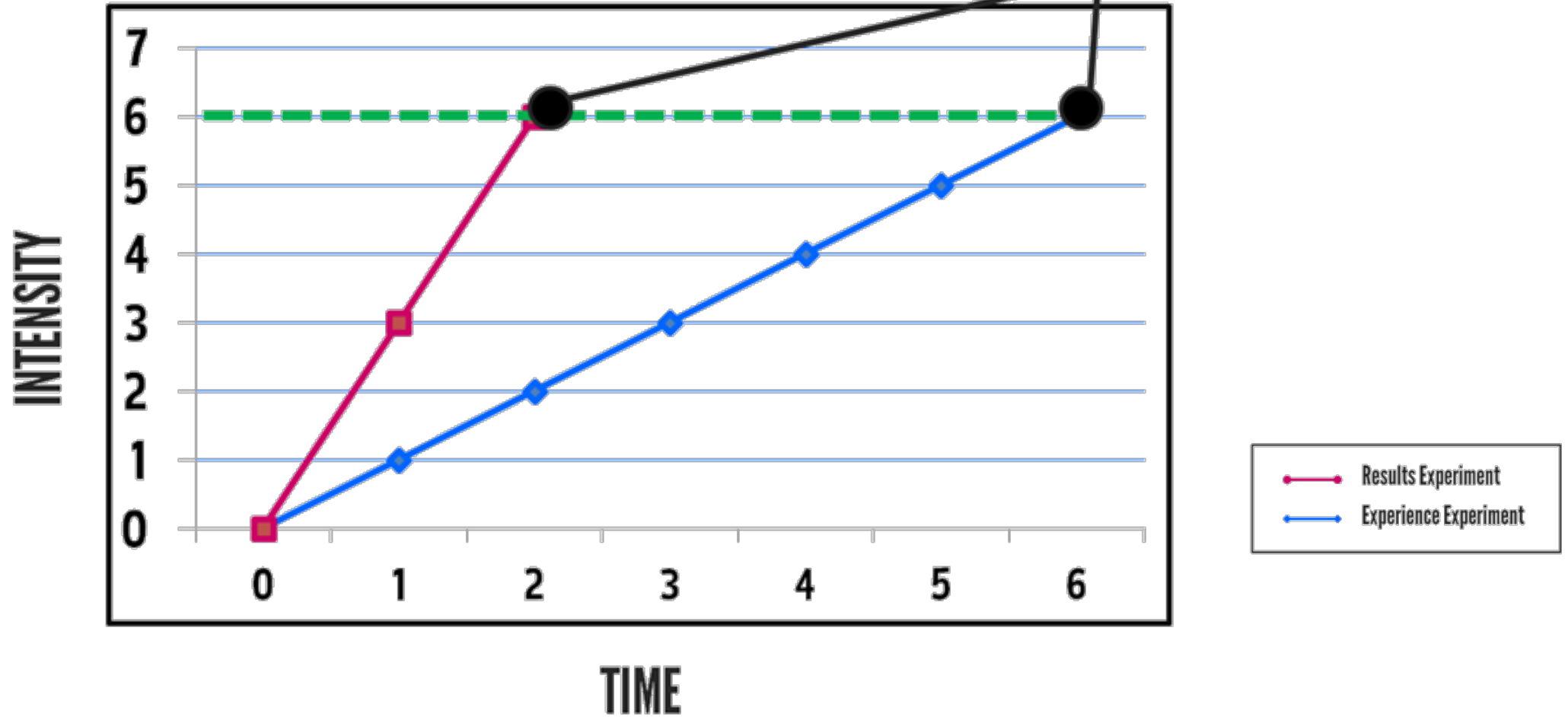
The 'hard' of putting in the time and energy **ONE TIME**, so that you have it **FOREVER**.

Choose **YOUR** version of 'hard'.



# A New Results Perspective

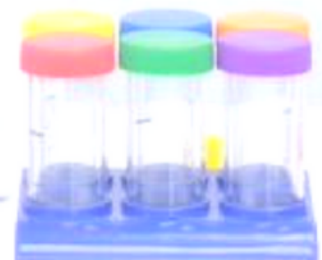
RESULTS





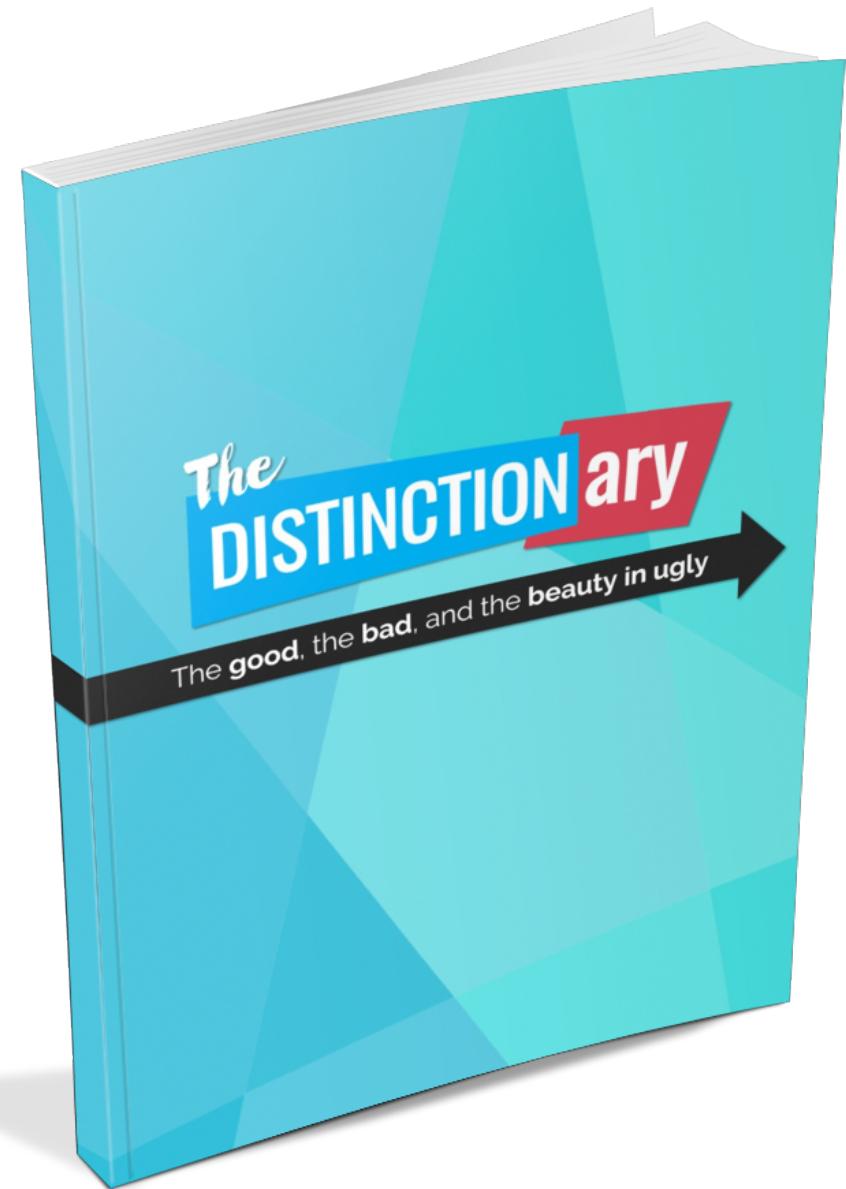
# Your *Big Fat* Experiment

(Re-Wiring Your Brain Through Experimentation)





**DISTINCTIONS!**



# The Glue That Holds It All Together



 Information



Implementation



Integration



A photograph showing a dense, intricate network of tree roots spreading across the ground. The roots are thick and gnarled, creating a complex pattern of lines and curves. The background is a mix of light brown soil and sparse green grass.

Starting With:

*Your 'Forever' Self*



# *Freedom Goggles*

Learning How to "Reverse Engineer"





# *Food Goggles*

Taking "Reverse Engineer"  
One Step Further...

*Freedom + Food Goggles*

The Power Of "Reverse Engineering"





# The Glue That Holds It All Together



Information



Implementation



Integration



And of course, in the background...

*Healthy Soil*



# PHASE 1: (Unwire) & REWIRE



What alllll of this does is....

- ★ 'Un-brainwash' you of "the Diet Mentality"
- ★ Learn the 'language' of **Stressless Eating**
- ★ It's a language that gets **EASIER the more you practice** it and you get **BETTER at it the more you practice it.**
- ★ After we've laid down this NEW foundation (and all of this is running in the background), it's time to move on to...

# PHASE 2: Self-Imaging





The background of the image is a dense, intricate network of brown tree roots, likely mangrove roots, growing over a bed of green, low-growing plants. The roots are thick and gnarled, creating a complex, web-like pattern. The green plants are small and leafy, filling the spaces between the roots.

Root #2

*The 5 Self-Image Ingredients*

Your Recipe For **Self-Love**





Root #3

*Your Inner Compass*



# Belief Overhaul (Part 2)

- Any beliefs or drama that you constantly see repeating in your brain, chances are: it's become a belief... and we need to weed that from your garden and plant a new belief.
- This is where we are going to start finding your TOP repeat DRAMA thoughts and beliefs...and pull those SPECIFIC weeds from your garden...



# The Glue That Holds It All Together



Information



Implementation



Integration



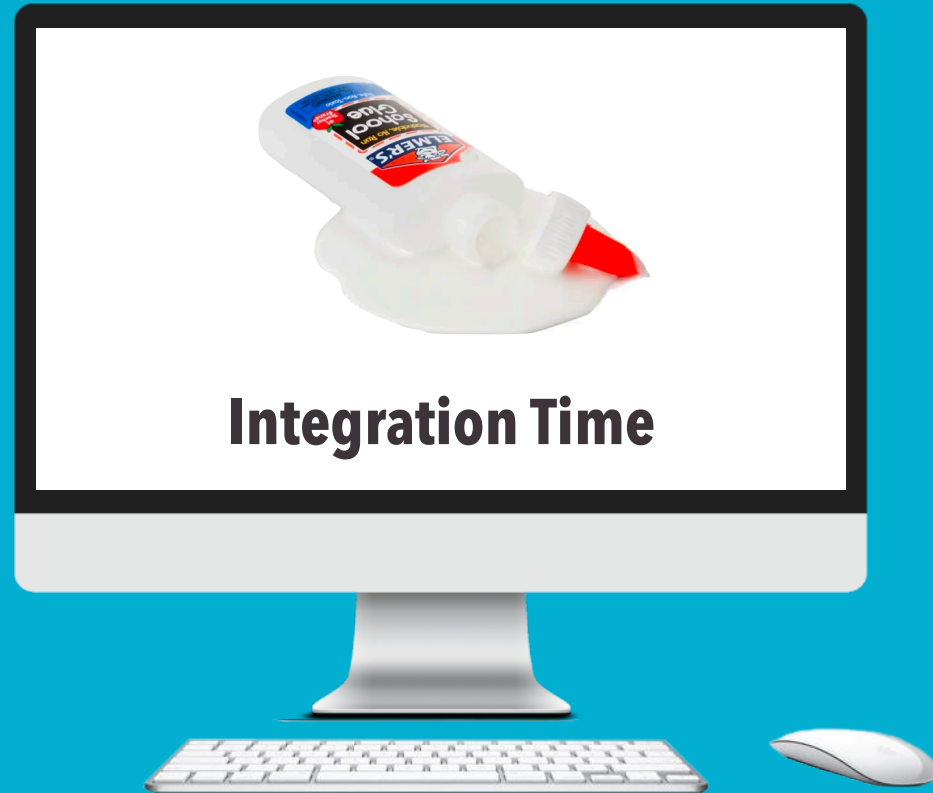
# PHASE 2: Self-Imaging

What alllll of this does is....



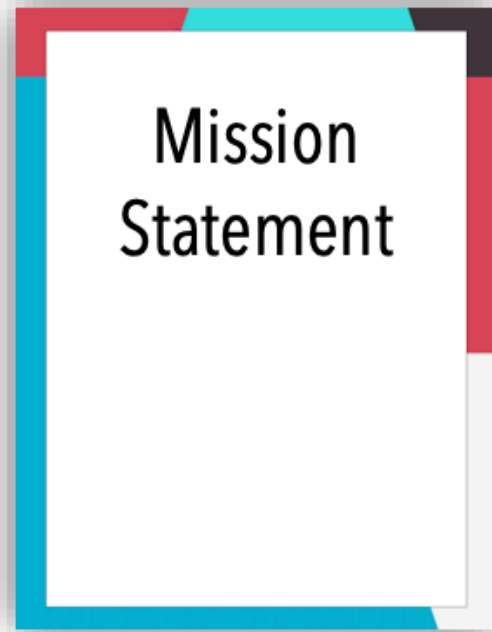
- ★ You now have a SYSTEMATIC & SCIENTIFIC approach to **re-wiring** your **Brain & Self-Image**
- ★ You now have a SYSTEMATIC & SCIENTIFIC to **Self-Love** and **Self-Trust**
- ★ You've stepped into the **identity** of the version of you who is actually FREE
- ★ You've identified those other 'weeds' in the garden of your mind that are **sabotaging** you, **keeping you from trusting yourself**, or straight-up **setting you up to fail**

# Integration Time:

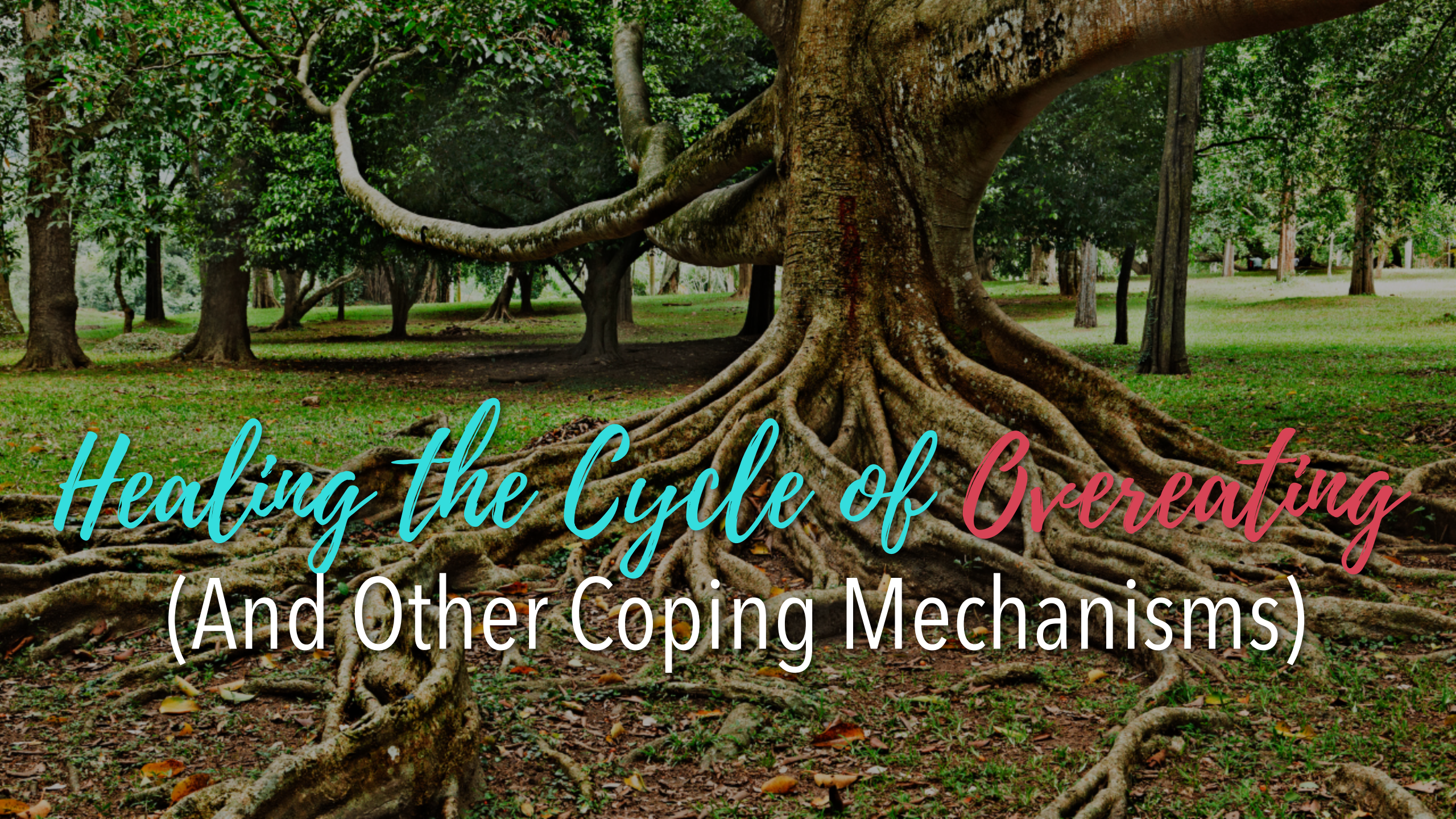




# Your Mission Statement







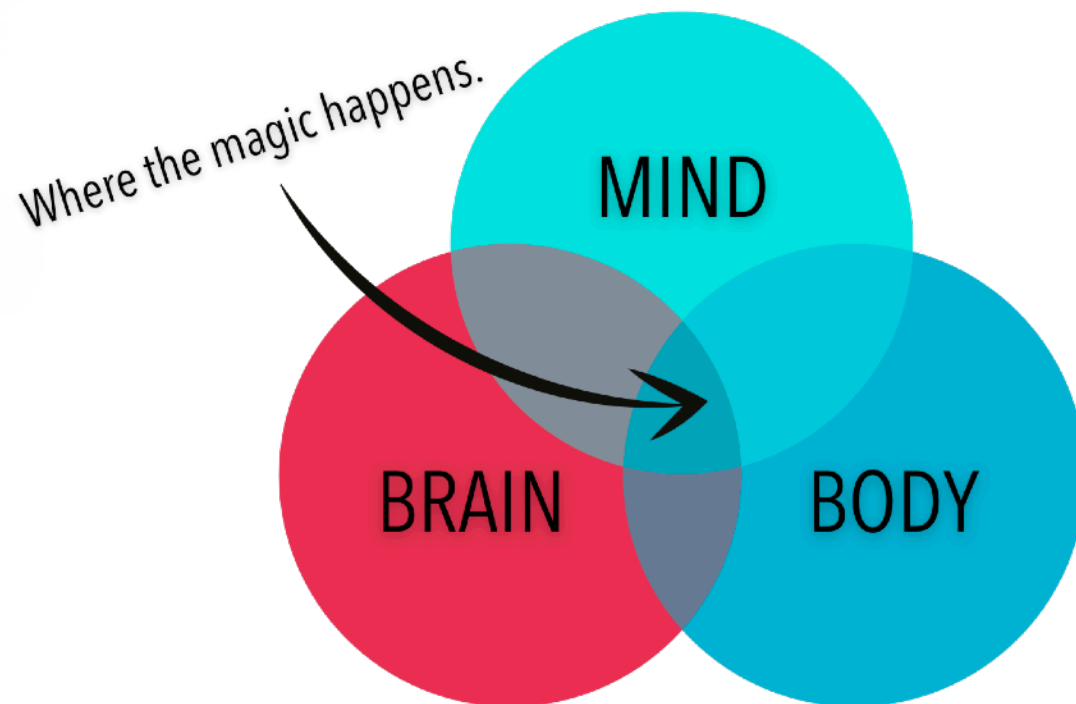
*Healing the Cycle of Overreacting*  
(And Other Coping Mechanisms)






# *Super Simple Self Care*

(Your 3-D Self Care Recipe)







*Slow Is Smooth,  
Smooth Is Fast!*



# The Glue That Holds It All Together



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Implementation



Integration

# PHASE 3: Experimentation



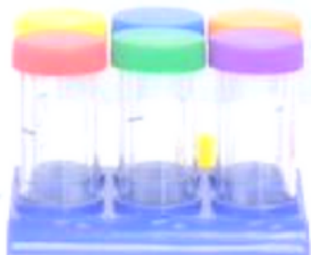
- ★ Put what you've learned **into practice** and **living this out** in the real world.
- ★ Custom-craft your own **personalized** and **individualized** "Big Fat Experiment" where we do a series of guided short-experiments designed to:
- ★ Learn **what works** for YOUR brain, and **what doesn't** and...
- ★ Keep **what works, ditch the rest**, all the while...
- ★ Building **YOUR unique 'success recipe'** that will act like your 'compass' to **guide you every single day**.





# Your *Big Fat* Experiment

(Re-Wiring Your Brain Through **Experimentation**)



## The Information:

WATCH THIS FIRST!



Prefer to listen to the audio?

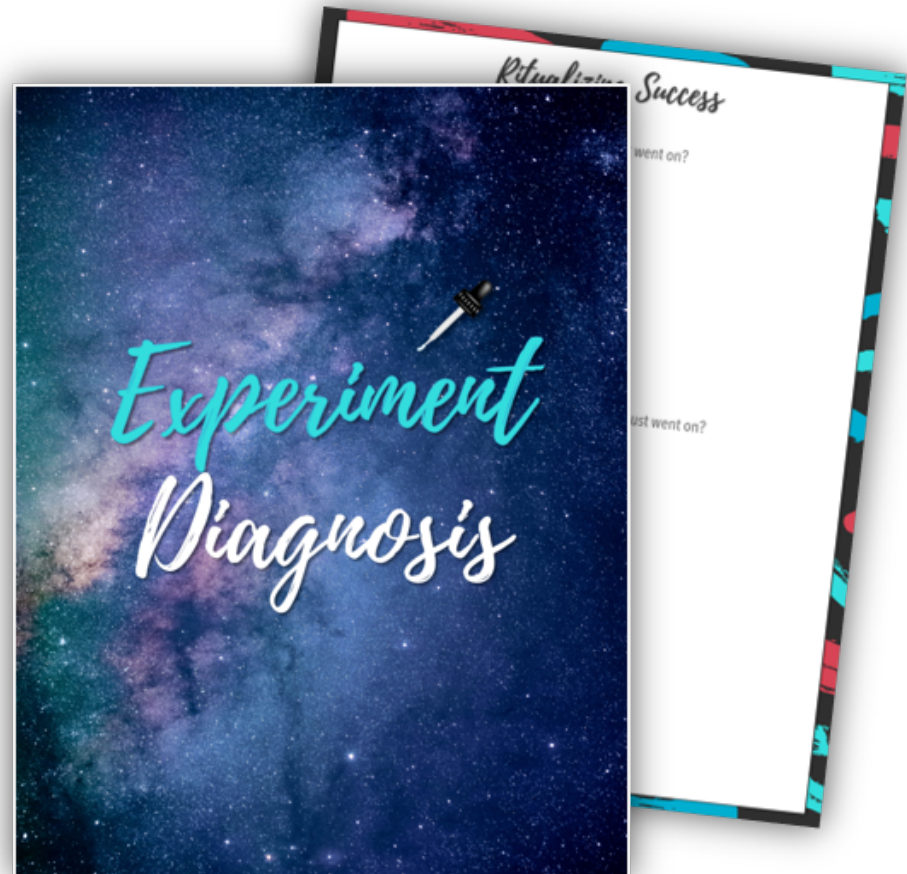
Click on this file to download an MP3 audio of the video content



Like To Follow Along Visually?

Click on this file to download a PDF of the slides from the video

USE THIS WORKSHEET:





# The Glue That Holds It All Together



Information



Implementation



Integration





Broken Record Alert!

In the background:

*Healthy Soil*





That's 'The Meat'  
Of It!





# Just To Recap:

- ★ Soil: Your Daily Ritual
- ★ Roots: Your Forever Self
- ★ Roots: 5 Self-Image Ingredients
- ★ Roots: Your Inner Compass
- ★ Roots: Weeding the Other Beliefs
- ★ Roots: Heal the Cycle of Overeating (and other coping mechanisms)
- ★ Integrating the Roots: Your Mission Statement + Super Simple Self Care

**\*\*These Are The Foundations!\*\***





# *The Fruits!*

(What You REALLY Want!)



# *The Fruits Come From:*

Oxygenated, Nutrient-ed Soil

+

Grounded In These New Roots

+

Actively Managing And Intentionally Creating Your Life!  
(Reverse Engineering)

=

Totally Different Experience Of YOU...  
And Totally Different Experience Of Your Life!



A large, leafy green tree stands on a patch of grass. Below the ground line, its extensive root system is visible, spreading out in all directions through dark brown soil. The background is a clear blue sky with a few wispy clouds.

It Extends Out Into Everything...


*It really is magical!*



**Oh yea, don't forget:**  
Stressless Eating **FOREVER**





A white glue bottle with an orange nozzle is shown dispensing a thick, white stream of glue onto a blue surface. The glue is spreading out into a large, irregular puddle. The background is a solid, vibrant blue color. The text "The glue that brings it all together..." is written in a black, sans-serif font in the upper right quadrant of the image.

The glue that brings  
it all together...

Phase 3:  
Experimentation

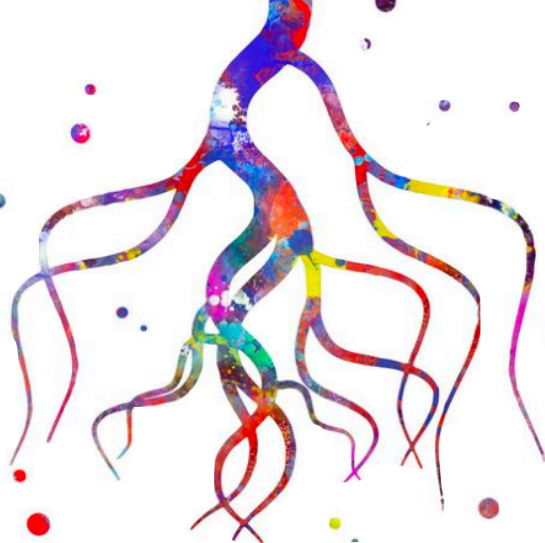
The Fruits

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*"But the fruit produced by the Holy Spirit within you is divine love in all its varied expressions:*

*· joy that overflows,  
· peace that subdues,  
· patience that endures,  
· kindness in action,  
· a life full of virtue,  
· faith that prevails,  
· gentleness of heart,  
and strength of spirit.*

*Never set the law above these qualities, for they are meant to be limitless."*

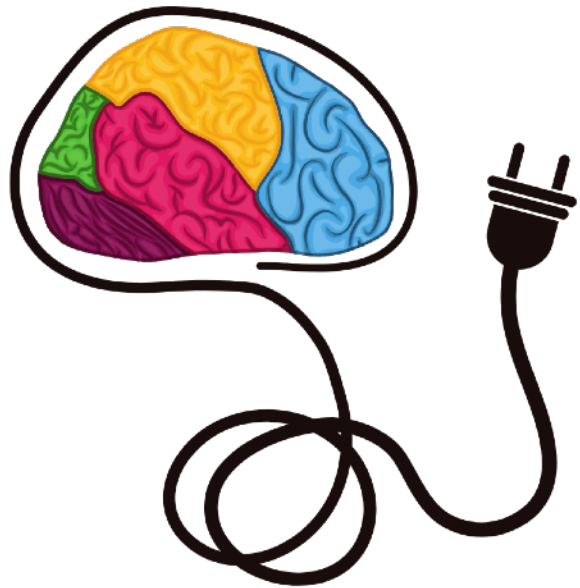
*Galatians 5:22-23*



# *Un-Wiring* AND *Re-Wiring*

## YOUR **BRAIN**

(Your New **Daily** Ritual)







*That's It!*