

**Welcome!**

Thanks for requesting Lucky's 2021 Freebie

**Enjoy!**

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**Your Stress Epidemic Breakthrough Release**

Including **The De- Stress- Stress Eating- Joy Recovery Formula**

**by Lucky Joy Wells**



## **Are YOU a Stress Fugitive?**

Stress. It shows up in our eating, in anger and relationships, on the road or with the family. It can show up in abuse, addiction, over- medicating and surely in our health.

You may wonder what stress, eating and joy have to do with each other.

Or you may already know all too well that stress and eating share the same bed. Stress eating beckons us when we don't feel good. It can even call us when we think things are going well.

Often, we're stressed but don't even know it. Nevertheless, prolonged stress holds great dangers to our the health of our bodies whether we're aware of it or not.

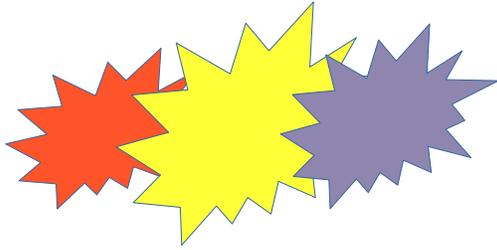
**Stress is epidemic.** Linked to over 80% of our health problems, it can be deadly.

In some way its behind every type of excess and addiction.

## **The Stress Eating/ Vice Go- Round**

The cause of many vices and most all overeating and overweight is stress. The endless go- round of remedies, tips, tricks, diets, etc., never helped for very long. Nothing seemed to satisfy. Fulfillment, better weight and health remained elusive as long as the grip of stress prevailed.

Most people think joy comes AFTER the battle with the excess is over, whether its with weight or something even meaner. But for too many, that day never comes.



## **Has Stress Eating got you Kidnapped?**

### **The Kidnappers Don't Know... and some Don't Want You To Know--**

#### **It's Not Your Fault!**

In this age of stress, vice is common. Our brains are trained to go to stress as naturally as the thirsty run to water. Vice what we find in seeking for an outlet.

#### **It's Not Your Fault!**

In this age of stress, vice is common. Our brains are trained to go to stress as naturally as the thirsty run to water. When stressed we seek relief. Too often, we find it in our vices.

**As for the Big Food- Diet – Eat More Industries--** they make the food as addictive as can be possible. But when all the focus, diet advice, etc., is points toward you as culprit, they win!

It keeps you out of their business. And disgusted.

#### **The Diet Band- Aids**

Don't you just love the diet advice ...

"Quit before you feel full, stuffed, or sick from eating."-- If we could quit, we would!

"Skip breakfast if you're not hungry," "Fast for a day or half- day every week."

What to do? "Eat only salads, drink plenty of water, only eat in the kitchen or at the table," etc.

"Cut back on sugar and junk-- but have it if you really need it," etc.-- and the million ways to do it.

This kind of advice keeps you in the problem-- thinking you'll beat your eating issues with what you do on the outside. You're working hard to create your freedom by juggling, finagling and fixing everything but your own brain! No wonder we give up on the Diet- Weight- Loss- Regain Rebound – Go – Round!

Losing Weight is easy compared to **creating a sustainable, properly maintained body** and healthy weight that will last a lifetime.

**This is an inside job--** It's not about changing externals-- it's about changing who you are.

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### **Stress has us Kidnapped us when...**

When we believe we're wrong or defective...

Especially when so much food is engineered to defeat us in escaping its grip-- we may need help.

When we're fully dependent on our own willpower to change...

We could be in deep trouble!

**What if our will power really *isn't* all that?**

**What if all that endless struggle only serves to drain and defeat?**

Brain studies seem to point that way. They tell us that the problem isn't with our will-- its in the stress, hidden and overt. When it comes to our excesses, stress is usually at their root.

The cause of many vices and most all overeating and overweight is the stresses of life. And the inability to handle them without reaching for what's become our best crutch, our "drug", if you will.

### **What if--**

... rather than working so hard to control your own inner beast-- the eating-- you could get friendly with it, invite it to tea and to its happiness instead of blaming it as your downfall?

**What if--** you put your focus on one simply feeling better without the unhealthy eating? When you seek your own happiness and learn better ways of dealing with the over- reaction to stress you'll find yourself breaking free in the most permanent way.

**The #1 de-stress remedy uses your own inner drive to create joy** in your life.

It **re- trains the brain** to deal with the stress which then becomes a permanent part of your coping. Instead of fighting off the beast of vice, you could be having fun, the fun of creating your joy..

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**Stress Relief can be Happy and Fun!--** and heal your vices!



### **The Happy- De- Stress Discovery**

After years of studying dysfunction, some scientists got hip. They began to study happiness. Evolving studies merged with other studies done on stress. Stress relief methods, they found, were similar to those used to create happiness. By pursuing happiness, subjects were relieving stress and by de- stressing, happiness appeared

But there was more good news ahead. The same subjects using happiness- de- stressing methods not only got healthier, but began to lose their vices. Guess what? Truly happy people (inside and out) don't need vices. They don't want them. Bypassing them, pretty much, is as easy as the next breath.

**Forget the External Solutions--** they don't work for long! What would you say to throwing out the diet- angst- distress mentality, the discouragement, the remorse, the guilt and the shame.

### **External Solutions are mere Band- Aids**

on a problem that's bigger than anything on the outside of us.

### **The Real Thing-- it's in our Brains!**

**If you've tried every trick** to lose the weight (when you're lucky) only to gain it all back and more. The problem is seated deep in the brain, in its hard- wired circuits that send your back to the food and the unhealthy eating. Our past actions have trained us well to think the food will make us better. It does, for the very short time before we hit the skids..

### **Our Brains need a Reboot.**

Neuroscience now has some new, amazing ways to get under the old brain pathways that keep us in chains. **There's a new story today** to improved, healthy weight and a happier life.

It's all done in **happy, fun mini- breaks of just 3-5 easy minutes** throughout your day.

**Relief is in sight-- Don't tear your hair out quite yet!**



### **Emotion, Excess and Stress Eating**

The connection between stress and emotion is clear.

Our stress increases anger, injustice and fear.

When we take time to nurture our emotions as our brain instructs us, stress lessens and joy is enhanced..

The connection between stress eating and our emotions are clear to most over- eaters and is seen in the usual diet advice. De- stress tips like these are given out freely to weight watchers.

**Tips, Tricks & Advice for Weight Watchers** often include...

Take a time out.

Pay some kind words or compliments to yourself or someone else. Think good thoughts.

Write down 10 things you're grateful for and share them.

Call a friend for support.

Relax-- Take a warm bath or shower.

Listen to music or a relaxation CD.

Get Outdoors!

Move. Take a walk.

OR— Have Fun!

These are great, but alone they can't stop the brain's insistent calls!\

These things, again, are the band- aids that distract us from the real issue-- the wiring lodged deep in the brain! "Tips" & such cannot re- train your brain in a substantial or long- lasting way. They cannot help you create a more secure, ongoing, lasting state of inner peace and content.

Many forms of neuroscience

### **True Transformation**

Diets, tips and tricks don't go deep enough to effect lasting change. As well, not all forms of neuroscience will create permanent change. Not all of these methods can actually rewire your brain. The best tools are made to speak to the individual brain in order to transform the way we meet stress.

**Neuroscience brain re- training methods** help you "Reboot to Joy"--

You can actually re- wire your brain to clear most any vice! When you're calmer and happier, stress eating and dysfunction is reduced and your functionality is enhanced.

## **If you think you've tried everything to end your stress or overeating--**

but haven't tried *specific, individualized neuroscience brain re- training methods*, you may want to take a look. It's evidence- based and many studies have found it more effective and long lasting than other methods. You can try out a spot of it out in the next pages. For now, here's more information.

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### **F. A. Q.-- Frequent Answers--**

From Reboot to Joy Neuroscience & Coaching

#### **Re- Training the Brain & Emotions for Breakthrough Change**

Brain re- training helps change drives that trigger stress, stress eating and other vices. The Reboot to Joy process educates and support practices that address stress- activating hot- buttons. From there we can target, speak to and undo those problematic brain pathways.

The Reboot to Joy Formula educates and supports neuroscience and psychological practices that address the brain's hot- buttons that activate stress. From there we can target, speak to and undo the problematic neural pathways. Instead of trying to force changes from external motivators, such as diets or self-will, the re-wired circuits take over resulting in Improved mood, less stress and more functional thinking and behavior. Transformed and tapped into our joy, new ease and relaxation naturally pull us to our highest good. External solutions and unhealthy choices are no longer needed or wanted.

The process uses simple tools that help clients get comfortable with their own natural emotional states and deal with them in healthier ways. As indicated in the moment, it may ask specific questions that help clarify and move through each phase as it is experienced at the time. Queries will follow the natural progression of emotions within the brain. Thus, they relieve stress and bring the brain into balance. In this healthier state, effectiveness, functionality and productivity is enhanced on every level.

The brain is re- wired, also serving to weaken the cause of the stress (the brain circuits). Thus that ingrained brain path is used less frequently, becomes less active and less easily or strongly triggered. Gradually the more resilient wiring begins to take over.

Transformed, tapped into joy brings a new experience of relaxation and ease that naturally calls us to our highest good. External solutions like unhealthy food choices to soothe us are no longer needed or wanted. Blockages of mind, body and emotion that trigger the stress are cleared. Unlike other methods, the effects of the particular sciences applied are both short term as well as long- lasting. Using the tools brings greater resilience. The resultant improvements and better mood re-orient the innate, healthy good, drawing one to the choices that keep them at their best, happy, joyous and free.



## **Reboot to Joy & Lifestyle Change Methods**

### **Reboot to Joy & Other Methods**

Most methods for lifestyle and lifelong change produce changes that may at first appear breakthrough but may fade over time. The neural responses rooted in mis-wired thinking must be changed on a deep level. Without altering the brain pathways driving problematic behavior, the issues still persist. And with each repetition of that troublesome circuit it becomes entrenched more deeply.

Popular Lifestyle Change Methods include:

Personal Counsel and Coaching, Behavioral and Cognitive Therapy, Hypnotherapy, Psychotherapy, Brain Gym, Sound Healing, Medications, Breathwork, Meditation, Prayer, Contemplative Practices, Spiritual and 12- Step Addiction Recovery.

As needed, some of these are used in Reboot to Joy coaching. They too can help to heal chronic stress and less-persistent issues. However, trauma, addictions or compulsive behaviors call for a powerful re-orientation to life-- a change in the workings of the brain-- that may not be provided with these methods alone. Rebootto Joy re-education and support includes a specialized neuroscience and brain re-training tools. These are most effective in initiating and cementing the needed changes. It is in the re-patterning of vital brain circuits that we find the super-power, the glue that secures and ensures our transformation. A number of tools can help reduce stress in the moment but targeted neuroscience brain retraining deepens and reinforces that change as well as raising the happiness set point, creating a new, happier, empowered life.



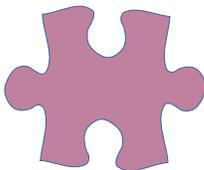
## Health, Overeating & Stress Eating Programs

Many programs around eating focus on weight- loss. More often than not that loss doesn't last long. It's merely a band- aid, because the real crux of the problem is in the over- blown habitual response to stress. Thus, addressing and relieving that inflated response must take precedence over external solutions. Without changing that destructive pattern on a deep level, there can be no ongoing relief. The key to that vital healing must come from application of a specific, individually targeted neuroscience that works in a specific, individualized way. The tools of that science are thus able to re- wire the brain circuits that trigger chronic vices, dysfunctional eating and the like.



### Reclaiming our Lives

Other methods don't have highly targeted, effective, easy tools that can transforming the stress circuits robbing us of positive action. Neuroscience is the better way, addressing the causes of mental distraction and dysfunction directly. We bypass the need to analyze, trick or circumvent our normal brain pathways, a method with limited results. When we switch off the root cause (the stress circuits) with our tools, we can reboot our day and lives, reclaiming the wise, kindly, natural and in- built human tendencies that help us to live in serenity and happiness.



### Next – A Taste of Reboot to Joy's Neuroscience Tools and Support

as used in our Brain Re-wiring Reset  
to relieve stress and stress eating as well as boost joy.

### For General Practice and Easy De- Stress--

**Emotional Awareness** is extremely helpful in reducing stress.  
You'll understand more as you begin allowing for this.

#### --- Simple Relaxing and Allowing

... Just being in this very moment, as it is in the here and now...

**Take a deep breath and allow** yourself to feel your body and relax into it.

## **De-Brief, De-Stress & Your Healthy Good Practice..**

It is helpful to practice this often, especially when experiencing unpleasant emotions.  
You will see that, in general, our emotions tend to fade quickly when you give them room to breathe...

Again, take a deep breath and allow yourself to feel your body. Relax into it.  
In this moment, send yourself a bit of love and kind thoughts.  
You may want to close your eyes as you this...

Now, bring attention to the emotions that you feel.

### **Ask yourself---**

What do I feel right now?

What are my sensations?

Where do I feel it in my body? Where in my body did it start?

Did the feeling move – If so to where? Does it have a size, a shape? I allow all of it in.

**I am O.K. I feel. I am human. I am O.K.**

This will pass. I simply observe and move on.

How do I recognize when others experience this emotion?

Do I notice any of these signs in myself?

What do I observe in my body language, vocal tone, thoughts, behaviors?

I let it all fade... No judgment. No fear...

I give myself space to feel without judgment.

**Thank your feelings for showing themselves.**

Witness them. Take your time but also allow yourself to move on.

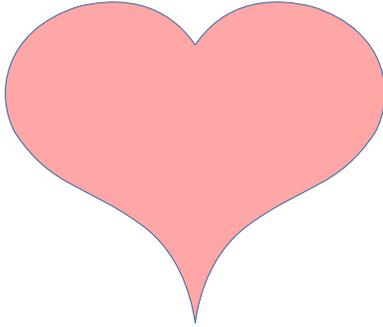
Send compassion to yourself right where you are.



Here's your

### **Joy- Reboot- Re-wire “Mini- Demo”**

This exercise works with the emotional brain.



**A “10- Second” Technique for Stress Relief\*** for moderate stress.

*Are you a little stressed? Then this exercise is for you.*

*If you're more stressed than that, other tools will better offer you what you need.*

We'll be looking at key human emotions.

We'll allow them to come and go just as they are, without judging or trying to change them.

Begin...

**Take a deep breath...** Feel yourself in your body.

Relax into it. In this moment, send yourself kindness. Breathe...

Now bring attention to the emotions you feel.

Begin with anger, then go to the feeling that comes up next --- sadness &/or fear

What are you **Angry** about? Say it & feel it, then let it fade...

Then-- What am I **Sad or Afraid** about? Feel each one as it comes up then ask--

**What's my part** in this-- what could I have not done? Feel that

Allow it, then allow it to fade... usually in a few seconds or so.)

**Let this all fade...** (or you can do a 2<sup>nd</sup> round if you're still feeling angry, etc

When the feelings fade... more peaceful ones will emerge

Next--

What's your **Gratitude**?

What are you **Happy** &/or **Peaceful** about?

What do you feel **Secure in**? – What can you feel **Proud** of?

Allow each feeling to flow up from inside you, then allow it to fade...

Let them come and go just as they are without judging or trying to change them.

Now **thank yourself** for the feelings and for hearing them.

**Appreciate** the release of them and the new place you're in.

In all this--

Is there something you want to do **just for today**?

**Name** what you want to promise yourself you will do that will make you feel good.

**Thank yourself for this work and for rebooting to Joy!**

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### **When working with feelings,**

Rather than over- thinking, let the answers bubble up from inside you, from your gut or your heart-- this is your feeling as it is in- the- moment.

To add to your let- go---

Relax and Let yourself feel compassion for you.

Let your feeling expand to a heartfelt compassion for you & those around you-- and for the world... Relax into a feeling of **peace on the inside of you.**

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I do hope you'll try these practices more than a few times-- or maybe just get the full coaching program for your best results. In some venues work like this is called being there for yourself, your own natural self- nurture or simple sitting with your feelings and allowing. Other programs may add writing, meditations, tapping, etc., or suggestions to further relaxation and relief, any of which may be helpful. Making this small practice a part of your daily routine and/or using it when you feel yourself getting stressed gives you a quick way to de- stress, builds your serenity and the peace to enjoy the rest of your day.

\* This method is for moderate stress only. More serious stress triggers may call for different tools.

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### **Sooo... How Do You Feel Right Now?**

Now you've had a taste of a direct neuroscience brain re- training method, you may see just how kind it can be? Rather than "beating" stress down, it's more like a fluidity, a flexible "Akido move" that helps us get out of the way of stress. Its all done through a process that safely and kindly re-connects us to our feelings, bringing us to greater joy in a fun and happy way.



This method is as simple as saying--

**Stop, Look and Listen to what you're feeling.**

That alone helps everything!

When you do this, your emotions have a chance to cool out, and they usually do.

The problem is, most of us don't know how to do that. Or do it well. We need help to learn the "how-to" of it. Often we need support to face feelings that can feel scary or hard. The great news is that neuroscience has all these paths marked out for us. And surprise! They're simple, easy and pretty much fun.

**Still stressed? You're likely in a higher stress level....**

Which can be good-- Read on!

## **If you're in a higher stress level that can be good**

But only if you're using **cutting -edge neuroscience** practice and tools!

### **Being at a greater stress level CAN be helpful --**

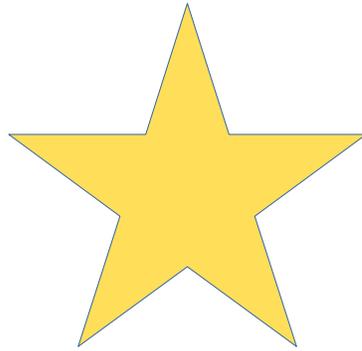
with cutting -edge neuroscience it can be great! That's because we can use that stress to dig a bit deeper and change the brain program on a much deeper, more lasting level. Here's where some of the heavier lifting is done-- and guess what? Its way, way easier and far less distressing than it sounds. If you're at one of those more distressed levels, you may need the next level to get your relief. It's a bit more complicated but does so much more than just relieving you for the moment – it holds the real key to the rewire process.

### **Deeper Stress calls for Deeper Processes**

With Neuroscience-- Now You've got a Key to a

**Deeper Process = Deeper Longer Lasting Changes**

In deep stress you can get in more deeply to re- set the brain's old programs, the ones that create your super- stressed and other hyper- reactions. For a bigger taste of that method, I offer mini- sessions free of charge when I can, by phone or online. Get more info at the end of this e- book.



### **Now You've Got a Key**

The little emotional run- through Joy Mini above can relieve difficult feelings that need attention. Feelings that keep you from what you *REALLY* need. When your inner needs are heard and supported, you feel happy, comforted, satisfied. With happiness filling you, you don't need the extra food. In fact, you'll likely find that you won't be wanting for anything that doesn't serve your highest good and your joy. Joy sets us right in our minds (at long last!) and we begin striving to maintain that balanced state. Why? Because it feels good, that's why! That is, until you lose yourself again....

Sure, it happens. That's why we need the tools to come back to anytime, or many times in a day. The tools lift us to comfort if not to joy--

### **When you Reboot to Joy**

#### **You Can Stop Eating your Emotions**

Stuffing down feelings doesn't make them go away-- but happiness and nurture from a kindly heart can beat out the need for excess. If you've been using eating to deal with feelings other than hunger, such as stress, anger, boredom, being tired or in distress, you're not alone.

You can keep a healthy weight and life, free of the fight, free of blame, remorse and shame?

And **do it all in happy, fun mini- breaks of just 3-5 easy minutes** throughout your day.

**You can throw out all your diet- angst- distress mentality?**

the discouragement, guilt and shame---

**You can throw out all the work- diet- discouragement** and seek out your Happiness instead.

The big **“Happy Cure”** question is...

How to make increased acalmness and joy a state that you live in, rather than something passing.

**The tools of neuroscience** are so simple and easy to use-- and as close as your phone-- helping you re- wire the pathways of the mind that cause dysfunction and distress.



### **De-Stress-- Get Happy!**

When you get the pervasive, life- changing effects of happiness and are active in allowing for as well as actively re-training your brain, joy becomes a permanent habit. When you're in the relaxed, happy state, your brain will function at its optimum best. And that feels great! You can know that you're doing the very best thing you can for your health. The truths of health and your neglect of it won't stymie you. You'll be free from the old pangs of regret, remorse and guilt. Instead, you're learning to live more permanently in the brain state pathways of lower stress and more consistent joy.

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**If you want** Inner Peace, Harmony and Self- Mastery

If you want freedom from the Tyranny of Excess--

If you want Superior Health & Life Balance

If you want Joy, Happiness, Success and a Long Life

for yourself, your family and loved ones...

Enjoy **Reboot to Joy Peace** & the De- Stress Reboot Secret--

**I do hope you'll try this.**

If it doesn't appeal or you want to try this in a different way--  
or maybe try out a different tool and learn more about how this works –

You can **Book a Call with me *Free*--**

In our ***Experience/ Strategy call***,

I'll help you find your own best way to get started on your most effective journey  
to transforming your stress, your stress eating and your life.

**In Closing--**

Please Share This--

**Let's Reboot this world to Happiness, Kindness & Peace!**

We've got to get this out to build and re- build a kinder, happier and healthier world!

And may you take your best action to claim your freedom, becoming the calm, peaceful, serene and  
happy soul that you always had inside of you!

**May you Reboot to Joy, Happiness and all the best that you can be!**



**I thank you for your Open Mindedness** and for growing with me!

-- Coach- Specialist Lucky Joy Wells

For Questions, feedback and more information

*Email Lucky--* [Email@zlucky.com](mailto:Email@zlucky.com)

Learn more at **Reboot to Joy** – [Zlucky.com/u](http://Zlucky.com/u)

*Meanwhile--* Indulge yourself--

Schedule your *Free* **Mini- Joy Reboot Experience Call** with Lucky Joy Wells.

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