

STRESSLESS *Eating*



How To Take The Stress, Emotion,
And Obsession Out Of Food... And Get Off
The Diet Roller Coaster For Good

[THE CLIFF'S NOTES]

Welcome! I'm so glad you're here!...

I took my latest book **Stressless Eating** and distilled it down into a **Cliff's Notes** version of all the big ideas from the book-- designed to be a **quick-and-easy read** you can start soaking in right away!

I've literally laid out all 'the meat' of what you need to know about conquering **emotional eating**, **binge eating**, and **self sabotage**, and finally getting OFF that **all-or-nothing 'Diet Roller Coaster'**...

....so you can stop **worrying** and **obsessing** about food (or your weight) and finally **be done with dieting**.

(but without **restricting** yourself, **punishing** your body, or **subjecting** yourself to years of therapy.)

Enjoy!

Leanne

Creator, Stressless Eating!



P.S. If you're reading this on your phone, turn your phone sideways for the best reading experience 😊



**Most women think they need to
make a CHOICE...**

Either live in a body they don't love...

-OR-

Hate who they have to BE, what they have
to DO, or how they have to FEEL to get
the one they do want.

And THIS is what leaves us feeling **TRAPPED** in that vicious cycle of:

- ✓ Bouncing around from one plan to the next, feeling like a **failure** because **nothing** ever works, and feeling stuck on this **all-or-nothing** “on/off”, “up/down” roller coaster.
- ✓ ALWAYS thinking about food! Feeling like food controls YOU more than we control IT.
- ✓ Constantly doing that **one-step forward, three-steps backward** dance of gaining/losing/gaining/losing.
- ✓ WANTING to be done with dieting, but having no idea what that even looks like, and even though it sounds amazing, the thought of NOT being on something **sounds scary**

It's exhausting!

Who wouldn't reach for the jar of cookies, the bottle of wine, or the kids' snacks with all of that 'excess baggage' weighing you down?



For the first 30 years of my life, I had 2 'modes'.

✓ On -OR- ✗ Off

There was no middle ground for me. It was:

 **My Inner Food Police:** 

Micromanaging every morsel of food I ate. Controlling myself, restricting myself, punishing myself, and persuading myself not to eat certain things because they were "bad" or "not healthy". Obsession. All that shame, blame, guilt, comparison, and perfectionism...

-OR-

  **My Inner Rebel (See also: Inner Glutton!)**  

Carefree abandonment – eating whatever I could get my hands on. Gluttonously over-stuffing myself. Sugar addiction. Utter lack of care of my body, what I ate, how I moved, and my health in general. But also feeling like I had to "get it all in" over the weekend before I went back into "Police" mode on Monday.

And THIS was my life for over 30 years!

Bouncing from one extreme to the other: I would diet and restrict until I couldn't take it anymore, and then....I would TOTALLY let myself go.

The bingeing would continue until I either:

A) Felt like crap physically

-OR-

B) All that guilt and shame seeped in, and back into "Police Mode" I went. 🚔

There was no middle ground.
Only 2 ends of the same switch...

Forcing me to LIVE on that all-or-nothing 'Results Roller Coaster'.

It's a prison that most women don't have a clue how to escape from.



And if that's where **YOU**
are too, I'm here to tell
you: It's not your fault!

Up until now, you've been taught (by
the diet industry mostly) that losing
weight is simply an *eat less, move more*
equation.



But that's not true.
(and there is SO much more to the story....)

In fact, that backwards way of thinking is dangerous....

Because it teaches you how to put a bandaid over food compulsions and cover up emotional pain.

And it never heals the deeper problem for why every attempt to lose weight and “love your body” ended in failure.

That's why you've been stuck on the up-and-down, all-or-nothing '*Diet Roller Coaster*', thinking food is the enemy.

It makes sense too: Every 'expert' is telling you something different to do:

Count carbs, count calories, fake it till you make it, work harder at the gym.



And all this does is confuse the daylights out of us!

For me it would cause me to feel almost
paralyzed, not knowing what I *should*
be doing.

Because let's be honest...

It all works...

Everything works...

Until it doesn't.



And if you're reading this right now, you're probably starting to realize that if it really **was** as simple as reading more books or going on yet another diet, you would have healed from this a long time ago.

Because if we get to the crux of it: the world is throwing more diets and exercise plans at a deeper problem. (AKA you're trying to 'out-diet' a deeper problem.)

**But the weight on your body
isn't the real weight...**

It's all this other 'stuff' you're carrying around (and doing) that's so heavy...

I call it the *Weight of the Weight*.





There are 4 'Weights' in total, but
for now, just know this:

- THIS is the weight that needs to be ditched.
- THIS is the weight that's truly weighing you down.
- THIS is what's keeping you stuck ON that up-and-down rollercoaster.
- THIS is what's keeping you either "all in" or "all out" and leaving you to deal with that dreaded *Bounce-Back Effect* of gaining/losing, gaining/losing.

So what if I told you the solution to losing the weight you've been dreaming of for years, is to ditch THAT weight (*The Weight of the Weight*)?

...and that's when you can truly be free, and THAT'S when everything will work for you?

Because...

Everyone-and-their-mama is talking about "*ditching the diets*" and "*self-love*" nowadays — it's actually kind of become *en vogue* to jump on that bandwagon.

But the only problem with that is: HOW?

👉 How do you suddenly STOP doing what you've been doing for decades (or the only thing you've ever known)?

👉 How do you suddenly STOP shaming yourself, hating on yourself, or criticizing yourself if it's all your brain knows how to do?

👉 And how do you just suddenly STOP dieting if you've been on the roller coaster a long time, and you're terrified you'll "*go off the deep-end*" and gain a bunch of weight if you're NOT on something?



**Here's what I CAN say about
it for sure:**

...it won't come from another diet.

...it won't come from another exercise plan.

Your **brain needs to heal** AND **the
disorder needs to be addressed**
(but without all that shame).

It's time to learn how to stop:

- ★ Overeating
- ★ Stress eating
- ★ Mindless eating
- ★ Emotional eating

... but without:

- depriving yourself
- restricting yourself
- punishing yourself
- or persuading yourself to stick with things you hate

Re-wiring your brain and **healing your relationship with food** is the key to escaping the never-ending diet-spiral you're on once and for all.

THAT is how you stop the cycle of restriction, deprivation, stress, and OBSESSION, and stop playing a losing game.



**Hi I'm Leanne. I've been there,
and I can help...**

This isn't just me spewing information at you. I know where you are right now, because **I've been there myself**. I was stuck in my own food and body and shame prison for DECADES.

My struggles started when I was taken to Weight Watchers at 8 years old, and I carried it all with me into adulthood ...

**...at one point reaching nearly 250
pounds.**

Then through some of the right ways (and a lot of the wrong ways!), I lost close to 100 pounds and made over my life.

But because I never addressed the root cause of my struggles, I was left with disordered eating, a horrible self-image and body image, and an addiction-like relationship to food and sugar.

The day came that I finally realized I was NEVER going to be able to out-diet or out-willpower my deeper problems, so I re-wired my brain and FINALLY healed from the 'brain damage' of chronic dieting,

Now I teach other women how to FINALLY get OFF that all-or-nothing diet roller coaster and heal their relationship with food...but WITHOUT all that restriction, obsession, and shame...and without needing years of therapy to do so.

I call it **Stressless Eating** and that's what I'm here to share it with you.

"Because if loving warm chocolate chip cookies is wrong, I don't wanna be right."

MY DISORDERED EATING TIMELINE

Age 8-20



My body *owned* me, and the flood of self-hate and judgments really began.

Age 20-29



I got the body, the business, and the life I thought I always wanted. And while I looked happy from the outside, on the inside I was anything BUT happy.

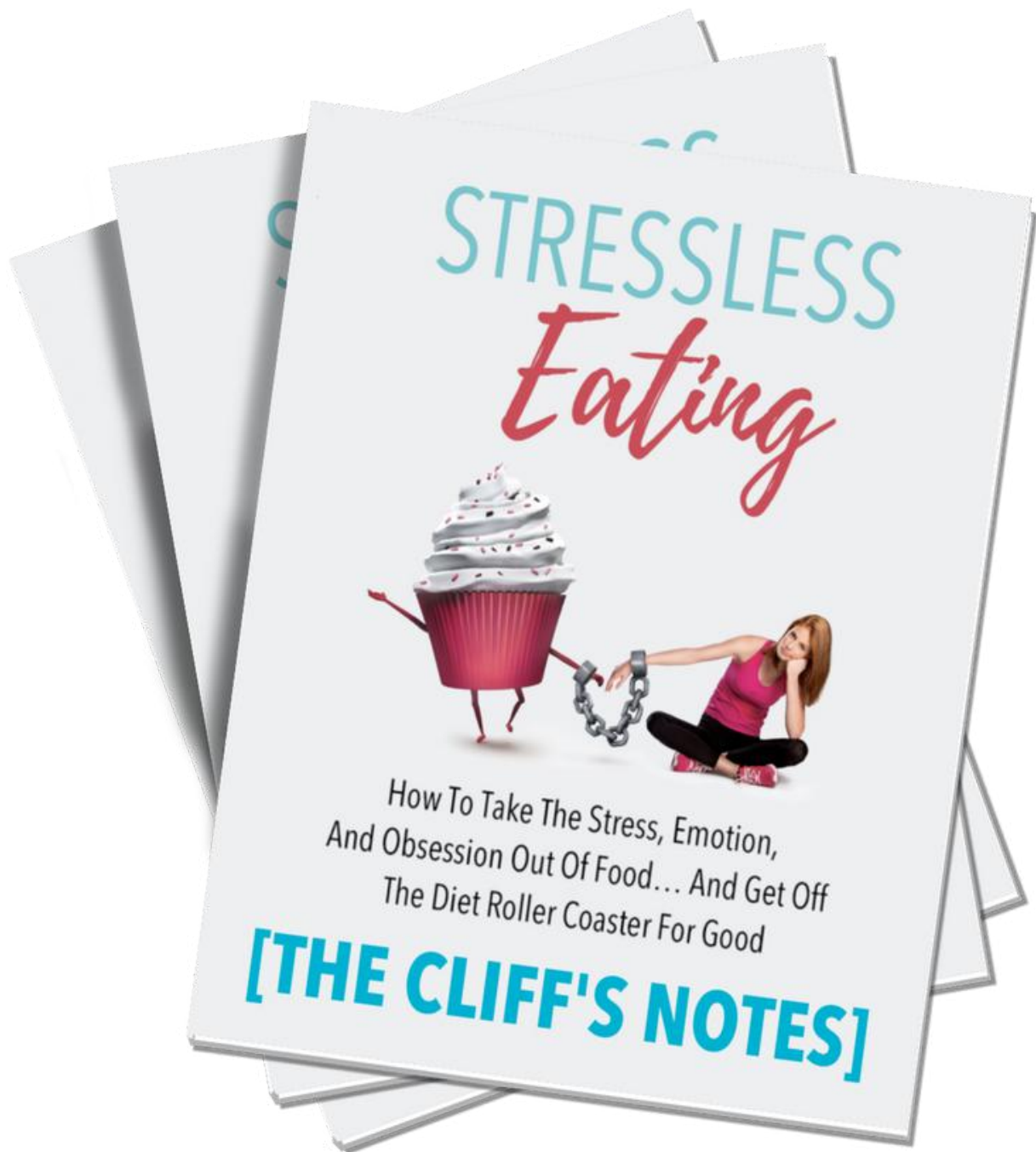
Age 30-
Beyond



I couldn't take it anymore! I finally set out to 'get right' with my body, my brain, and my heart... and set myself free. And the only way to do THAT was through my Self-Image.

Without Further Ado...

Let's Dive Into The Cliff's Notes...



But first, just a quick heads up:

What you are about to learn is truly POWERFUL stuff! And I really did lay out the “meat and potatoes” of what you need to know about re-wiring your brain to heal from the all-or-nothing diet mentality for good...

...but WITHOUT restricting yourself, punishing your body, or subjecting yourself to years of therapy.

That being said, this really IS the Cliff's Notes version, and if you truly want to learn the in's and out's of how to heal your relationship with food (and your body), I DEFINITELY recommend you check out the Stressless Eating Masterclass (also 100% FREE!)

You can also read through this AND go watch it. But either way I definitely recommend you set aside the time to do that. Okay onward!



[Click Here To Watch](#)



WEIGHT OF THE WEIGHT #1

THE 'WEIGHT' OF DIETING:

The 'weight' of the restriction, deprivation, punishment, persuasion, and **STRESS** that typically comes alongside food.

(This causes that *Bounceback Effect* of the up-down, black-white, all-or-nothing roller coaster).

You're going to hear me say this a lot:

Food is not the problem. Food is not the enemy.

It's the 'diet mentality' (and your thoughts about food) that's **causing the problem**. It's **how you're feeling** when you're eating AND **how you're feeling** about yourself 24 hours a day.

It's that "all or nothing", black/white, up/down roller coaster that's the problem...because you can't ever get off it!

Or if you try to, you become terrified that you're going to gain weight or "go off the deep end".

Either way, you become a slave to it. You become captive, and you feel like **food controls your life** more than you do.

That's the truth.

But also... it's not benign!

The Tale Of Two Cookies

I get into the in's and outs of this in my book, my podcast, and my masterclass, but the Cliff's Notes Version of the Tale of Two Cookies is:

The **same** cookie, experienced in **two totally different** ways, will create OPPOSITE cascades in your brain and nervous system.



Joy. Pleasure. Permission.

- ★ Parasympathetic (relaxed) Branch
- ★ Dopamine, Serotonin, Oxytocin
- ★ 'Metabolism' Efficient
- ★ Nervous system practices relaxing
- ★ One 'frequency'

Guilt. Shame. Obsession.

- ★ Sympathetic (fight/flight) Branch
- ★ Cortisol, Adrenaline, Epinephrine
- ★ 'Metabolism' shuts down
- ★ Nervous system practices stress/reacting
- ★ Totally different 'frequency'



Same Cookie. Two VERY Different Experiences.

So one experience of the cookie (guilt, shame, stress) will elicit a **COMPLETELY** different response in your nervous system than if you experienced peace or ease or simply no 'drama' around that cookie.

This is of course the oversimplified version of how your brain works, but just know this:

It's not what you're **DOING that makes the biggest difference. It's how you're **FEELING** and who you're **BEING** that makes the biggest difference.**

This is the real weight. This perpetuates your struggle with food and your body, making things worse.

THAT the 'Weight of the Weight' that I speak of...

It's the weight of the restriction, the deprivation, the punishment, the persuasion, and the stress that typically comes alongside food...

...and it does NOT have to.



2

WEIGHT OF THE WEIGHT #2 THE 'WEIGHT' OF BEING YOUR OWN BIGGEST CRITIC:

The 'weight' of harsh judgements, self-criticism, guilt, shame, blame, comparison-itus, and perfectionism in your Self-Image & Self-Talk.

Again... food is NOT the problem. It's your **THOUGHTS** about food.

Your body is NOT the problem. It's your **THOUGHTS** about your body.

It's the emotion, judgment, guilt, and stress (usually associated with food and your body) that are the problems.

This enemy that women **THINK** they have in their minds is not an enemy at all. In reality it's the voice of your **default Self-Image and Self-talk** (and your subconscious beliefs about yourself and your abilities.)

Most likely, you learned what I learned, which is that **food is personal, that food is emotional, and that it's something that needs to be judged, controlled, or perfected.**

But **THAT'S** the part that isn't working... and that's the part that doesn't have to be there. **It's totally optional.**

This Parable describes what I mean perfectly....

One evening, a Cherokee elder told his grandson about **a battle that goes on inside people.**

He said, “My son, the battle is between two wolves inside us all. **One is Evil:** anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.”

The grandson thought about it for a minute and then asked his grandfather,

“Which wolf wins?” The old Cherokee replied,

“The one you feed.”



So what are YOU feeding?

I can promise you this:

You're getting fed either way.

It simply becomes a matter of if you let your **default thoughts and Self-Image** take over, or if you **consciously feed it a new story, a new narrative, a new way of thinking.**

Story after story, time and time again, with simple awareness and acquiring the right tools, you CAN shift this.

Because things like **judgment, guilt, shame, blame, and comparison** can be used strategically as powerful tools.

However, for most women, they've become massive weapons of **internal resistance** and **shame**, and they're using them against themselves....



★ If you're feeling guilty about what you did or didn't eat or didn't do.

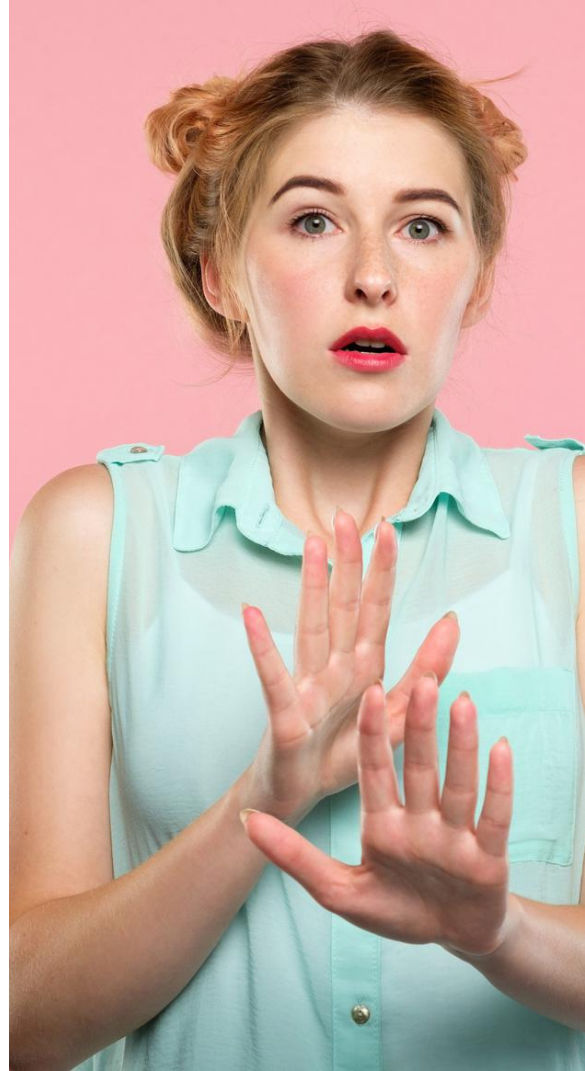
★ If you're feeling ashamed of your habits or your behaviors or who you're showing up as.

★ If you're continually blaming yourself, blaming others, or blaming those gosh darn irresistible cookies for being so gosh darn irresistible!

★ If you're comparing yourself to where you think you should be, or what you should be doing, or where somebody else is. If you're comparing your **worst** to someone else's **best**.

★ Or if you're letting your inner perfectionist run the show. (And with her, it's never enough. You're never doing enough; never good enough, smart enough, skinny enough...period).

THAT is the part that's not working, and **THAT** is what's causing you so much unhappiness.





3

WEIGHT OF THE WEIGHT #3 **THE 'WEIGHT' OF YOUR TRIGGERS:**

The 'weight' of all the physical, mental, or emotional STRESS that (if not released or addressed) TRIGGERS your deepest-engrained habits

(This is the TRUE reason for self-sabotage and emotional eating.)

The *weight* of the physical, mental, emotional, spiritual, and internal stress that -- if not released-- actually **TRIGGERS** your deepest ingrained habits. As in, that is how your brain works!

When you are physically, mentally, and emotionally stressed, it triggers the **oldest habits** that are wired in your nervous system. So if you have 'fired and wired' food to relieve you when you are stressed, sad, bored, or lonely, your stressed brain is going to reach for food as well. (And we saw in "The Tale of Two Cookies" what a stressed nervous system does to your health. It affects every system in your body, and it reacts to whatever you are feeling in those moments).

This is happening in your BRAIN—not in your mind. Most women however witness themselves giving into temptation or reaching for food in these moments and think there is something **wrong with them** – they feel like they are self-sabotaging or weak-willed....



Self-Sabotage Is A MYTH!

This is where I want to address self-sabotage right away and dispel any non-truths about it.

Self-sabotage (as most women have learned) is a total myth.

No woman actively says:

“Hey, I think I’m going to go actively sabotage myself right now.”

It doesn’t work that way.

What’s happening to most women was happening to me, and it’s probably the same thing that was happening to my clients....

Because think about it: There’s only so many times you can witness yourself committing to something or making a promise to yourself or making declarations like *“Okay I’m gonna really cut out sugar this time”* or *“Okay this time is really going to be different”*....and then NOT following through on it...

...before you start to wonder if there's something wrong with you... or if you are legitimately are a self saboteur!

There's only so many times you can witness yourself giving in, abandoning your plan, or feeding into moments of weakness, where **one moment you're feeling strong**, and the next minute you're halfway through a package of Oreos before you start to wonder if you are actively sabotaging yourself -- wondering if there must be something **wrong with you** because no matter what you do, what you try, or what you commit to, your **temptations always win**, and **discipline and willpower always lose**.

I used to think the same thing about myself. I mean for years I thought I was self sabotaging, until I learned what the REAL problem was. And the real problem was not in my MIND...(or not just in my mind)...

It was in my BRAIN!



This is why I keep saying the self-sabotage that you keep experiencing is not happening in your mind. It's happening in your brain.

The reality is that food (or whatever your drug of choice is) has simply become 'fired and wired' in your brain as the **perceived solution** when you feel **bored, lonely, stressed, tired**, or any other 'negative emotions' that cause us to want to **numb out** or **distract ourselves**.

It FEELS like you're self-sabotaging yourself because you feel so **out of control** in these moments, but in reality, your brain is just doing what it's programmed to do – **it's just doing its job**.

And remember:

“You can't out-mindset, out-discipline, or out-motivate the current wiring in your brain.

You must go **un-wire** the current fired-and-wired connection in your brain and **re-wire** it for something new.



4

WEIGHT OF THE WEIGHT #4 THE 'WEIGHT' OF WAITING:

The 'weight' of waiting for the weight to
DO what you want to do, WEAR what
you want to wear, BE who you want to
be, and FEEL how you want to feel.

(Or insert/fill-in-the-blank of the life
you're NOT living because of your body
or your Self-Image)

If I were to bottom-line it:

The reason most women do this is because they have this fantasy idea that when they lose weight, then they'll be happy.

They think things like:

"When I lose weight, then I'll feel beautiful"

or

"When I lose weight, then I'll feel confident."

or

"When I lose the weight, I'll go after that job, relationship, experience, fill-in-the-blank...."

But all this does is teach their brain to keep WAITING.



I spent the first two-thirds of my life waiting for the weight -- avoiding doing all the things I really wanted to do because of my body.

I avoided wearing what I wanted to wear, participating in activities and social events, and joy-- I missed out on so much joy! I traveled all over the world, visited some of the most beautiful beaches on earth, and I didn't step foot in the ocean because I was **ashamed of my body**.

I visited the Dead Sea in Israel five times before I actually got in. (The Dead Sea is notorious because of all the salt that's in there. It's such a crazy experience; it's not normal water. Your body naturally floats because of the water displacement from all of the salt.)

There's nowhere else like it in the world, and I didn't even step foot in the water the first four times I was there because of my body. I was **sitting on the sidelines** covering up in my T-shirt and shorts because I was so ashamed to be seen in a bathing suit.



Daily, my internal conversations used to consist of things like:

“I can’t go. What if I’m the fattest one there?”

Or things like:

“What’s the food situation going to be when I get there?”



I was so busy obsessing over what I was going to eat, not eat, or TRY not to eat, that I wasn’t even present for the experience.

Or I was obsessing over what I was going to wear or not wear (because everyone knows that when you don’t feel good in your body, what you wear is a big deal!).

I was so hyper-focused on food, my body, and my insecurities that I was **completely missing out on my life!**

Those were the types of conversations on replay, in the back of my mind and in my heart, every single day for nearly 30 years.

That is what I practiced **thinking** and **acting** and **feeling** every single day... and it stayed that way until I **drew a line in the sand** and decided that I wasn't going to live like that anymore.



That I was done **letting my life pass me by** because I was ashamed of my body or because I was so preoccupied obsessing over my body.

It wasn't just me who struggled with this either.

I found that the same was true of all my clients. They were **Waiting for the Weight** to be happy, eat amazing food, have great relationships, and wear what they wanted to wear....

They were *Waiting for the Weight* to feel like they could be a beautiful example to their children, to do what they wanted to do, live how they wanted to live, and feel how they desperately wanted to feel.

And it kept them *Waiting for the Weight* until they ditched the waiting and changed their mindset and beliefs around food and their body.

- ★ Again food is not the problem.
- ★ It's our **thoughts about food** that are the problems.
- ★ Our bodies are not the problem.
- ★ It's our **thoughts about our bodies** that cause the problems.

Life changed for them when they gave up these ideas that *"this is just who I am"* or *"this is how it will always be"*, and they decided to stop feeding that way of living, stop feeding those fears, and actually start living.

When you ditch THAT weight -- the *Weight of Waiting* -- that's when your journey can really begin.



Stop Solving The WRONG Problem.

Let's be real for a minute:

You're not trying to look like a supermodel, a stick figure, or your 21-year-old self.

You simply want to feel **confident** in your body, **comfortable** in your own skin, and not have to **OBSESS** over every morsel of food you consume or the number on the scale.

I have a feeling that deep down in your heart, what you REALLY want is.

★ **PEACE** ★

Where *“food is just food”* and you're not thinking about it all the time! (I know it's taking up SO MUCH mental real estate and you're **TIRE**D of it.)

★ **FREEDOM** ★

From the constant up/down roller coaster of dieting. And to be able eat with freedom, permission, and choice, and actually **ENJOY** your food. (Including that warm chocolate chip cookie!)

★ACCEPTANCE and SELF LOVE★

To stop shaming yourself, criticizing yourself, and self-rejecting. (You want to learn how to be kind and loving to yourself like you are to everyone else BUT yourself.)

★To feel UNSHAKEABLE★

Against your normal triggers -- to take back control from your longest-running 'bad' habits, and STOP using food, wine, Netflix binging (or whatever your 'drug of choice' is) ... as a coping mechanism or a numbing device .

★POTENTIAL★

Finally feel like you are living up to (and stepping into) your potential, and experiencing yourself as someone that feels HAPPY and HEALTHY and LOVED.

★AUTHENTICITY★

Giving your friends and loved ones the real you – the version of yourself you are proud of.

So...Are You Solving the RIGHT Problem?

Because remember:

This is NOT a food problem.

It's NOT a fitness problem.

The problem is in your BRAIN.

It's a THINKING problem.

And that's why...

- ★ Another diet will NOT fix it.
- ★ Another exercise program won't do the trick either.

What WILL solve it is using the power of your brain to help YOU change YOU.

And when you do THAT (and re-wire your relationship to food), everything else just falls into place.

But until you do that (and re-wire the default programming in your brain).....





Diet's WILL end.

That two-step-forward, five-steps-back “Bounce Back Effect” will keep happening.

Because again: EVERYTHING works...

...until it STOPS working.

The truth is:

**You can't out-diet, out-smart, or
out willpower your self-image.**

You'll always end up back in alignment with the wiring in your brain.

The REAL Problem

(The 'Weight of the Weight')

1

Weight #1: The 'weight' of DIETING: The 'weight' of the restriction, deprivation, punishment, persuasion, and STRESS that typically comes alongside food.

2

Weight #2: The 'weight' of being your own BIGGEST CRITIC: The 'weight' of harsh judgements, self-criticism, guilt, shame, blame, comparison-itus, and perfectionism in your Self-Image & Self-Talk.

3

Weight #3: The 'weight' of your TRIGGERS: (This is the TRUE cause of self-sabotage) The 'weight' of all the physical, mental, or emotional STRESS that (if not released or addressed) TRIGGERS your deepest-engrained habits

4

Weight #4: Waiting for the weight to be who you want to be, do what you want to do, wear what you want to wear, BE who you want to be.

It's all 'weight' that does NOT need to be there.



What Your Brain Really Needs To Heal (The Cliff's Notes)

🧠 The **INFORMATION** you need to create new understanding and the necessary shifts in your thinking (aka 'un-brainwash' you of the diet mentality and teach your brain a NEW language).

🧠 The **IMPLEMENTATION** side of things where you look 'underneath the hood' and find out what this looks like for you to implement into YOUR life...and what YOU need to do to address YOUR needs. Your solution NEEDS to be made for YOU.

🧠 And then of course the support for the **INTEGRATION** side of things – living this out in the real world – putting it into practice. Teaching your brain to live with THIS as the 'new normal'.

Because...

You Cannot **Out-Diet**, **Out-Perform**, or **Out-Smart** Your Self-Image and the Wiring in Your **Brain**!



PSSST!

It is NOT TOO LATE to get serious about your relationship with food and your body, to go **take a SABBATICAL** from the incessant (and toxic dieting), and go **HEAL your struggles** for good this time!

If reading the Stressless Eating Cliff's Notes resonated with you, you're going to get a TON of value from watching the **Stressless Eating Masterclass...**



Go Watch It Now!

“

"I have spent thousands of dollars and lost (and gained) hundreds of pounds. Every other program I've ever done has always been about the food – and about measuring, and about restrictions. No other program ever addressed what was happening within ME, and the constant conflict between my mind and my body."

”



“

"This whole thing was an INTERNAL job, and now food is finally just food. It's no longer my source of comfort or shame. But it was so much more than the food....I was in an internal war with myself, and it was a hateful, mean-spirited, vicious war. And now that's just not who I am anymore."

”



Click Here To Watch

Or if you're ready to **re-wire your brain** to
heal from the all-or-nothing diet
mentality for good...but **WITHOUT**
restricting yourself, **punishing** your body,
or subjecting yourself to **years of therapy**
(and definitely WITHOUT ever having to
use words like macros, low-carb, or calorie
burn 😊)...

Then go **HERE** to find out if **Stressless
Eating** is right for you!

[Click Here To Find Out More...](#)

