

THE
STRESS
TO
SUCCESS
FORMULA



TRANSFORM
YOUR LIFE, CAREER AND BUSINESS NOW!

DR. MARILYN JOYCE

The Stress to Success Formula

**The Stress to Success Formula
T.R.A.N.S.F.O.R.M.™
Your Life, Career & Business
NOW!**

Dr. Marilyn Joyce, PhD, RD
The Vitality Doctor™

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***“You must find the place inside yourself
where nothing is impossible...”***

~ Dr. Deepak Chopra

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In the coming months and years, we'll be creating and sharing a wealth of unique, new and old, quick, easy and simple techniques, systems, processes, strategies, meditations, learning videos and webinars, cheat sheets, 30-day challenges, apps, and online and live event trainings, far beyond what we can fit into this little book. You'll also get access to our private online communities, where you can get all of your questions answered within a supportive, compassionate environment 24/7. So, make sure you join us by visiting: www.TheStressToSuccessFormula.com.

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Dr. Marilyn Joyce, RD, *The Vitality Doctor*[™]

Praise For...

***The Stress to Success Formula:
T.R.A.N.S.F.O.R.M.[™] Your Life, Career and Business Now!***

*"Dr. Marilyn Joyce has endured some of the most stressful and dispiriting experiences anyone can experience in today's world. And yet, she has transformed that crucible into profound wisdom which gives you the keys to finding the sweet spot beyond stress. With her guidance in *The Stress to Success Formula*, you will rediscover your unbounded joy – the engine that creates all that you desire and dream of in life."*

~ Jackie Lapin, founder of www.SpeakerTunity.com and author of *Practical Conscious Creation: Daily Techniques to Manifest Your Desires*

"There are so many aspects to Stress, and Dr. Marilyn Joyce has covered them all! I love the fact that it is so easy to read and easy to understand and, therefore, easy to do. And the statistics will really hit home for the reader. As a health practitioner, I will definitely be recommending this book to all of my clients as a foundation from which to help them on their road to stress release! And that's saying a lot, since I have only ever recommended two other books in the last 15 years. "The Stress to Success Formula" will now be added to my short "must read" list. And I'd love to have this book on my website and social media because what Dr. Joyce shares here will stop this modern-day demon, called Stress, in its tracks, before it kills us off!"

Linda Rider, A Caring Approach to Change, Mental Health Counsellor & Hypnotherapist,
www.orangecountyhypnosis.com

"Dr. Marilyn Joyce has done it again with another groundbreaking book. Her expertise and insights in the area of relieving, and even eliminating, that daily onslaught of stress hormones, in easy, practical, no nonsense ways is vast as well as refreshing. This book is a must read for anyone who wants to, once and for all, transform their debilitating stress into healing relief, and a meaningful life, as quickly as possible!"

~ Morgan Wonderly, Best Selling Author of "Simply Feminine, Surprising Insights from Men"

"Dr. Marilyn Joyce is a force of nature when it comes to the simple tips we all need to be healthy, balanced, and of course, reduce our STRESS!! While she has an extensive knowledge base that is far above the average person, she consistently delivers life changing information that is accessible, understandable, and relatable to every human being. As a busy Mother of 3 young children, I can attest to the fact that this information is essential to anyone wanting to rebalance their lives and transform stress into a calm and productive state of being. I am constantly in awe of her ability to deliver life shifting information with ease and grace. I will absolutely be recommending this book to my clients, colleagues, and friends."

~ Brittney Kara, Author, Speaker, Healthy Living Expert, Activist

"Honest, personal and balanced. "The Stress to Success Formula" by Dr. Marilyn Joyce, is a guide out of torment and a pathway to peace. A well written, insightful map of wisdom that will nurture the reader, step by step, on how to move toward the ultimate goal of life... which is to fulfill our destiny. Dr. Marilyn gently suggests our destiny is meant to be embraced with vision, conviction and action - certainly not held at bay because of worry or fear. It is because of this book that the C-VINE News Network has given Dr. Joyce her own show in order to further guide our audience to optimal, stress-free, whole person health. I enthusiastically recommend this book; it is definitely well worth the read."

~ Linda Forsythe (CEO) C-VINE News Network

"In this age of sensitivity overload, the seen and unseen stresses that are only in the perception of the beholder, can all be rewired for successful health and prosperity. The simple, practical formula and way of life detailed in the book "The Stress to Success Formula: T.R.A.N.S.F.O.R.M.™ Your life, Career and Business NOW!" will quickly resolve any stress related issues you may be experiencing, and begin your transformation to a more productive, happier, healthier life immediately. I highly recommend reading this book, if you're serious about taking charge of the stress in your life, and creating the life you've always dreamed of."

~ Michael W Gogger Sr, Intuitive Consultant for 40 years, Creator of MWG1 Talk Radio, New York State Corrections Officer for 26 years, Father of 2, and Grandfather of 2.

"Definitely a winning formula for transforming your life from stressed out, to a deep inner sense of happiness, joy and peace. This book is a must read for anyone who is looking for a simple, practical, effective and easy to implement, set of guidelines that address the whole you; body, mind and spirit. Dr. Marilyn's lifetime of experiences, insights and wisdom provide the landscape for the simplicity of the exquisite guidance, mindfulness, compassion and love that breathes off every page into the reader's soul. A must read for a healthy balanced life."

~ Adam Markel, Best Selling Author of "Pivot: The Art and Science of Reinventing Your Career and Life", Reinvention Expert

"Dr. Marilyn Joyce has done it again! "The Stress to Success Formula" is another winner! I know firsthand how impactful and life transforming her simple, quick and easy systems, processes, strategies and recommendations are, because I've been learning, and incorporating them into my life for years. And I have also been using them in my work as an RN (Registered Nurse) in a busy hospital. Several years ago, I attended one of Dr. Marilyn's Stress Management seminars and it changed my life, dramatically, and for the good, in every aspect of my life. When it comes to nipping stress in the bud, and creating a more balanced and happy life, Dr. Marilyn is definitely the go to person! I highly recommend this book for everyone who has ever experienced stress in their lives...and who hasn't these days?"

~ Sever Coras, RN, Surgery

"What a timely topic to embark upon! With all that is going on in our day to day happenings, with this crazy terrorism and the foreign world leaders, the discord in our country, Healthcare, Taxes, Social issues, AAAAH! Does it seem like we might need some voice of reason in such uncertain times? Well, Dr. Marilyn, you've cut to the chase with your new book, The STRESS to Success Formula, and I love it! Not only have you described symptoms to a tee, but your simple and effective "TRANSFORM"ative approach to helping us combat it straight on is ingenious. So, on behalf of the many readers who will benefit from your words of wisdom, I want to be one of the first to thank you for providing this must read, job well done and delight of a book. (AHHHH!!!, I'm feeling better already)."

~ Larry Goren, Financial Advisor, Consultant and Happiness Coach

"The Stress to Success Formula" is a must read in this fast paced, demanding and out of control world we now live in. Not surprisingly, this book is destined to be a bestseller when written by Dr. Marilyn Joyce who is one of the most giving and genuine people I have had the pleasure of knowing. Armed with a lifetime of experience and wisdom, as well as a dedication to excellence in serving her followers, Dr. Marilyn Joyce has put the most comprehensive stress manual together. Whatever your current level of stress, you need this book as stress is a part of life - whether good stress or bad stress."

~ Dave Sheahan, Author "Metabolic Stimulation System", Vegan Triathlete, Body for Life Champion, Speaker & Mind/Body/Health Expert

"Dr. Marilyn Joyce does an amazing job of simplifying how the mind body connection impacts our everyday life, the effects and remedies of stress, and the value of slowing down and caring for our deepest needs through breath, nature and awareness. Romans 12:2 says, "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." It is all about that renewal. Stress is considered to be a normal part of life (pattern of this world) yet we are not designed that way (be transformed). Dr. Joyce does an insightful and thorough job of helping us get back to basics, relaxation and the present moment ... where life and God truly are."

~ Traci L Williams, Parenting Coach, Speaker, Author

"As an RN for my entire adult life, working in two of the top Los Angeles hospitals, St John's Hospital and UCLA, I saw the deleterious effects of stress, both professionally with my patients, and personally in my own life, juggling a career and family responsibilities, especially in the fast-paced world we live in today. Overwhelming stress led to irreversible Bell's Palsy! Just wish I had had Dr. Marilyn's formula for eliminating stress a long time ago! It may have prevented this unfortunate and costly outcome. I highly endorse "The Stress to Success Formula" because the simple, user-friendly strategies she proposes in the T.R.A.N.S.F.O.R.M.™ formula are so fast and easy to implement, anyone can do them. Everything you need to stop stress in its tracks in one little book! What more could you ask for?"

~ Ruth Ripley, RN, St John's Hospital, UCLA Medical Center

"This is a great book! And an easy read! Life continually delivers varying degrees of stress. "The Stress to Success Formula" by Dr. Marilyn Joyce simplifies these complexities of life, enabling the reader to measure their own degree of stress exposure, while noting that our individual reaction to that stress forms the foundation for our own personal future health. She insightfully shares detailed, yet simple, steps in her T.R.A.N.S.F.O.R.M.™ formula (talk it out, relax, think right, eat right, improve social connections, practice mindfulness, improve lifestyle, etc.) to overcome the many challenges of stress and lead a joyful life."

~ Gordon N. Peay, Financial Advisor, Certified financial Planner

"As a successful small business owner and dad with active stress issues in the family, I really appreciate Dr. Joyce's real-world approach to understanding and dealing with stress. Her insight is conveyed in a clear, understandable, actionable way that can help any reader T.R.A.N.S.F.O.R.M. their stress, no matter the source, no matter the scope, into a balanced and productive lifestyle. The most down-to-earth and helpful book I've read on making positive lifestyle changes to reduce stress."

~ Stan Bruckheim, President, Global Delivery Services, President, Latino Media Services, Husband and Father of 2 Teenagers

"This book is fantastic! Dr. Marilyn Joyce shows you how to find calmness in your life. Anyone who has ever experienced, or is experiencing, stress (really, who isn't?) will benefit from the practical and entertaining wisdom packed into this inspirational little book. Enjoy!"

~Henry J. Evans, Author of, "The Hour A Day Entrepreneur", Founder of www.GetClearMarketing.com

If you're like me, you get to the dedication page, only to read about someone you've never heard of or met. So, as I was writing this dedication, I realized that...

This book is about you, the reader, who made this book happen! You, who inspired me to rely on organic coffee and healthy midnight snacks to stay awake to complete a thought, and a chapter, when all my body wanted to do was sleep! You, who inspired me to sell and give away everything I owned so that I would be “stuff”-free to meet you, interview you, write about something meaningful and useful to you, and hopefully leave the world a little better than the way it was when I came into it.

So, this book is dedicated to you...a unique, courageous, often uncertain and floundering, seeker of answers, the right answers...who is struggling to overcome stress and wants, with all of your heart and soul, to transform your life, so that you can live a full, meaningful, and joyful life!

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INTRODUCTION

Before we delve into the real nuts and bolts of everything to do with stress, it's important to know where you're at in your own life right now. And the easiest way to determine this is by answering a few simple questions. Your answers may be YES, NO or SOMETIMES.

So, here we go:

- Is anxiety a persistent problem that *interferes with your daily activities* – – just as depression does – – such as work, school, family life and relationships and/or sleep?
- Are you struggling to overcome depression, whether its bouts of depression, or chronic ongoing debilitating depression?
- Are you dealing with the physical, mental, emotional and psychological pain of PTSD (Post Traumatic Stress Disorder), which is preventing you from participating fully, or even partially, in normal activities in your life, at home, with your family, and at work?
- Do you go to bed fearing the problems and (potential) disasters you will have to confront in the morning?
- Do you lie awake at night staring at the ceiling in a panic, spinning your thoughts, not able to sleep at all, feeling completely out of control...about your life, the mortgage, the pile of unpaid bills stacked on your kitchen table, the world situation, your kids or your spouse, your health or lack of health, or for no reason at all that you're aware of?
- Have you experienced a change in appetite lately? Loss of appetite? Or increased appetite, with a tendency to overeat?
- Are you dealing with excess belly fat that has been next to impossible to get rid of no matter how much exercise you do, or how carefully you watch your diet?
- Are you constantly feeling completely overwhelmed with a life jam-packed with endless stuff to get done...yesterday?
- Has chronic stress sapped you of any and all energy, making everything you have to get done feel insurmountable?
- Are you often restless, short-tempered, irritable, constantly anxious, unpredictably moody, and sometimes...or often...find yourself indulging in some form of substance abuse?

- Do you sometimes...or maybe often...feel like all of the circuit breakers in your brain have blown a fuse or two, from too much anxiety and stress running through them every minute of every day?
- Do you find yourself forgetting simple things, like a friend's name or the number of your house, or constantly misplacing your keys? Maybe you're dealing with memory loss, fuzzy brain, confusion or lack of concentration?
- Do you suffer with the "what if disease", always worrying about the worst possible outcome...before anything actually happens?
- Have you ever felt helpless, at a loss, even in situations and circumstances that you are normally capable of easily controlling and mastering?
- Are abnormal GI upsets a normal part of your daily life? Stomach aches, diarrhea, IBS (Irritable Bowel Syndrome), food allergies...maybe even ulcers?
- Have you noticed a lot of hair loss during and after your showers, and when brushing or combing your hair?
- Have you ever had a random acne breakout that suddenly appeared out of the blue, for no apparent reason? And nothing you try to heal it with works?
- Do you find yourself constantly scratching your skin, even though it has been thoroughly moisturized? Are you more susceptible to skin irritations, hives, eczema, or psoriasis than ever before?
- Do you suffer with headaches or migraines, chronic fatigue, that wired tired feeling, and nervous tension...maybe even muscle and/or eyelid twitching?
- Do you ever experience an aching tooth or teeth when there is no apparent tooth decay or gum infection to be found? Or maybe you suffer with TMJ (Temporomandibular Joint Disorders) from unconsciously grinding your teeth at night in your sleep?
- Do you wake up more tired than when you went to sleep, after experiencing bizarre and unusual recurring dreams or nightmares?
- Have you ever felt so upset, sad, mad, nervous, or completely out of control, that it's truly physically painful...that terrible feeling that you just can't get out of your own skin?
- Do you tend to get sick a lot, catching every cold and flu bug that's going around? Especially just before an important life, career or work event?
- Have you recently been diagnosed with high blood pressure, which can lead to a heart attack, a stroke, or both, if left untreated?

Well, here's the thing!

Even if you only said YES to 2 or 3 of these questions, this book is for you. However, if you said YES to more than 3 of these questions, this book is a *must* for you! Chronic unchecked stress is a major sign that your life is completely out of balance. And though I'm not so sure that "*total life balance*" is even a remote possibility for a human being, it is critical to find a level of balance that allows us to experience a lot more happiness and joy, a lot more often, than we experience frustration and anger.

And with the right tools and strategies (included in this book) you will be well on your way to achieving a stress-free life. At least most of the time! And you'll definitely know how to check that darned stress at the door when it rears its unwelcome head!

Setting the Context for The Stress to Success Formula

“For me context is the key – from that comes the understanding of everything.”

~Kenneth Noland

The biggest mistake we make is in calling anxiety, depression, stress and burnout, illnesses...or worse, diseases! They are not illnesses in and of themselves, but rather symptoms of a far greater and deeper problem. They are the result of an individual's specific coping mechanism to the various circumstances that arise in his or her life.

Or as Hans Selye coined it, the GAS (General Adaptation System). It's the body's response to what we call a stressor, the factor or agent that triggers a stress response. And that response varies from person to person, based on their own unique perception of the potential degree of discomfort or danger the stressor presents.

In other words, the degree to which we experience “stress” is relative. How we individually relate to (or perceive) the situation, or “stressor”, determines the degree to which our mind and our body experiences it.

And all of our perceptions are the result of the window through which we see our world and everything in it. That window is constructed around a framework of our attitudes, beliefs, opinions and ideas that we have developed along the path of life.

And from this framework, we make our judgements about everything – and this then results in the behaviors we express and experience. Our behaviors in turn determine the actions we will take around any given situation or circumstance.

And of course, this then leads to the outcomes or results we see and experience in our own lives.

It's our relationship to this framework that determines how we'll experience “stress” in our lives. We all know of scenarios whereby two people, who have experienced the exact same circumstance, have two entirely different experiences and/or outcomes. It all boils down to their specific and different perceptions of the same situation. And that all comes back to our individual framework, or window through which we view or see our world.

Out of all of this we have developed endless Behavior Modification programs, which work temporarily. But until we get to the root cause of how we perceive things in our lives and change our view or BS (remember we talked about our BS = Belief Systems) at the core, changing behavior will have only fleeting good results at best.

The minute we fall down the rabbit hole of life that results from an experience we perceive as terrible, based on our ingrained attitudes, opinions, beliefs and ideas about life, all of that Behavior Modification falls down that rabbit hole at the same time!

How You Relate to Anything Is How You Relate to Everything!

So, it's not what happens to us that's important...it's how we relate, or respond, to what's happening, or has happened, to us that's important.

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts... The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% of how I react to it. And so, it is with you... we are in charge of our Attitudes."
~ Charles R. Swindoll

In fact, how we relate to anything in life is how we relate to everything! That includes relationships, love, work, partnerships, travel, money, food, politics, religion, philosophy, you name it! Take a moment and read that statement again, fully absorbing the words.

You can trace your own results and outcomes that you're experiencing right now, back through the actions you took, to reviewing the behavior you experienced that triggered the actions you took, that was a result of your judgements arising from your window frame of BS (beliefs, attitudes, opinions and ideas), that were triggered by a specific circumstance that occurred in any area of your life.

Do you hold back a lot in your life? Are you reckless? Or overly cautious? Are you curious and always learning? Or disinterested and despondent? Do you overthink everything? Do you let fear stop you? Do you continually reminisce or rehash the past? Do you blame someone, something or everything for your circumstances? Or do you take charge and look for solutions? Do you get easily overwhelmed...or do you step back and create a plan of action? Are you constantly late for appointments or deadlines? Are you a giver...or a taker? *It's really important for you to be completely honest with yourself. Because awareness is the first step towards positive lasting change.*

So, take a minute now, and reflect on each area of your life, and I'm pretty certain you'll see a common thread. How you relate to, handle or manage any challenge or experience in your life is how you'll likely relate to, handle or manage all of them. Including **STRESS!**

What's in a Word? Lots...

“Transform: make a thorough or dramatic change in the form, appearance, or character of...”

~Oxford Dictionary

The English derivative for the Latin word, trans, is “to go beyond”. So, we are going “to go beyond” the present form of your life and the way that you have experienced and handled stress up to now. Perfect and powerful word, for a simple yet comprehensive, formula that can completely transform your life, your career, and even your business (if you have one), when you take a little time every day to apply each of the steps in the formula.

No need to go into overwhelm. There's lots of quick and easy ideas, tips and strategies to choose from. And there's a reason my patients and clients, over many years, have dubbed me the *Master* of 5 minute healthy strategies that anyone can do anywhere anytime. So, you can bet that this is exactly what you're going to get in this book.

As well, we'll be providing the opportunity to receive lots of inspiration, informational webinars and 30-day fun-packed experiential challenges, to help you take all of this to a whole other level if, after reading this little guide, you feel inspired to continue your growth, learning, self-exploration and transformation.

So, Let's Take a Quick Look at The Stress to Success Formula: T.R.A.N.S.F.O.R.M.™

T - Talk It Out (Talk Therapies)

R - Rest, Relax, & Rejuvenate (take time out to breath and be still)

A - Attitude of Gratitude

N - Nutrition Excellence Daily

S - Social Connections / Social Network

F - Follow Your Heart

O - Offer a Helping Hand of Service and Support

R - Rejoice in Your Successes / Reconnect to God/Spirit/Creator/Source (i.e. The God of your understanding)

M - Mindfulness Meditation - Observe Your Thoughts, Words, Actions and Feelings

What's in Store for You Now?

In the upcoming chapters, we'll look at what stress is, what causes stress, and how it impacts the body. Always remember, as you read through this information, that how you relate to the circumstances in your life will determine the degree to which you'll experience physical, emotional, psychological and spiritual responses, positive or negative. I know that I have stated this earlier...but reminders along the way can't hurt!

To quote the wise words of the great Zig Ziglar:

*“Repetition is the mother of learning and the father of action,
which makes it the architect of accomplishment.”*

T = Talk It Out...Talk Therapy

“Our wounds are often the openings into the best and most beautiful part of us.”

~ David Richo

So, just what is *talk therapy*, or as it's often called, *talk it out therapy*, and why use it?

Well, what we're finding is that talking it out, or talk therapy, also referred to as talking treatments, is helping people from all walks of life, regardless of age, gender, ethnicity, educational background, wealth, or lack of it, who are facing a multitude of different situations.

If you're going through a bad time in your life, or you're dealing with emotional issues or a major crisis, that you can't sort out on your own, talking it out may just be the solution for you. And the fact is that it's generally a whole lot easier to talk to an unbiased stranger about your personal challenges, problems and emotional issues, than it is to talk to your family or friends about them.

The therapist or counselor is trained to really listen to what you're saying, without judging you. Their objective is to help you discover your own answers to your problems. You're given uncompromised freedom to shout, cry, just be still and think, or simply talk it out. There's no holds barred when it comes to talk it out therapy.

Although the most common form of talk therapy is one to one, patient to therapist, there are also groups and couples talking therapies. The aim of all talk therapies is to help you feel better as quickly as possible. Your problems may not go away immediately, if at all, but you'll find it easier to cope with them, feel better, and experience more happiness and peace in your life.

So, What Is Talk Therapy Used For?

Talk therapies have been used successfully to help everything from addictions, to stress, anxiety and depression, anger management, eating disorders, bipolar disorder, phobias and even schizophrenia.

Another group of individuals who have experienced very positive results with talk therapy are those who have experienced traumatic abuse of any kind, including physical, sexual, discriminatory, or racial.

Talking therapies are also used to improve your quality of life if you were dealing with long-term health issues or conditions such as lower back pain, multiple sclerosis, fibromyalgia, diabetes, cardiovascular disease, a stroke, and the list goes on...

And today it's being used widely with returning war veterans who are dealing with anxiety or PTSD, posttraumatic stress disorder, and TBI, traumatic brain injury. Not to mention the myriad of other physical, mental and emotional challenges they are dealing with upon return!

Talk therapy has also been found to be extremely helpful for the frustrated, anxious, surprised, often shocked, spouses and children of the returning veterans, who may have been seriously injured beyond recognition, or who are experiencing major issues integrating back into family and civilian life again. They are not the same person they were prior to deployment, and this can be very disruptive to the family unit!

The Military and Returning Veterans – Then and Now

At this point I want to share an interesting conversation I had with an old friend of mine who was a returning war veteran after World War II. We were discussing an experience described to me by one of my new friends who is a recent returning war veteran. My new friend described to me the tremendous anxiety that he experienced when he first returned home.

You see, while overseas at war, he experienced continual bombs going off all around him. And then after returning home, he experienced continual bombs going off...in his head. He couldn't get away from this constant debilitating noise in his head. And he would repetitively wake up in the middle of the night in a cold sweat, feeling and experiencing all the same emotions of fear, panic, incredible grief, loneliness, isolation, guilt (that he was alive when many of the other soldiers were dead) and shame, just as if he was still on the battlefield.

As I described this situation to my old friend who had been in the Navy in World War II, he added an interesting perspective that I hadn't considered. The returning soldiers today are in war one day, on a plane home, and then the next day immersed in day-to-day normal life. They have no downtime, to process what they've just been through, before they are fully immersed in regular civilian and family life again.

Whereas, the returning veterans during and after the wars of his time, had two to three weeks on a ship, with fellow returning military personnel, to "talk it out". During this time, they would have the opportunity to process what they had been through and had experienced, how it had impacted them, and any other fears, emotions, and uncertainties they had, about their experiences while deployed, as well as any related to their return to civilian life.

Today's returning soldiers don't have that opportunity, or downtime. One day they're in a war...the next day they're in civilian life...with no bridge between the two completely opposite worlds! Talk about trauma and drama!

So, this is just one example of how talking it out is so valuable. It acts as a bridge between where we've been and where we're going. And allows for the expression of our deepest concerns, worries, fears, phobias, etc. Without judgment or condemnation.

“The victims of PTSD often feel morally tainted by their experiences, unable to recover confidence in their own goodness, trapped in a sort of spiritual solitary confinement, looking back at the rest of the world from beyond the barrier of what happened. They find themselves unable to communicate their condition to those

who remained at home, resenting civilians for their blind innocence.”
~ David Brooks, The Moral Injury, New York Times. Feb 17, 2015”

A Very Brief History of Talk Therapy!

Although talking it out, which, as outlined above, is used in the treatment of emotional and psychological problems, has become very popularized in the realm of psychotherapy today, this form of therapy has actually been practiced, in one form or another, since 1853, when Walter Cooper Dendy, an English psychiatrist, first introduced the term, psycho-therapeia.

From there forward, we experienced the influence of Sigmund Freud, at the turn of the 19th century, followed by Carl Rogers during the 1940s. And then during the 1950s, we saw the introduction of rational emotive behavior therapy, REBT, which was introduced by Albert Ellis. And in the 1970s, cognitive behavioral therapy, CBT, was born. All of this gradually led up to what we now refer to as talking therapy.

According to Vivian Hunot, a researcher with the Institute of Psychiatry at Kings College, in London UK, 46% of people assigned to cognitive behavioral therapy, a form of talk therapy that has been found most effective against anxiety disorder, showed some definite improvement in their anxiety symptoms, as compared to just 14% who were assigned to a waiting list for usual care.

In a review of 25 past studies involving 1305 subjects, Hunot and her team found that this form of talking therapy helped patients recognize their distorted, negative, often destructive, thoughts and reactions. Which, in turn, opened them up to replacing those unhealthy thoughts and reactions with more positive and helpful thoughts and reactions.

This is great news because it provides a non-pharmaceutical treatment that gets excellent results without the side effects of anti-depressant drug treatment.

Some Tips and Recommendations For Making Talk Therapy Work for You...

If you're experiencing debilitating depression, or if you're suicidal or experiencing major eating or sleep disturbances, seek the help of a psychiatrist first and immediately. You may need medication initially. So, make sure you take care of that before you begin any form of talk therapy.

Then seek out a qualified therapist. Make sure that you interview any potential therapist, asking questions such as, are you an expert in anxiety and depression therapy, how many people have you treated with symptoms like mine, what's your rate of success or failure using talk therapy. Remember this is your life, so don't be shy about asking these questions.

Once you've found a therapist you feel comfortable with, commit to being an active

participant throughout your talk therapy. Make sure you tell the therapist how you feel during the sessions. Share any reactions that you experience, i.e. agitation, frustration, anger, sadness...even happiness, excitement or a sense of calm. Whatever comes up for you, share it.

Make sure you stay engaged with your therapist throughout the session. Maintain eye contact at all times during your discussions. There's an expression that the eyes are the windows to the soul. So, as your eyes connect, you connect to each other's heart and soul. And that's a wonderful – and expansive – experience, for both the patient and the therapist!

Just as the therapist is there to listen to you, and to hear what you're really saying, it's your job to also participate fully in the sessions. That means following instructions and doing the exercises or processes that the therapist asks you to do. Even if you don't like the process, or don't feel like doing it, or don't see how it could be of any value to you, just do it! She or he knows what they're doing, so they wouldn't ask you to do something if they didn't know the value of that process or exercise.

Your therapist may give you assignments or homework to do between sessions. It's important that you do your homework, so that your therapist can better work with you, guide you, and assist you in getting more in touch with yourself on a deeper, more conscious level. Only then can they be most effective in helping you overcome the life challenges that brought you there in the first place.

And finally, it's up to you whether or not you'll get better. Ask yourself the question: Do I really want to get well? Many times, there's an underlying gain from continuing to experience the negative behavior or mood. For example, in my work with patients over the past 40 years, I've discovered that, for many people, the only attention they've ever gotten has been negative attention. So, in some instances, the pain of the condition is rewarded by the attention that they gain from loved ones. And this is definitely something to share with your therapist if, and when, this comes up in your discussion. And the sooner you tackle this, the sooner you'll be on the road to full recovery!

In Summary...

This is by no means an in-depth look at talking it out, or talk therapy. It's meant to be an overview, with guidelines as to what it is, why you might want to use it, and how to best make it work for you.

However, our objective is to provide initial, and ongoing, support, information, strategies, tips and tools to help you get started – and continue – your journey to feeling better than you've ever felt before, together with optimum whole person health.

So, make sure you visit our website, and get yourself on our list, for updates, inspiration, new tips, strategies and tools, and lots of loving support, every week, plus great discounts on any new challenges and programs we offer in the future. Head on over now to: www.TheStressToSuccessFormula.com

Mindfulness Meditation

“Where are you? Here

What time is it? Now

What are you? This moment.”

~ Dan Millman, *Way of the Peaceful Warrior: A Book That Changes Lives*

With its ancient roots as a Buddhist meditation technique, until as recently as the early part of the 21st century, mindfulness meditation was basically only practiced by someone who was studying Buddhism. However, today we see that it has evolved into a wide range of therapies and courses, used and practiced everywhere...In educational, corporate, medical, pro-sports teams, and even military settings.

The focus is on being fully aware in the present moment...and in every moment...to moment...and simply noticing any thoughts, feelings, emotions, discomfort or challenges as they arise (i.e. rise to the surface of consciousness).

Give Me the Scoop on the Benefits!

Studies are showing that mindfulness meditation has many benefits especially the following:

- Improves your ability to focus and be flexible.
- Reduces stress, anxiety and depression.
- Helps sufferers of chronic pain, addiction and tinnitus.
- Shows great potential with IBS, cancer, and HIV
- Helps to thicken the parts of your brain responsible for regulating your emotions.
- You don't need any special equipment to do it. (That's an awesome bonus!)

Now here's some really inspiring research results! According to an article in Scientific American on June 12, 2014, by Tom Ireland, it states that,

“MRI scans show that after an eight-week course of mindfulness practice, the brain's “fight or flight” center, the amygdala, appears to shrink. This primal region of the brain, associated with fear and emotion, is involved in the initiation of the body's response to stress.

As the amygdala shrinks, the pre-frontal cortex – associated with higher order brain functions such as awareness, concentration and decision-making – becomes thicker.

The “functional connectivity” between these regions – i.e. how often they are activated together – also changes. The connection between the amygdala and the rest of the brain gets weaker, while the connections between areas associated with attention and concentration get stronger.

The scale of these changes correlate with the number of hours of meditation practice a person has done, says Adrienne Taren, a researcher studying mindfulness at the University of Pittsburgh.

‘The picture we have is that mindfulness practice increases one’s ability to recruit higher order, pre-frontal cortex regions in order to down-regulate lower-order brain activity,’ she says.

In other words, our more primal responses to stress seem to be superseded by more thoughtful ones.”

The Concept Behind Mindfulness Meditation is Extremely Simple!

You simply have to pay attention to what's happening in the moment and when your attention goes, or moves, away from that experience, you just have to bring it back to the object of your focus. And then just keep doing this as often as necessary to keep it there.

For anyone who’s just beginning the practice of mindful meditation, that will probably be a very frequent experience, bringing your attention back to the object of your focus.

The challenge for many people is their high expectations of themselves when they're practicing this form of meditation. We've been told constantly, and for decades, that in order to properly meditate we have to have an “empty mind” that is still and quiet.

However, that BS (Belief System) is completely unrealistic as no one's mind can stay quiet all the time. Our complicated piece of apparatus, called the brain, is

always active and working as it continually creates trillions upon trillions of nerve connections.

We're taught that meditation is *the* way to relax...

And I know that decades ago, when I was studying yoga and meditation, in both North America and India, I was taught that I had to sit for hours in a crossed legged position (which, by the way, I became amazingly good at! LOL). and focus on my breath...plus a mantra. And this would be *the* way to completely relax my body...and to Nirvana! Hmmm...

But to be honest, that was the furthest thing from what actually happened much of the time. As a Type A personality I have found it much easier to practice mindfulness meditation, and to do meditation in motion (nature walks, hikes, labyrinths, yoga, laughing yoga, tree hugs...you get the picture!)

And what's wonderful about mindfulness meditation is that it's not about focusing on being relaxed. That's actually a byproduct of being mindful. Mindfulness is simply about paying attention to whatever's happening in your life in (only) this moment...each moment, moment to moment!

A Stroll on the Beach Can Transform Your Life

And that moment could be as simple as taking a stroll on the beach and being fully mindful of, and very focused on, how your toes feel in the sand as the sand moves between your toes, and as your foot gently caresses the sand while sliding into the next step, in preparation for your other foot to experience the same sequence of deliciousness.

So, you're completely mindful of the entire experience as each foot dances, one after the other, slowly, gently, rhythmically and intentionally, across and through the sand.

In essence, the focus is to continually return to stillness and awareness, with complete attention, as you focus on that specific object or experience (e.g. the stroll on the beach and the feeling of the sand between your toes and under your feet). In other words, your mind is experiencing nothing other than that movement, and connection, of your feet and your toes, caressing the sand, and the sand caressing your feet and your toes...in the moment...moment to moment.

And whenever your mind wanders away from the focus of your attention, you just gently bring it back to the focus of your attention which, in this example, is your feet moving and sifting, gently and lovingly through the sand, and the sand moving and sifting gently and lovingly between your toes.

It's really all about training your mind to return to that focus of attention, over and over again until it becomes second nature. It's important to approach this from a position of gentleness, calmness, and firmness – versus frustration, irritation and anger. In time, you will actually build a strong capacity to be mindful...at all times.

Sounds Great...But How Do I Get Started?

Okay, let's talk about how to actually begin the practice of mindfulness meditation.

Please see the list of general meditation preparation guidelines following this mindfulness meditation process.

First you want to choose an object or focal point for your attention.

It can be a photograph or some other image, a sound of nature, a specific musical tone, a tree or some other object in nature, or just simply your breathing. These days we have almost limitless options to choose from...and so many of them are apps that are easily programmed into our mobile phones, our computers...and our brains! Have fun with this...

Need some extra special, really positive, highly energized, truly inspiring affirmations to use as points to meditation on? Then head on over to Appendix D. Also check the Resources section for recommended apps, books, tips and tools to support your journey.

I've observed that many of my clients and patients have found that focusing on their breathing has been the easiest practice for them, at least initially. The idea is that mindfulness is happening in the present moment, and it's body based, which means your breathing, which is happening in the moment and is body based, is a great focal point. So, let's just go ahead for demonstration purposes, and use our breathing as our focal point for this practice.

Get comfortable...

Okay, the next step is to get very comfortable, whether you're sitting, standing, lying down or walking. If you're sitting, make sure you're sitting very straight and upright so that you're not restricting your breath.

Eyes: closed or not...

Though I personally like to do this with my eyes closed, many of my patients have found it easier with their eyes open. This is a personal choice, so do what works best for you. The easiest way to determine this, of course, is simply to experiment. Try it both ways, and then you'll know. And it could be different each time you practice.

Don't get locked into the same old, same old...meditation. For my patients and me, openness to God and Spirit's guidance and direction have always made each new meditation a new and rewarding, most often joyful, adventure. Every time we do it (and that's daily, sometimes often throughout the day!) we get to enjoy that new and exciting – and perhaps, calming and peaceful – adventure!

Open expanded body = open expanded experiences...

If you're sitting or lying down make sure that you don't have *any* parts of your body crossed, such as your arms or your legs. And that the palms of your hands are turned up and fully open (prepared to receive). It's really important for energetic universal Source flow to keep your entire body, including your face and jaw, your arms and hands, and your legs and feet, very open, loose and relaxed.

Skip Sexy...Get Comfortable

And that brings me to another point. Make sure you're wearing very comfortable clothing, that doesn't restrict your body in any way! In order to achieve optimal results, it's critical to insure and maintain free flowing blood, lymph and air throughout every part of your body at all times. So, keep your clothes loose, just like your body (as explained above)!

Okay. Let's get started!

Now begin by paying attention to your breathing, just letting it flow naturally. Follow the flow of air as it gently touches the tip of your nose and then moves up

into your nostrils and then into your mouth, your throat, then your chest, and finally your abdomen. And remember, there is nothing to do...your intention throughout this process is simply and only to observe.

As you observe this entire process, your experience can be heightened if you embody it with the excitement, curiosity, and even fascination, of a child experiencing something entirely new for the first time. No doubt your mind will wander, and your attention will start slipping into reviewing past events, or contemplating or worrying about future events. It might even be concerned about whether or not you're doing the breathing correctly. When this happens, which, by the way, is completely natural, just focus on bringing your awareness back to the object of your attention each time that it moves away.

How Do I Make that Focus of Attention Stick?

Just keep repeating this process over and over and over...Practice for a specific period of time each day, and in the beginning, start with, maybe, five minutes, or even less, if you're completely new to this process, and then gradually build up your time.

In my practice, we've found that 5 to 10 minutes, 2 to 4 times a day, works really well for most people. This avoids the excuse of not having enough time, because *we can* fit this short amount of time into a break at work, or a few minutes of our lunchtime, or just before dinner in the evening. Eventually you may want to stretch the time out as you become more adept at mindfulness meditation.

According to neuroscientists we have what is called the brains default mode network or DMN, which refers to the internal self-talk, which is in fact, responsible for self-referential thinking. And this kind of thinking activity is associated with worry, regret, self-reproach, anxiety...and other such troubling states of consciousness. This really emphasizes the results reported in Scientific American (mentioned above)

A valuable step to take is to check in with yourself after you've gone through a session of mindfulness meditation. In fact, it's a good idea to do this after every practice or meditation that you incorporate into your daily regime.

Ask yourself what actually came up for you each time your mind began to wander. What happened when you tried to return your attention to that present moment

such as the breathing. Where did your mind go, e.g. reviewing the past or worrying about the future, or wondering about whether you're doing the process correctly or not, or whether this is really going to make a difference for you or not, and any other thoughts that came up throughout this process.

And then finally, what did you learn about yourself?

Meditation Preparation – What You Must Do First!

- ✓ If you're taking medication(s) for any illness it is highly recommended that you consult with your doctor before beginning the practice of Mindfulness Meditation. (Not likely there will be any issues, but always best to err on the side of caution.)
- ✓ In order to maximize this new experience, you need to have an alert mind. So, that means the elimination of alcohol and non-prescribed drugs for at least 24 hours.
- ✓ Make sure you wait 2 hours after a full meal or 1 hour after a snack or caffeine drink before meditating. This one I know firsthand! The difference in outcomes is astounding!
- ✓ If you smoke, it's better to wait 30 minutes before meditating. It's best to stop completely! (Sorry...this is a strong personal bias based on my own BS (Belief System) couple with massive research, and 2 prematurely dead parents due to the negative impact of cigarette smoking.)
- ✓ Never meditate with a candy, throat lozenge, or food of any kind, in your mouth. Since your intent is to go into a deep relaxing state of consciousness, very similar to sleep, choking is very possible...and not desirable at all! For reasons, I'm sure I don't need to expand upon.
- ✓ Start small (short time periods) with meditation and build up gradually, as stated above. It's important not to over meditate too soon. Just like we know that physical exercise is good for us, we also know that it's important to build up gradually. When you meditate, you release a ton of tension and your body may not be equipped to quickly and efficiently cope with this sudden overload of released tension.

- ✓ Just a quick reminder (mentioned above also) to sit in a straight-backed chair so that you're sitting upright. And/or opt for cushions to support your head and back. Sitting up is best (versus lying down) to avoid falling asleep.
- ✓ Remove your shoes and any tight fitting or binding clothes that might constrict blood flow and hamper deep breathing during the meditation. Loose fitting clothing is highly recommended for your total comfort.
- ✓ According to Feng Shui experts it's always best to choose an uncluttered room. So, dump the junk, and clear the space!
- ✓ Save the bright lights for Broadway – and opt for dim and subdued lighting for best meditation results.
- ✓ Get that darned telephone switched off – or the “silence” mode switched on. No excuses!
- ✓ But if you have only a few minutes, make sure you set a timer - on your phone, an actual timer, stopwatch, whatever works for you (One of my patients uses the timer on his microwave! Seriously!) for the amount of time you have, allowing a couple of minutes to regroup after the meditation before jumping back into the craziness of your life!
- ✓ Make sure you have the necessary equipment on hand in case you're planning to listen to a visualization or meditation music. Have a CD player, MP3 player or a computer on hand. And for sure, invest in a decent stereo headset in order to maximize the sound quality and results.
- ✓ If there's any possibility of family, friends or workmates dropping in for an unannounced visit, make sure you have an obvious sign on the outside of the door asking not to be disturbed.
- ✓ If you have chosen to use a meditation focal point, image, saying or mantra, it needs to be written down and placed where you can see it.

Okay, what are you waiting for? Turn off your (unnecessary) technology, get that music started, spit out any food or candy-related stuff, take a swig of water, get comfortable, get your headset on, set the timer, and start breathing. Deeply...in...and out...

PS: *We'll be sharing lots of great techniques, various meditations, learning videos and webinars, cheat sheets, 30-day challenges, and live event trainings, far beyond what we can fit into this little book. So, make sure you join us by visiting: www.TheStressToSuccessFormula.com. And remember to pick up your free and extremely useful gift after you join us!*

ABOUT THE AUTHOR

In 1985, when at the peak of her career and feeling like she had achieved the ultimate success, Dr. Marilyn Joyce was blindsided when she was diagnosed with melanoma, and within a week's time of being released from the hospital, was rushed back in again and diagnosed with stage four uterine cancer.



She was only 35 years old! Utterly shocked and dismayed, she wrestled with unimaginable denial, anger, resentment, frustration, and overwhelming feelings of being a helpless victim. In her effort to combat this traumatic set of events, and while endlessly seeking and searching for solutions, leaving no stone unturned, Dr. Marilyn found herself just four years later, while still in search of her magic bullet, instead, in a wheelchair at 88 pounds given less than two weeks to live.

Completely spent, she had no energy for anything...including walking! And, as if the cancer itself wasn't enough, the added *stress and anxiety* of searching for – and trying – every new treatment available had definitely taken its toll!

*She was stressed out, tired out, frustrated, anxious and depressed...
and in constant pain.*

At that point, the miracles began! She found her magic bullets...and her journey back to health took off...

Since recovering from those challenging cancer years, and with immense gratitude for this gift of life, Dr. Marilyn has poured her heart and soul into learning everything she can about creating a simple, easy, practical and quick to implement formula for living a stress-free, high energy, productive life that is filled with peace, love, happiness and joy (...for the vast majority of the time), and how it can be implemented simply within 5-minute segments throughout the day.

Now 28 years later, Dr. Marilyn is one of the world's leading experts in how to transform your troubles into triumphs, thus turning your Stresses into Successes!

Dr. Marilyn Joyce RD., *The Vitality Doctor*™, is an Internationally acclaimed speaker, writer, radio and television personality. She is one of the world's leading authorities on whole person (Body-Mind-Spirit) nutrition and lifestyle in the prevention and the overcoming of stress and stress-related conditions, as well as the illnesses that can manifest, especially cancer.

For over 40 years, Dr. Joyce, Registered Dietitian has been inspiring audiences around the world as an inspirational keynote speaker and motivational seminar leader. Having been featured on such diverse shows as, Doctor to Doctor, Leeza, Montel Williams, Maury Povich, Jenny Jones and Essentials on PBS, as well as hundreds of other media appearances including radio and print, she has touched hundreds of thousands of lives.

Her clients, past and present, have included Xerox, the FBI, Girl Scouts, Boeing, UCLA, Scripps Medical Center, Sloan-Kettering, The American Cancer Society, the Wellness Community Centers and Peak Potentials.

A five-time cancer survivor, Dr. Marilyn Joyce is also the former Director of Nutrition for The Cancer Treatment Centers of America and author of the bestselling books: **5 Minutes to Health, I Can't Believe It's Tofu, and INSTANT E.N.E.R.G.Y.™: The 5 Keys to Unlimited Energy & Vitality!**

NOTE: *To inspire and inform your audiences, and to book Dr. Marilyn Joyce for your shows and speaking engagements, simply send an email with the name of the show, or event, your contact information, a proposed date and time, and any other pertinent details to: DrMarilynJoyce@gmail.com*