

## Glenn Livingston, Ph.D. and Alexandria – Part Two

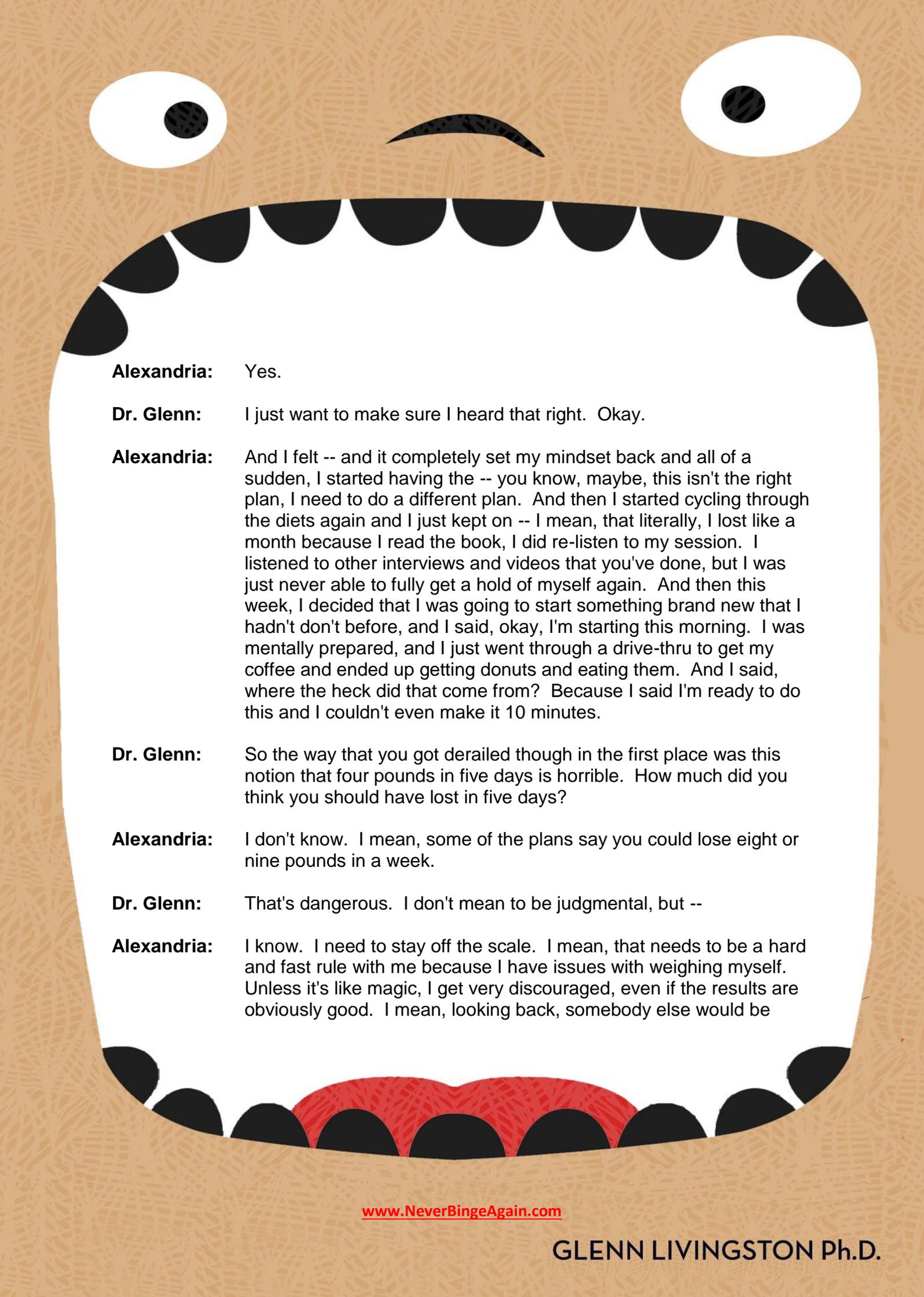
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**Dr. Glenn:** Well hey, it's Glenn Livingston and I am here with Alexandria again. We're doing a follow-up, and she did really well for a while after her last session and had some serious trouble, which is not unusual. People can lose it and they need a little help getting back. So why don't you update me, Ali, what happened, where do you stand now? And I'm going to take notes as we talk on the screen, okay?

**Alexandria:** Okay. As the last session, which went incredibly well, I mean, I felt - - I mean, I really feel like it was so productive. I left that session and I felt really empowered and I felt really confident and I felt like I understood things because I had read the book and I said, yeah, that really clarifies everything. And we had spoken on a Saturday and then Sunday, I was going to a family party, so I said I'm not going to do anything today. I'm going to start Monday. And Monday morning, I started on the food plan that I had chosen, which was the Whole30, which I had done previously and felt really, really great on. And it lasted about five about five days. It was smooth sailing. I felt really in control and positive and empowered. And then I stepped on the scale and I saw I'd only lost four pounds in five days, and everything went to hell. And I felt so discouraged.

**Dr. Glenn:** Can I just stop you for a second? That you only lost four pounds in five days and you were discouraged?



**Alexandria:** Yes.

**Dr. Glenn:** I just want to make sure I heard that right. Okay.

**Alexandria:** And I felt -- and it completely set my mindset back and all of a sudden, I started having the -- you know, maybe, this isn't the right plan, I need to do a different plan. And then I started cycling through the diets again and I just kept on -- I mean, that literally, I lost like a month because I read the book, I did re-listen to my session. I listened to other interviews and videos that you've done, but I was just never able to fully get a hold of myself again. And then this week, I decided that I was going to start something brand new that I hadn't don't before, and I said, okay, I'm starting this morning. I was mentally prepared, and I just went through a drive-thru to get my coffee and ended up getting donuts and eating them. And I said, where the heck did that come from? Because I said I'm ready to do this and I couldn't even make it 10 minutes.

**Dr. Glenn:** So the way that you got derailed though in the first place was this notion that four pounds in five days is horrible. How much did you think you should have lost in five days?

**Alexandria:** I don't know. I mean, some of the plans say you could lose eight or nine pounds in a week.

**Dr. Glenn:** That's dangerous. I don't mean to be judgmental, but --

**Alexandria:** I know. I need to stay off the scale. I mean, that needs to be a hard and fast rule with me because I have issues with weighing myself. Unless it's like magic, I get very discouraged, even if the results are obviously good. I mean, looking back, somebody else would be



absolutely thrilled with that number, but I need to stay off the scale because it just causes me too much mental anguish. I become paralyzed with it. And then I get all the doubts and I start jumping around again and I lose time, which I lost a lot of time now.

**Dr. Glenn:** Well, regardless of whether you weigh yourself or not, I have some thoughts I might want to share about that. But regardless of whether you do that or not, what do you think is realistic to lose each week?

**Alexandria:** Three pounds maybe; two or three pounds. If you're going to be consistent, I think two or three pounds a week, you know, with the first week or two being a little bit better, not necessarily 9 and 10 pounds, but maybe like four or five pounds the first week because the first week is usually like water and lose a little bit more the first week or two, but then after that -- especially when you have a lot to lose, kind of stabilizes and you consistently lose maybe three pounds a week; two, three pounds.

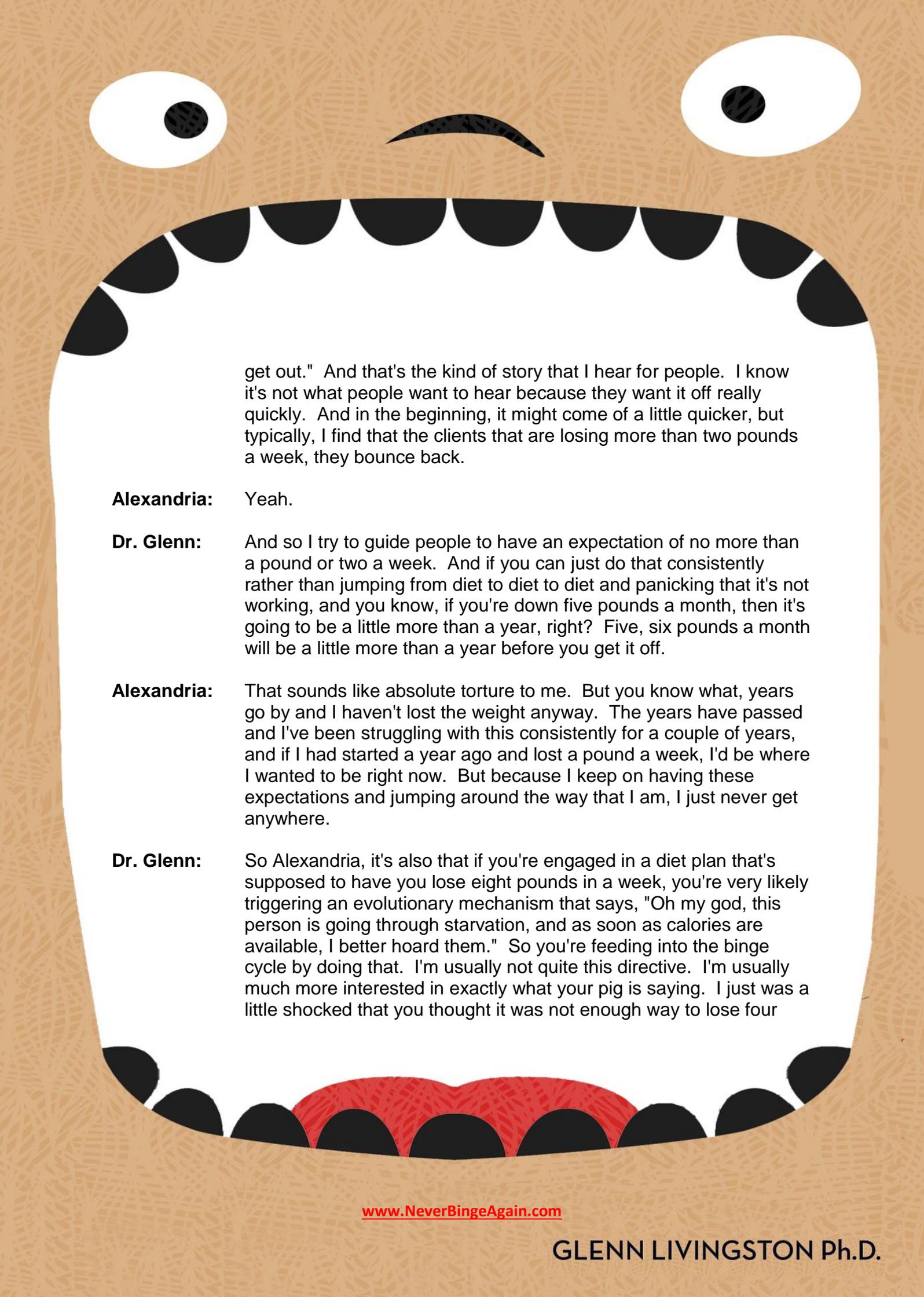
**Dr. Glenn:** I'm just curious, do you have more than a hundred pounds to lose?

**Alexandria:** I don't. I have about 80, I would say; 80, 85.

**Dr. Glenn:** Okay.

**Alexandria:** But it's a lot. I mean, it's a lot of weight.

**Dr. Glenn:** You know, I worked with a guy that started at 500 pounds. So he had good 300 pounds to lose. And he said similar things and what finally worked for him was deciding to lose five pounds a month. And he said, "You know, it took me a long time to get here. I built myself this kind of fat prison and I just have to do some time here to



get out." And that's the kind of story that I hear for people. I know it's not what people want to hear because they want it off really quickly. And in the beginning, it might come off a little quicker, but typically, I find that the clients that are losing more than two pounds a week, they bounce back.

**Alexandria:** Yeah.

**Dr. Glenn:** And so I try to guide people to have an expectation of no more than a pound or two a week. And if you can just do that consistently rather than jumping from diet to diet to diet and panicking that it's not working, and you know, if you're down five pounds a month, then it's going to be a little more than a year, right? Five, six pounds a month will be a little more than a year before you get it off.

**Alexandria:** That sounds like absolute torture to me. But you know what, years go by and I haven't lost the weight anyway. The years have passed and I've been struggling with this consistently for a couple of years, and if I had started a year ago and lost a pound a week, I'd be where I wanted to be right now. But because I keep on having these expectations and jumping around the way that I am, I just never get anywhere.

**Dr. Glenn:** So Alexandria, it's also that if you're engaged in a diet plan that's supposed to have you lose eight pounds in a week, you're very likely triggering an evolutionary mechanism that says, "Oh my god, this person is going through starvation, and as soon as calories are available, I better hoard them." So you're feeding into the binge cycle by doing that. I'm usually not quite this directive. I'm usually much more interested in exactly what your pig is saying. I just was a little shocked that you thought it was not enough way to lose four

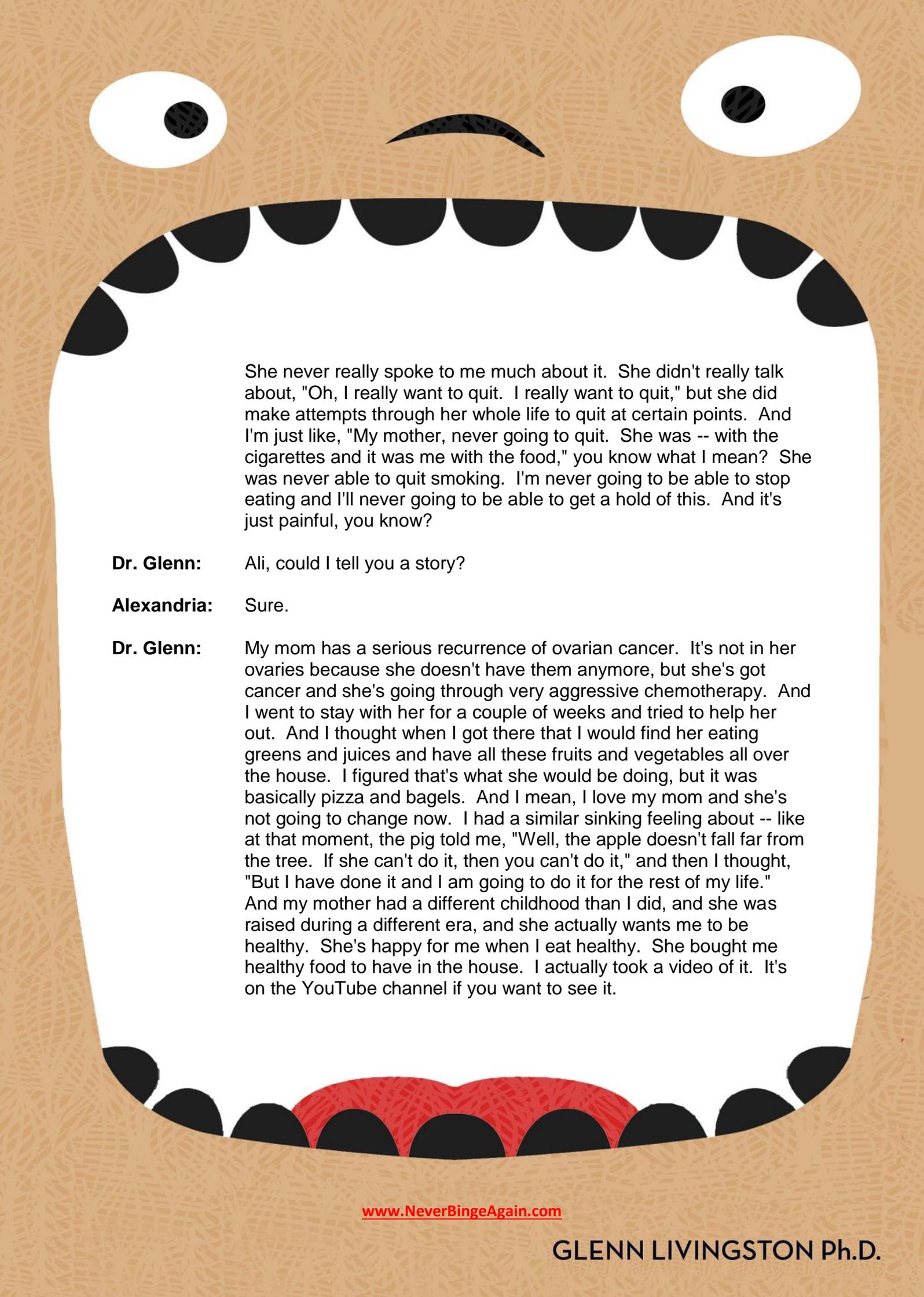


pounds in five days because most of my clients think that was terrific.

**Alexandria:** I mean, looking back on it, if a friend had told me, "Oh, I lost four pounds in the last five days," I say, "Well, that's great. What are you doing? You must be really watching what you're eating because that's a really good loss." But when it comes to myself and I just hear all this noise in my head, I'm not good enough, it should have been more, this isn't right, you have to do something different, you're never going to do it anyway. And it just gets really loud and it just gets really confusing to the point where I feel I'm paralyzed by it and I end up just eating junk anyway. And it's just a vicious, vicious cycle that I'm catching myself in, that I'm just perpetuating this on and on and on.

**Dr. Glenn:** Tell me more about the noise in the head. "I'm not good enough. I should have been more by now. This isn't right. You're never going to do it anyway." What else goes on in your head at those times?

**Alexandria:** I mean, there's one thing I was thinking about today because I knew I was going to be speaking to you and I was trying to pay a little bit more attention to the things that really are going on and what I'm really telling myself. It's a little painful to talk about. My mom, she passed away two years ago. My mom was a lifelong smoker. I mean, at her own peril, even though she was sick, quadruple bypass heart surgery, high blood pressure, I mean, at her own peril from the time she was 12 years old until literally she got out of the hospital finding out that she had cancer and she was in kidney person and the first thing that she did was she grabbed a cigarette and started smoking.



She never really spoke to me much about it. She didn't really talk about, "Oh, I really want to quit. I really want to quit," but she did make attempts through her whole life to quit at certain points. And I'm just like, "My mother, never going to quit. She was -- with the cigarettes and it was me with the food," you know what I mean? She was never able to quit smoking. I'm never going to be able to stop eating and I'll never going to be able to get a hold of this. And it's just painful, you know?

**Dr. Glenn:** Ali, could I tell you a story?

**Alexandria:** Sure.

**Dr. Glenn:** My mom has a serious recurrence of ovarian cancer. It's not in her ovaries because she doesn't have them anymore, but she's got cancer and she's going through very aggressive chemotherapy. And I went to stay with her for a couple of weeks and tried to help her out. And I thought when I got there that I would find her eating greens and juices and have all these fruits and vegetables all over the house. I figured that's what she would be doing, but it was basically pizza and bagels. And I mean, I love my mom and she's not going to change now. I had a similar sinking feeling about -- like at that moment, the pig told me, "Well, the apple doesn't fall far from the tree. If she can't do it, then you can't do it," and then I thought, "But I have done it and I am going to do it for the rest of my life." And my mother had a different childhood than I did, and she was raised during a different era, and she actually wants me to be healthy. She's happy for me when I eat healthy. She bought me healthy food to have in the house. I actually took a video of it. It's on the YouTube channel if you want to see it.



She bought me all kinds of bananas and pears and greens and she wants to make sure I was happy, and she was really happy that I was eating that and not eating the stuff that she was eating. But you know, it's helpful sometimes to step back and say, I wish my parents were different. I love my mom. I really wish she was different, but she had her life and I had mine, and what do you think about that? Is that possible?

**Alexandria:** I guess so, it is.

**Dr. Glenn:** It's just really sad.

**Alexandria:** Yeah. I'm sorry.

**Dr. Glenn:** What's your mom's name?

**Alexandria:** Pat.

**Dr. Glenn:** Yeah. How old were you when she died?

**Alexandria:** I'm sorry.

**Dr. Glenn:** No, you're honoring her. You're honoring her. You love your mom and you really connected to her and this is an important pattern that your pig has internalized without you knowing about it, so it's kind of important that you talked about it.

**Alexandria:** Okay. Well, she died in 2015, so it's been almost three years. So I was 41.

**Dr. Glenn:** Yeah. So it's not that long. It's not that long, right?



**Alexandria:** No, not at all.

**Dr. Glenn:** You know, and it's normal when we really miss someone to want to be like them. It's kind of our way of having them with us.

**Alexandria:** Mm-hmm.

**Dr. Glenn:** And one of the things you can do here, Ali, maybe we could even talk a little bit about it if you want to. If you want to go in another direction, we can, but we could think about whether there was anything positive that you could emulate about your mom to keep her with you rather than emulating her smoking or her self-destruction.

**Alexandria:** Yeah. My mom was tough. I mean, my mom was a single mother with six girls. And she was a tough, tough woman. I respect it that she'd always do what she had to do. I'm like that too, in that way, I'm like my mother. I always just -- to me, I'm always just charging ahead; we'll figure out a way, we'll find a way. She just did what she had to do and she didn't let anything stand in her way. And I'm a lot like that, too. Like, I -- you know, we just figure out a way. I don't get stuck and say, "Oh, well, you know, if this thing isn't working, we'll find a different way to do it." So I respect that about her and I admire that and I respect that.

**Dr. Glenn:** Well, can I talk about that in context then?

**Alexandria:** Okay.



**Dr. Glenn:** So when the pig says, "You're not good enough. It should have been more by now. This isn't right and you're never going to do it anyway. We should just give up and binge," is that something that reflects this character trait that your mom gave you?

**Alexandria:** No, not at all.

**Dr. Glenn:** Well, what would your mom say if you heard your pig talking like that?

**Alexandria:** My mom [inaudible 0:14:34]. She'd be like, "Shut the -- up. What's this stupid --" you know, like, she would tell me I'd be an idiot, just figure this -- out. Just please." She wouldn't even take me seriously.

**Dr. Glenn:** She wouldn't even take it seriously, right?

**Alexandria:** No. She wouldn't even take me seriously. She'd be like, "All right. Okay. Get over your tea party. Move on. Let's go."

**Dr. Glenn:** Would she say, "Just do the Whole30 Plan if that's what's going to work for you," or would she tell you to do something else?

**Alexandria:** She would tell me to do what would work for me. She'd tell me to do whatever would make me feel good. "If that thing is going to work, then shut up and do it." That will probably pretty much be what she would tell me.

**Dr. Glenn:** Okay. Do you still believe that the Whole30 is your best guess for a food plan to go forward with?



**Alexandria:** Glenn, I've done a million diets in my life. I've done a million different eating plans. I've eliminated, I've done this, I've done that. And I just have this feeling when I was on this plan of such good health. I just felt really good and I felt healthy and I felt positive. And I just keep on trying to get that back. And even when I only do it for a couple of days, I see the changes starting to happen even if I do it for five days or 10 days. I see myself starting to feel better. And I don't feel that way when I do any of these -- I do keto. Let me just eliminate all my carbs and load up on fat and -- I don't feel as good. I eat low-fat. I don't feel as good. I just felt good on this and I just want that back. I just want to feel good again like I did.

**Dr. Glenn:** Why can't the last bite of pig slop that you had today -- because it sounds like you had some today, why can't that have been the last one that you take and you could say you've been on -- you haven't been eating during the session, have you?

**Alexandria:** No.

**Dr. Glenn:** So you've technically been in the Whole30 plan for at least 24 minutes.

**Alexandria:** At least, yes, at least a whole 24 minutes.

**Dr. Glenn:** I'm kidding with you but I'm serious.

**Alexandria:** No, no, I understand, yes. I've been doing it for 24 minutes.

**Dr. Glenn:** Well, why can't you do that forever? Or at least until you have the weight off?



**Alexandria:** I just feel like I can't -- I just feel like I'm going to screw it up, you know?

**Dr. Glenn:** Why?

**Alexandria:** Because I won't be able to say no. I won't be able to stop. I won't be able to do it.

**Dr. Glenn:** Is that you or your pig talking?

**Alexandria:** It is, right?

**Dr. Glenn:** Mm-hmm.

**Alexandria:** It is. It's just all those negative thoughts. That's not really me.

**Dr. Glenn:** You know, I have the impression you're a strong woman.

**Alexandria:** I am. That's how I see myself.

**Dr. Glenn:** I have the impression you don't take much crap actually.

**Alexandria:** No, not really.

**Dr. Glenn:** But when the pig talks, sometimes you're willing to take his crap.

**Alexandria:** Yes.

**Dr. Glenn:** What are we going to do about that?



**Alexandria:** I think that I need to work really hard on just recognizing that it's not me. So when I say something, like when I say, "Okay, I am never going to eat wheat, sugar and dairy again," and it says, "Yeah, right, who are you trying to kid?" I realize that that's not me.

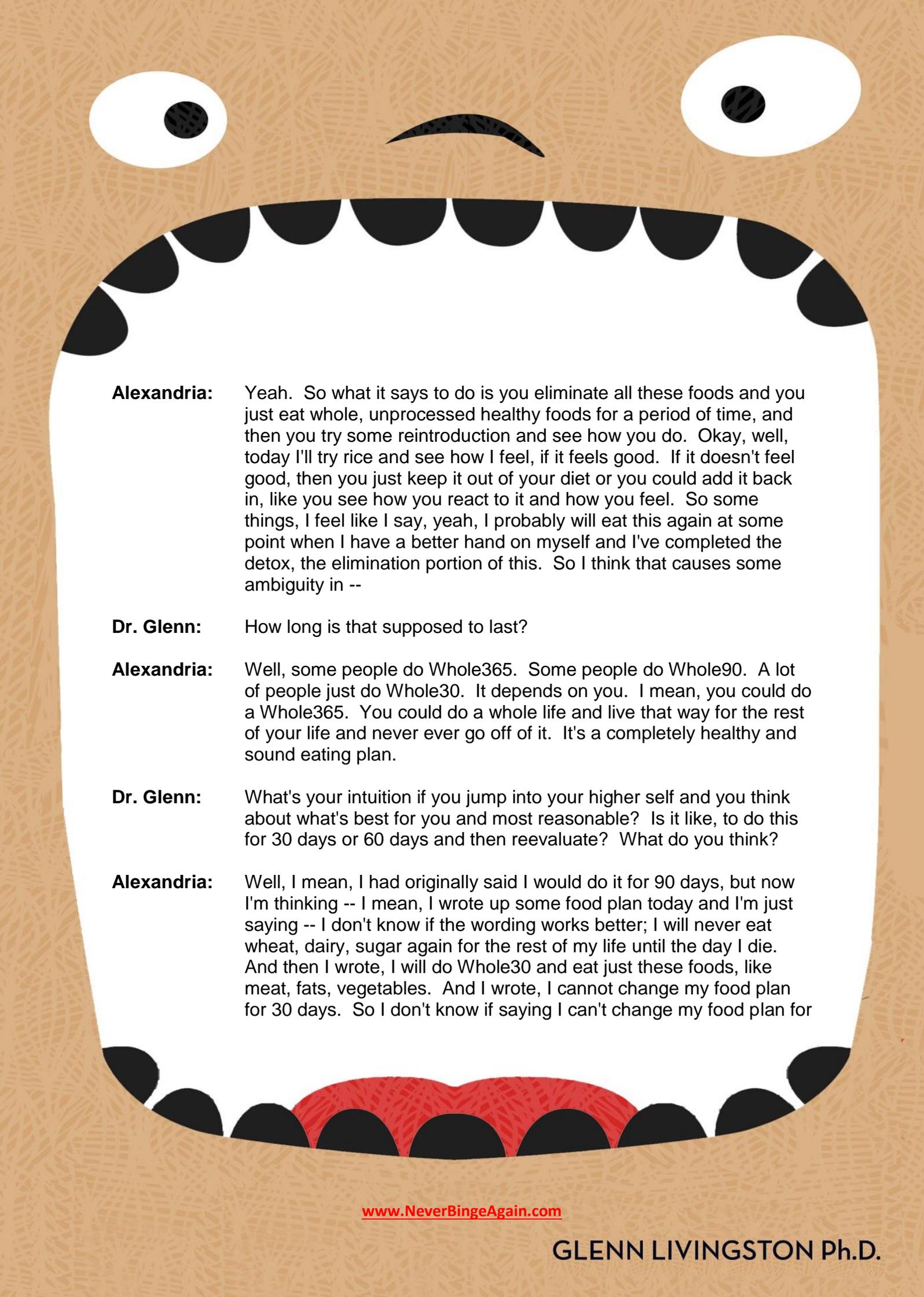
**Dr. Glenn:** Mm-hmm. Well, if by definition, you're never going to have wheat, sugar or dairy and you hear a voice that says you should have some wheat, sugar or dairy or that you're not capable of it or that you'll definitely going to do it someday, isn't that, by definition, the pig?

**Alexandria:** It's sort of the pig because that falls outside of my food plan and what I'm determined to do. So that's really just the pig talking.

**Dr. Glenn:** So Ali, what is pig saying that you find believable still?

**Alexandria:** Just that I'm not going to be able to do it. One thing with -- that maybe this is something that would make a difference. One thing with a plan like the Whole30 is that eventually, maybe I'll eat rice again or maybe I'll eat some corn again because it kind of just eliminates everything and then eventually you add stuff back in. I mean, those big three, I really can do without; with dairy and sugar. But like, someday I may eat hummus again. I think that causes some confusion in me, like some ambiguity like, okay, I'm following the whole thing and I'm never going to eat these things again. But then in the back of my mind, I'm saying, yeah, but you know, some of them I probably will eat again at some point. I feel like I'm not believing myself.

**Dr. Glenn:** Does the -- I'm not familiar with the Whole30 Plan. Does the Whole30 Plan suggest that you add the corn and hummus and put the grains back in later on?



**Alexandria:** Yeah. So what it says to do is you eliminate all these foods and you just eat whole, unprocessed healthy foods for a period of time, and then you try some reintroduction and see how you do. Okay, well, today I'll try rice and see how I feel, if it feels good. If it doesn't feel good, then you just keep it out of your diet or you could add it back in, like you see how you react to it and how you feel. So some things, I feel like I say, yeah, I probably will eat this again at some point when I have a better hand on myself and I've completed the detox, the elimination portion of this. So I think that causes some ambiguity in --

**Dr. Glenn:** How long is that supposed to last?

**Alexandria:** Well, some people do Whole365. Some people do Whole90. A lot of people just do Whole30. It depends on you. I mean, you could do a Whole365. You could do a whole life and live that way for the rest of your life and never ever go off of it. It's a completely healthy and sound eating plan.

**Dr. Glenn:** What's your intuition if you jump into your higher self and you think about what's best for you and most reasonable? Is it like, to do this for 30 days or 60 days and then reevaluate? What do you think?

**Alexandria:** Well, I mean, I had originally said I would do it for 90 days, but now I'm thinking -- I mean, I wrote up some food plan today and I'm just saying -- I don't know if the wording works better; I will never eat wheat, dairy, sugar again for the rest of my life until the day I die. And then I wrote, I will do Whole30 and eat just these foods, like meat, fats, vegetables. And I wrote, I cannot change my food plan for 30 days. So I don't know if saying I can't change my food plan for



30 days gives me 30 days to implement all this so that at the end of 30 days, reevaluate, I mean, is that a good way to --

**Dr. Glenn:** Yeah, a lot of people do it like that. So basically, you'll never have wheat, dairy or sugar again until the day you die. And you're going to eat strictly Whole30 for the next 30 days.

**Alexandria:** Right. And I cannot change my food plan for 30 days. And then at the end of 30 days, I'll look at it again and if I decide to -- because you know, I was listening to what you said in some of your podcasts about giving yourself time. You want to change your food plan now, but you have to give yourself 24 hours or 48 hours so you're not impulsive and just changing your food plan to eat what you want in that moment. So if I say, okay, well, this is what I'm doing but I cannot change my food plan for 30 days, and then at the end of the 30 days say, okay, well, maybe I'll add rice back in and do it like that.

**Dr. Glenn:** Yeah. And you start to reevaluate around day 25 and think about what you're going to do.

**Alexandria:** Right.

**Dr. Glenn:** Well, what's wrong with that?

**Alexandria:** There's nothing wrong with that. I was writing that out today. I'm just trying to figure out a way to get rid of the ambiguity of, yeah, I may eat it again, but if I said, this is what I'm doing, I'm absolutely not going to eat these foods ever again and I'm not going to change my eating plan for 30 days. Well, at the end of the 30 days, I can look at it again and say, okay, well, maybe I can make these changes at this point. And I have time to feel better and have my



head clearer. And my decisions in 30 days will be different than my decision today. The way I feel right now, I'm going to feel much different if I consistently stay with it for 30 days. Everything is going to look different at the end of 30 days and my decisions would be different.

**Dr. Glenn:** Ali, this sounds like a -- plan to me.

**Alexandria:** I think it could work. That wasn't a gung-ho resounding yes, but --

**Dr. Glenn:** Well, your pig doesn't want you to be confident.

**Alexandria:** The pig is like, "Go away, Glenn, go away."

**Dr. Glenn:** Yeah. Your pig is trying to get rid of me.

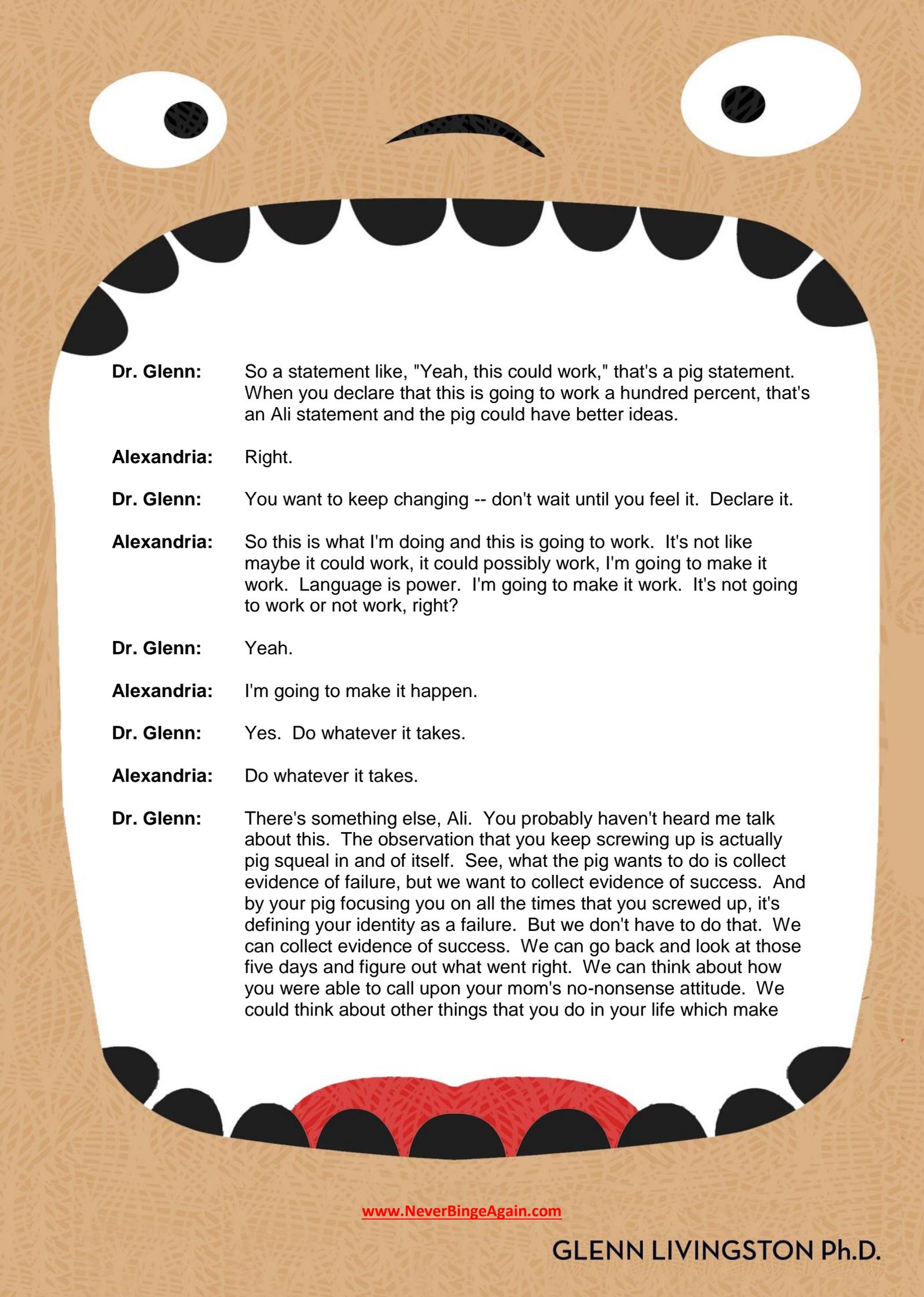
**Alexandria:** Yeah, it is. We're going to start having technical difficulties. My pig is going to get my phone. That's probably what happened to my phone, see?

**Dr. Glenn:** Yes.

**Alexandria:** My phone, that's what happened. The pig was acting up saying, "Let's end this before I stop."

**Dr. Glenn:** Your pig was at it. All doubt and insecurity comes from the pig.

**Alexandria:** All doubt and insecurity come from the pig.



**Dr. Glenn:** So a statement like, "Yeah, this could work," that's a pig statement. When you declare that this is going to work a hundred percent, that's an Ali statement and the pig could have better ideas.

**Alexandria:** Right.

**Dr. Glenn:** You want to keep changing -- don't wait until you feel it. Declare it.

**Alexandria:** So this is what I'm doing and this is going to work. It's not like maybe it could work, it could possibly work, I'm going to make it work. Language is power. I'm going to make it work. It's not going to work or not work, right?

**Dr. Glenn:** Yeah.

**Alexandria:** I'm going to make it happen.

**Dr. Glenn:** Yes. Do whatever it takes.

**Alexandria:** Do whatever it takes.

**Dr. Glenn:** There's something else, Ali. You probably haven't heard me talk about this. The observation that you keep screwing up is actually pig squeal in and of itself. See, what the pig wants to do is collect evidence of failure, but we want to collect evidence of success. And by your pig focusing you on all the times that you screwed up, it's defining your identity as a failure. But we don't have to do that. We can collect evidence of success. We can go back and look at those five days and figure out what went right. We can think about how you were able to call upon your mom's no-nonsense attitude. We could think about other things that you do in your life which make



you a no-nonsense woman, right? We can collect evidence of success and we can just choose to become a different person even if our whole lives we were a screw up, we can choose to become a different person. Right now you've been binge-free for 35 minutes, right?

**Alexandria:** A whole 35 minutes, yup.

**Dr. Glenn:** Well --

**Alexandria:** Not good enough. Nothing is good enough.

**Dr. Glenn:** Realistically, Ali, you could have had a bag of Cheetos with you this whole time and be putting me on mute while I was talking and you'd munch on the Cheetos, right?

**Alexandria:** That's absolutely true. Or I could have picked a quieter food that you wouldn't have heard.

**Dr. Glenn:** Yes. I know you know how to do that.

**Alexandria:** I certainly do.

**Dr. Glenn:** So you've been successful. For 35 minutes, you've actually been successful. There is a very successful part of you. You wanted to do this. You asked me for this session. You came back to me twice. You really wanted to do this. You have that constructive part of you. You're capable of doing this. See, that's collecting evidence of success. And sometimes, when the pig starts attacking you about the past and starts attacking you about what's going to happen in the future, you really have to start with right now. You really have to



start with collecting evidence of success right now. I'm not binging this very moment. There is no food on my mouth this very moment. I am not binging this moment.

**Alexandria:** See, that's success right there.

**Dr. Glenn:** Yeah.

**Alexandria:** It's like what my son too. My son has some special needs. So I've taken him to a functional medicine doctor, I took him to Cleveland Clinic. He goes to a naturopath. He goes to a chiropractor. I have him on free days, free diet, free diet. He's on every vitamin you could imagine. He's gone for neurofeedback. I'm constantly looking at new ways to help him. And then I go and I sit down with the school psychologist and she's telling me, "You're doing everything you can," and I'm like, "It's not enough." It's like, "What else can I do?" I guess it's the same thing of me just feeling like hearing those squeals of not enough, you know, and just realizing that it is enough. There are a lot of successes. And I have to give myself some credit for the successes that I have in the perseverance and the persistence that I've had in things.

**Dr. Glenn:** I'll bet you'd do an amazing job with that kid.

**Alexandria:** I'll try.

**Dr. Glenn:** I bet he's really lucky. I bet he's really, really lucky.

**Alexandria:** Nothing can happen to me, so I have to fix this.



**Dr. Glenn:** Well, that too, yeah. How confident do you feel that you're never going to binge again?

**Alexandria:** I feel pretty confident. I feel like what you said about when someone dies, you want to be like them, but I could take the positives of what I had instead of the negatives.

**Dr. Glenn:** You could consciously and purposely sit down and go over your mom's best traits and think about what you want to incorporate and carry forward, and you could think about her worst traits and say, "You know what, I'm going to leave this behind." Let those traits die with that generation. You can do that.

**Alexandria:** I can do that. I can because then I'm not going to pass it on either. And that's my responsibility.

**Dr. Glenn:** Yeah. Now you get it. Now you understand.

**Alexandria:** Yeah. I got it. And I could do this. I've done it before. If you could do it for one day, you could do it for 30, you could do it for 60, you could do it for a hundred, you could do it for a year, right?

**Dr. Glenn:** Yeah.

**Alexandria:** If I could do it right now for 35 minutes to 40 minutes, then I could do it for 40 days.

**Dr. Glenn:** Of course you can. How confident do you feel?

**Alexandria:** I'm a hundred percent confident. I'm done. It's over.



**Dr. Glenn:** You sure?

**Alexandria:** Yeah. This little dirty pity party I've been having, it's over.

**Dr. Glenn:** What if you screw up like you always did before?

**Alexandria:** If something happens, I might as well just figure out what pig squeal I was listening to and just move on, right? I mean, you get a flat tire, you don't slash the other three, you keep going. Just keep going. I mean, that's what my mother would say, right? "Don't be an --, keep going," you know?

**Dr. Glenn:** Yeah.

**Alexandria:** "Get up. Keep moving. Wipe the blood off. Let's go. It's just a scraped knee. Move on."

**Dr. Glenn:** I was provoking you a little bit there. I was hoping you're going to say, "Screw you, Glenn. That's not even a possibility."

**Alexandria:** Glenn, I'm not going to screw up. Forget it.

**Dr. Glenn:** That's how you want to feel. That's the attitude you want to have with your pig. I was playing with your pig there. But you gave me the right answer. If you did happen to make a mistake, that's what you would do, but when you hear that voice --

**Alexandria:** But I'm not going to make a mistake.

**Dr. Glenn:** Yeah.



**Alexandria:** I'm not going to.

**Dr. Glenn:** Because the hell with that noise, right?

**Alexandria:** Yup, yup. I'm not going to let the noise in. I got better things to think about. I'm not -- and I'll have so much more time to think about other things if I get this -- out of my head. I could be so much more productive and creative if I'm not sitting here thinking about what I'm eating or what I'm not eating and how bad I feel about myself because of what I ate two hours ago. I mean, it's just a waste of time. You know, there's a really cool thing online that I found, it's a calculator where you put two dates in and it tells you how many dates, weeks, minutes, years between the two dates. And I realized that -- I put it in -- I put it in when I really started having the most struggle with my weight until now, and it was like almost 5,000 days. And I'm like, what a waste of time. End it.

**Dr. Glenn:** Yeah.

**Alexandria:** Life is too short.

**Dr. Glenn:** So what if you do what you always did before and just go off the diet?

**Alexandria:** I'm not going to. I'm not going to. I'm going to get off this call when we're done and I'm going to build on my 35 or 40 minutes and I'm going to make it longer and longer and longer and I'm just not going to listen. I'm not going to listen. When it says I can't do it, I'm just going to say, "Screw you, pig." We're done. I'm done. I'm done. Like, that's it. I'm just done. Done. It's done. It's done. The whole thing is done.



**Dr. Glenn:** Alexandria, do you have any questions or concerns?

**Alexandria:** No. I'm done. I've done the whole gamut. I've been throwing it and I've been laughing. Now I'm just determined, so thank you.

**Dr. Glenn:** Nail that pig in the cage. Enough with it. Nail it in the cage. Your mother wouldn't put up with it. You don't have to put up with it.

**Alexandria:** I really don't. You know, I put up too much -- in my life. I really don't have to put up what's in my own head.

**Dr. Glenn:** Yeah.

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