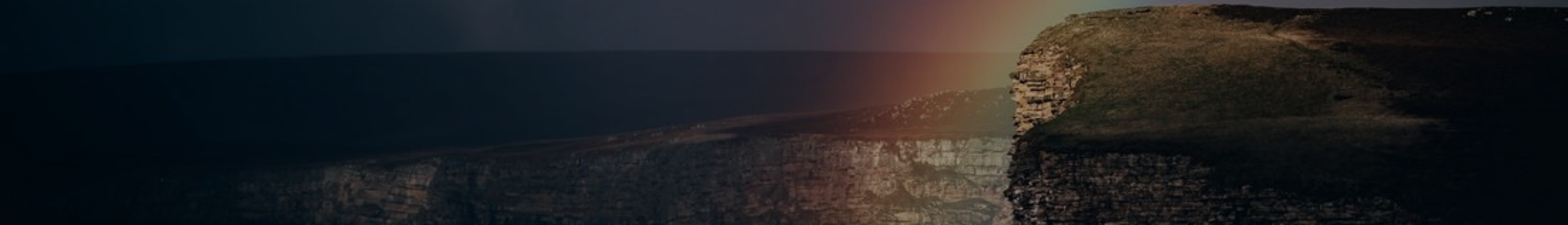


# PROGRAM OVERVIEW

WHAT TO EXPECT FROM **STRESSLESS** EATING





*Yay! You're Here!*

*Not Your Average Experience*



# *Why You Are Here:*

- ★ You "know what to do" ...but no matter what you try, you can't get yourself to actually DO it.
- ★ You do well for a little while, but as soon as you get off track, it's like a vicious spiral and you fall off the wagon .
- ★ You are sick of your relationship with food and your body costing you your HEALTH, your HAPPINESS, or your SANITY

# *Why You Are Here:*

- ★ You feel like you've spent a lifetime (and a lot of time, effort, and money) dieting, exercising, and doing 'the work' on yourself, yet you STILL haven't found a solution to your struggles with food and your body
- ★ No matter how great of a mood you're in, the feeling of your jeans being tight, your muffin top hanging out, or the number on the scale, can (in a split second) ruin your entire day and send you into a tailspin of "not good enough" thoughts.
- ★ You're at the point where you've tried so many things that haven't worked that you almost feel jaded -- like you're not sure if anything will ever work, and this is just how it's going to be the rest of your life.

*But...*

★ You also know that you simply cannot take another diet, exercise program or whatever the latest 'regime' is. You're exhausted. You're overwhelmed. And you're fed up of all the counting, measuring, hunger, and beating yourself up. Something HAS to change.

# *What I Promised You:*

- ★ A much simpler story about transformation
- ★ A much simpler story about WHY you do WHAT you do
- ★ A much simpler story about how to influence yourself the most powerfully  
(and consistently)

# *What I Promised You:*

- ★ How to Rewire Your Brain & Self Image (because you can't out-diet, out-perform, or outsmart your current one)
- ★ How to PERMANENTLY take the stress of out eating and go HEAL your relationship with food once and for all. (because if loving warm chocolate chip cookies is wrong, I don't want to be right.)
- ★ Teach you how to fish 😊



# *The End Game:*

Enlightenment. Awareness. Clarity.  
Understanding. Ah-Ha's.

Newfound Compassion, Acceptance, Love  
(And Like) For Yourself.

A NEW Conversation to START...and to  
practice for the rest of your life.

# *The End Game:*

Create the **fastest, easiest**, most **enjoyable** path towards permanent transformation (not just in a 'bubble')

# *My Hope:*

- ★ This is the beginning of a whole new series of conversations.
- ★ This is the beginning of a whole new relationship with yourself.
- ★ This is the beginning of a whole new way of SEEING things – a whole new awareness of self. New goggles.
- ★ That it all makes sense, that it resonates, that it feels GOOD while you go.

# *My Commitments to You:*

I promise to meet you where YOU are. That means:

- ★ I am not here to persuade you or talk you into doing things 'my way'.
- ★ I am here to educate you and give you clarity, so that you have peace of mind to "buy in" to a new way of thinking and living.
- ★ I want to help you raise the bar on yourself, your self-image, and how much power and influence you DO have over yourself and your life RIGHT NOW.

*You Already Have Everything You Need...*

You can start influencing your mind, your brain, your body, and your Self-Image RIGHT NOW!

**YOU ALREADY HAVE EVERYTHING YOU NEED.**

You just need a new pair of goggles with which to see 😊

*But...*

No one is (or can be) an  
expert on YOU.

YOU have to become the  
expert on.

*This is not another program or plan...*

This is a conversation.

- It's not JUST about Information...
- It's also about Implementation...
- And Integration...
- And that entails ♥ Collaboration ♥

# *My Pledge to YOU:*

I am going to lay it all out there for you:

- ★ My experiences/experiments, those of others, the science (and sass) behind it
- ★ Share my own way of thinking, living, and acting (I'll show you mine)
- ★ Essentially 'brain wash' you over the next 90 days (a new kind of 'kool aid' to drink)
- ★ Invite you into some new conversations.



# *My Invitations To You:*

- ★ Be present. Play all out. Keep your mind and heart OPEN.
- ★ Immerse yourself in this 'stuff'.
- ★ Learn about it. Try it on. Suspend any disbelief and go in it with the intention and possibility that this could be a 'language' you become fluent in.
- ★ Be vulnerable with yourself. Feel all 'the feels'. Just let it all be there.
- ★ There is no 'wrong' way for you to do this program. Release all expectations or agendas, ditch the PERFECTIONISM, and just be PRESENT. Soak it up.  
Enjoy 😊

*One more thing:*

I am here to stand for **YOU**.

(It's time for a new [up-leveled] conversation.)

# MY STORY

Age 8-20



Age 20-29



Age 30-Beyond



# The Brain!

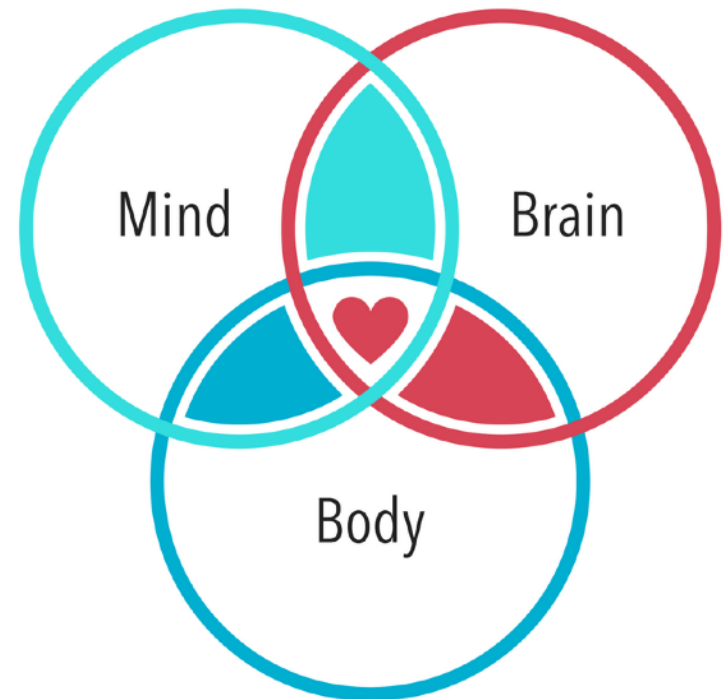


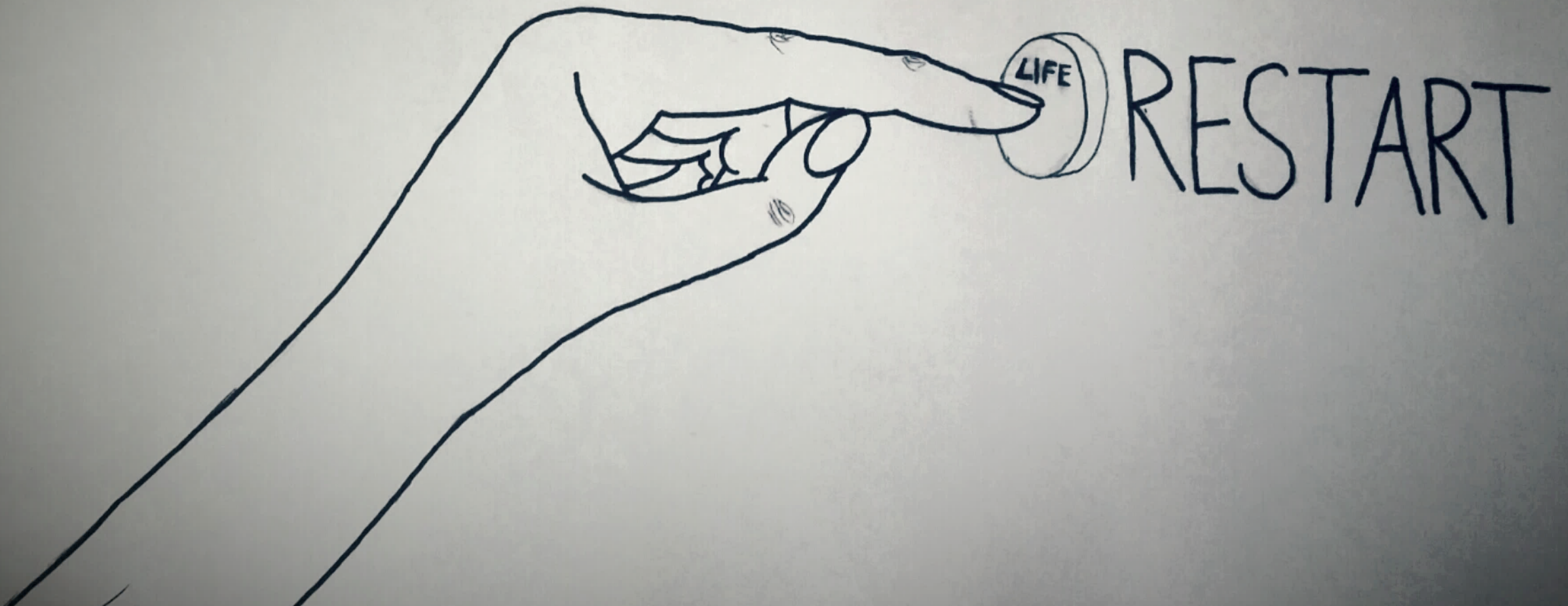
# *I Finally Understood:*

- ★ Why I DO what I do -- that I wasn't weak-willed or a self-sabotager. My brain and my self-image just never got the makeover that my body got.
- ★ I learned why I was still so dependent on diets and band-aids and playing mind games with myself. I was simply 'feeding' my brain change, not transformation.
- ★ I learned that I'm NOT crazy -- that I was doing what any female human mammal would do if she was walking around everyday being weighed down by "the weight of the weight".

# My problem was 3-dimensional...

- ★ "Body solution" didn't cut it
- ★ 'Mind solution' wouldn't be enough either
- ★ 'Brain solution' got me closer...





RESTART

A pair of hands, one light-skinned and one dark-skinned, are shown from the side, holding a heart shape. The hands are positioned in the center of the frame, with the fingers interlaced to form the heart. The background is a dark, textured surface, possibly a wall or a piece of fabric, with some light reflecting off it. The overall mood is intimate and supportive.

*The most important lesson...*

You Cannot **Out-Diet, Out-Perform, or Out-Smart**  
Your Self Image.



So give yourself permission  
to let this be your time.





# *Before I spill the beans...*

- ★ I want to help you understand (and feel better about) your past experiences
- ★ Why typical modalities/ways of 'body changing' set you up to fail (It's not your fault!)
- ★ Recognize: More than likely, this is your first time taking a more 'loving' (and brain-based) approach to transformation.

# *Why Things Stop Working...*

- ★ Most 'solutions' are a slow zig-zag (two steps forward, three steps back)
- ★ Most solutions typically make you HATE your experience of life along the way
- ★ Most solutions don't address the mental, emotional, and social struggles that REALLY keep most women stuck.
- ★ Most women are walking around with a bunch of (what I call) dead 'weight' as you go....which makes the journey slower and harder than it needs to be.
- ★ You've been taught to ignore the brain in favor of the body (what we want for our body)
- ★ You've been a passenger on your journey, looking for different pilots to get you there (instead of learning how to fly)

# *Why Most Systems Fail:*

- ★ There is no system
- ★ It's too complex to understand
- ★ Unclear intent for the steps
- ★ The steps change too quickly or frequently
- ★ Lack of belief in the steps
- ★ Lack of belief in the outcome
- ★ Wrong timing
- ★ You're not ready for either the step, the phase, or coaching/input around it
- ★ You're committed to another system
- ★ You don't want it to succeed (you hate it!)

# *How This Approach is Different...*

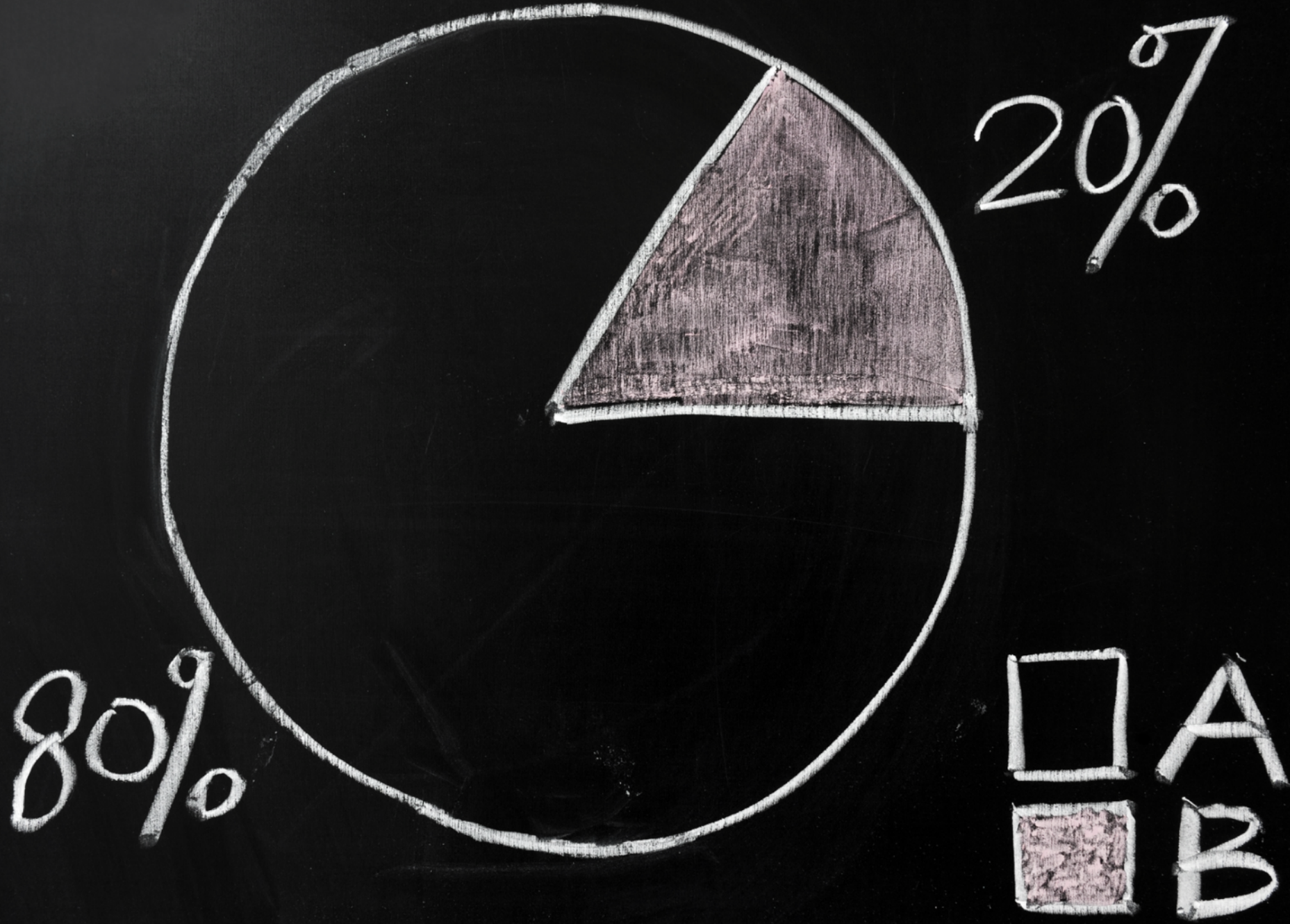
- ★ It addresses the root of the problem instead of mopping up the downstream effects. It addresses the system, not just the symptom.
- ★ It's designed specifically for long-term transformation, not short-term change.
- ★ It's designed to fit inside the context of your own life – rather than try to fit your life back inside of your program or plan.
- ★ It helps you address the mental, emotional, and physical roadblocks that typically keep women stuck in the on-again, off-again rollercoaster cycle.
- ★ It takes a brain-based, smarter-not-harder approach. As soon as we change your psychology and your neurology, your physiology can't NOT change too.
- ★ It's NOT another diet or exercise or "just love yourself, already!" program and is truly the system I use for living my OWN life, as well as passing on to every one of my personal 1-on-1 clients.

# *What Would Work?*

(A Customized Transformational Experience)

*You + Me = Us*

# THE 80/20 RULE









STRESSLESS *Eating*

Starting At

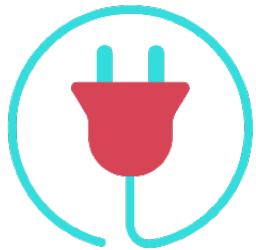
**THE ROOTS**

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

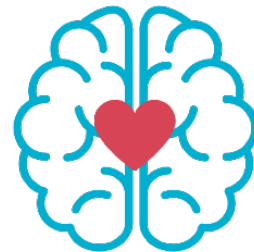
Part **discovery**. Part **experimentation**. Part **practice**.

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



# *Just to Reiterate...*

- ★ Food is not the problem (it's not the chocolate chip cookie, it's who you are being and how you're feeling with the cookie)
- ★ The plan isn't the problem: it's who you are and how you're feeling when you're using it.
- ★ So we **MUST** design all of this for YOU. Make allowances for you. And ditch the shame, blame, guilt, and comparison around who you are, who you have and haven't been, and your relationship with your body and food (because let's face it, we all have our 'shtix' and our own brand of 'crazy')

# *Just to Reinforce...*

- ★ Old way of doing things isn't working.
- ★ You don't want another Band-Aid.
- ★ This is a new way of thinking and living – one built with the end in mind: For you to feel peace-of-mind , happiness, and FREEDOM along the way.
- ★ How you feel MATTERS! Who cares if you have a 'rocking body' if you HATE who you have to be to get it or keep it?
- ★ Learning this system and way of living is a short term investment, life-long care.

A woman with blonde hair in a bun, wearing a colorful patterned top, is shown in profile against a blue background. She has her hand to her chin in a thoughtful pose. She is holding a white sign with handwritten text in black ink. The word 'past' is written in blue, and 'future' is written in red.

Dear *past*, thanks for all  
the lessons.

Dear *future*, I am ready.

*Coming Up Next:*



*See You In the Next Video!*

