

Sydney, February 2022

A Voice of Hope for the Whole World

*In the midst of Covid-19 pandemic, that caused stress, anxiety and depression worldwide,
a new star was born to bring joy to humankind with healing songs of love and hope.*

The social entrepreneur, singer, and composer, MRS JOY, released her first international pop album for children, teens and families in January 2022. The album ‘*You Have a Voice*’, with 9 songs, was produced by the Australian Daniel Natoli and mixed by the American icon Michael Brauer, who won two Grammy Awards with Coldplay and other artists.

MRS JOY’s first album has the aim to connect the whole world with their best. She came as our ‘Voice of Hope’, after a worldwide pandemic. Her song ‘Chain of Love’ talks about the stigma of suicidal thoughts and how we can become a chain of love to heal the world. The song composed as the tone of an anthem is inspiring kids, teens, and families to bring hope and joy to the world. The artist also produced an inspiring animated video on YouTube that is thrilling kids and families to be their best and overflow their hearts with love. That’s her message in this inspirational song:

***“Let’s become a Chain of Love.
Together we can heal the world...
with your heart and my heart”.***
– MRS JOY –

MRS JOY is also journalist, life and executive coach, founder of an international social cause called ‘Joyful Minds Training’ and ‘Wellbeing Time Meditation – WTM’. Her mission supports teens and adults since 2012, with mental health online courses focused on meditation, mindfulness, and CBT – Cognitive Behavioral Therapy, to empower them to find more wellbeing and joy from inside of themselves. *“Bring self-confidence and self-esteem for youth and adults, helping them to cope with anxiety, depression and stress, is the first step for them to thrive in life. I am here to support and inspire people from all around the world to become the best version of themselves”*, shares MRS JOY.

When MRS JOY was only five years old, her father had a brain cancer and when she was 26, her mother died, from the rejection of a liver transplant. Life was not easy seeing the people she loves the most getting sick. Composing songs was part of MRS JOY's healing process and the awakening of her soul. *"I needed to find ways to heal myself from my own mental stress and anxiety. Before my mom died, I was having panic attacks and I understand how hard it can be. But I found a formula to help myself, my family and my clients and students. Meditation is the new medication, and most people don't know how to use this powerful self-regulation tool. I am passionate about meditation and mindfulness, and I am here to help as many people as I can to find inner balance, joy and peace of mind"*, reveals MRS JOY.

Now, the Brazilian singer, with a company based in Australia, is passionate in helping more people in the whole world to heal from traumas of their past, reducing anxiety, depression, stress and increasing health, joy and wellbeing. In her Joyful Minds Training she teaches her healing formula through evidence-based self-regulation tools, as mindfulness and meditation for youth and adults to thrive in life. *"I am here to create the leaders of tomorrow. The way out is the way in"*, explains MRS JOY.

Through her website it's possible to become a VIP Volunteer and be able to make donations to support MRS JOY's social work, helping to disseminate Joyful Minds Training for youth to thrive inside of renowned foundations, as Oprah Winfrey, Lady Gaga, Michele Obama and Dalio's Foundation.

Her song – You Have a Voice – that carries the name of her Album brings a Disney song atmosphere. Kids in Australia started calling MRS JOY as *"Our Brazilian Elza"*, making the assimilation with the famous *Disney Movie Frozen*.

The seventh song in her Album – XOXOXO – was created in the middle of COVID-19 while people was suffering with quarantine and isolation. MRS JOY was inspired to compose this song to replace the stress of the world with social distance, for kisses and hugs. *"It's my duty to bring more joy to the world. After a worldwide pandemic, music is the best way to heal"*, reveals MRS JOY.

It's time to get inspired and feel good again.

We wish to touch your heart with MRS JOY's first Album, as she touched ours.

For interviews, shows and donations, please contact:

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More info about MRS JOY at her website: www.mrs-joy.com