



**Glenn Livingston, Ph.D.  
and Megan Hale  
Enoughness Revolution**


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**Dr. Glenn:** This is the very good Dr. Glenn Livingston with Never Binge Again. And I am here with Megan Hale of the Enoughness Revolution. How are you Megan?

**Megan:** I am great, Glenn. How are you?

**Dr. Glenn:** Well, I am very excited to talk about the whole concept of enoughness. I think that's such a cool word in and of itself. You and I have done interviews before, so I know you're a cool person. Maybe let's just jump right in and you could tell us a little bit about your background and story in how this Enoughness Revolution came to pass.

**Megan:** Yeah, I would love to. Hi everyone, for all of those -- you who I am just now meeting. I'm coming to you as from a background as a psychotherapist before I became an enoughness coach. Enoughness to me is a word that really ties into our sense of worthiness. The way enoughness work found me is I feel like I've had several different lives leading up to this one. What I mean by that is from kind of an early age, like I would say maybe around the age of 11, I started experiencing anxiety, and this anxiety was related to this idea that I needed to be somebody different in order to be enough.



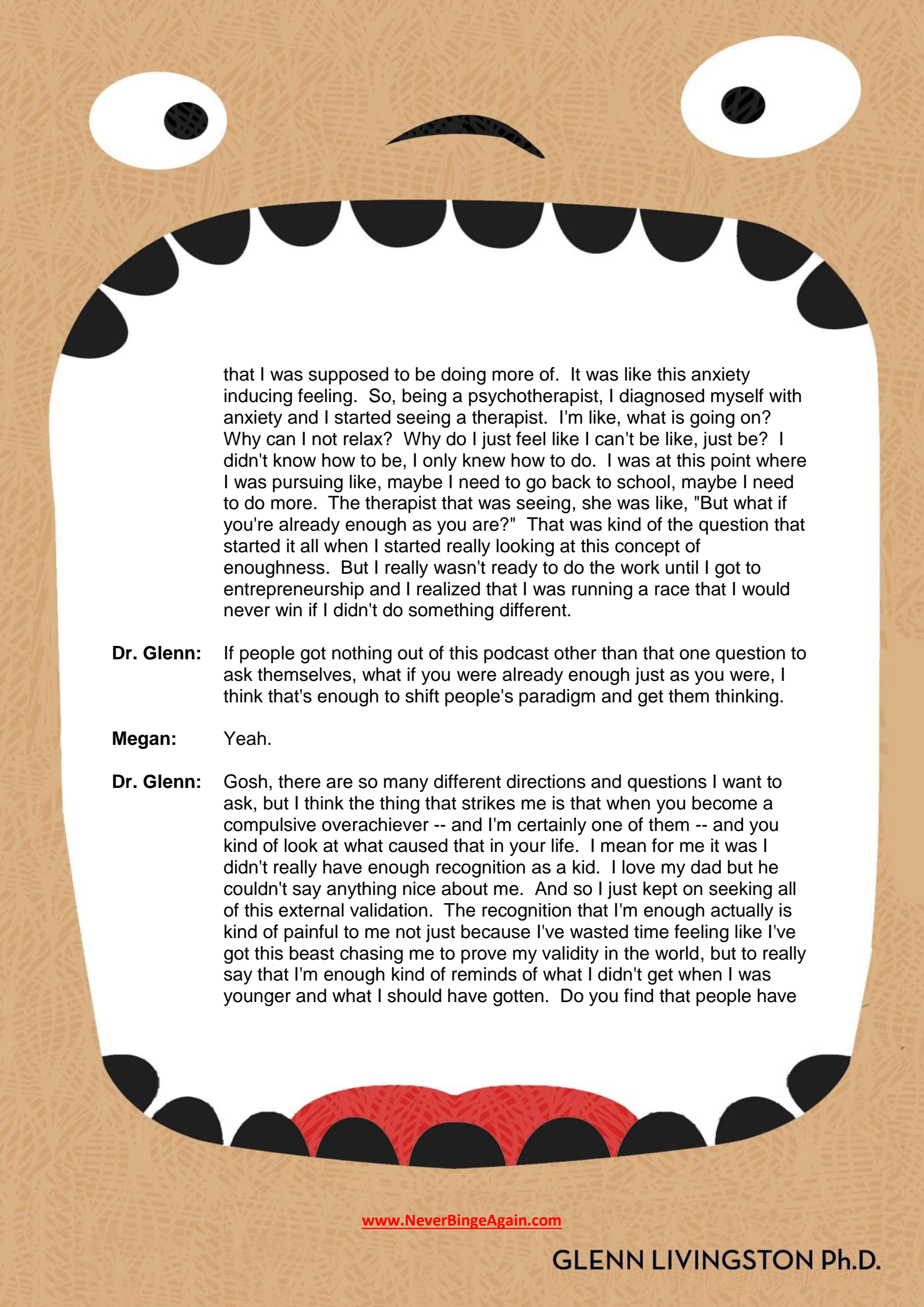
This manifested in all different kinds of ways in my life. It led to addiction and substance abuse for about a decade. Then when I pulled myself out of that dark hole, enoughness -- so this need to be enough started showing up and high achieverness in which I through myself into graduate work and professional work and trying to gain enough degrees or letters behind my name to the point where I felt like that that would be enough. Then that led to me getting into entrepreneurship.

Again, I was chasing after all of these benchmarks, trying to be enough. And I kind of had a turning point a few years ago where I realized like it would matter what I attained, what I achieved, how much money I made, what benchmark of success I was chasing after because there would always be more. There'd be more to make, more to do, more to become. And I realized that my definition of enoughness was the thing that really needed to shift.

I started doing all of this work of getting in touch with these beliefs and these stories about what it meant to be enough and trying to rewrite them and finding more freedom to realize that I'm enough as I am. I always have been. That's the truth for every other person on the planet.

**Dr. Glenn:** When did you realize that? Was there a moment in time or if there was a story where a light bulb went off or was it kind of like a rheostat and a gradual awakening?

**Megan:** No. I had just first started my first business which was my private practice and it was actually building quite successfully and organically and things were really going well. But I felt like there was something

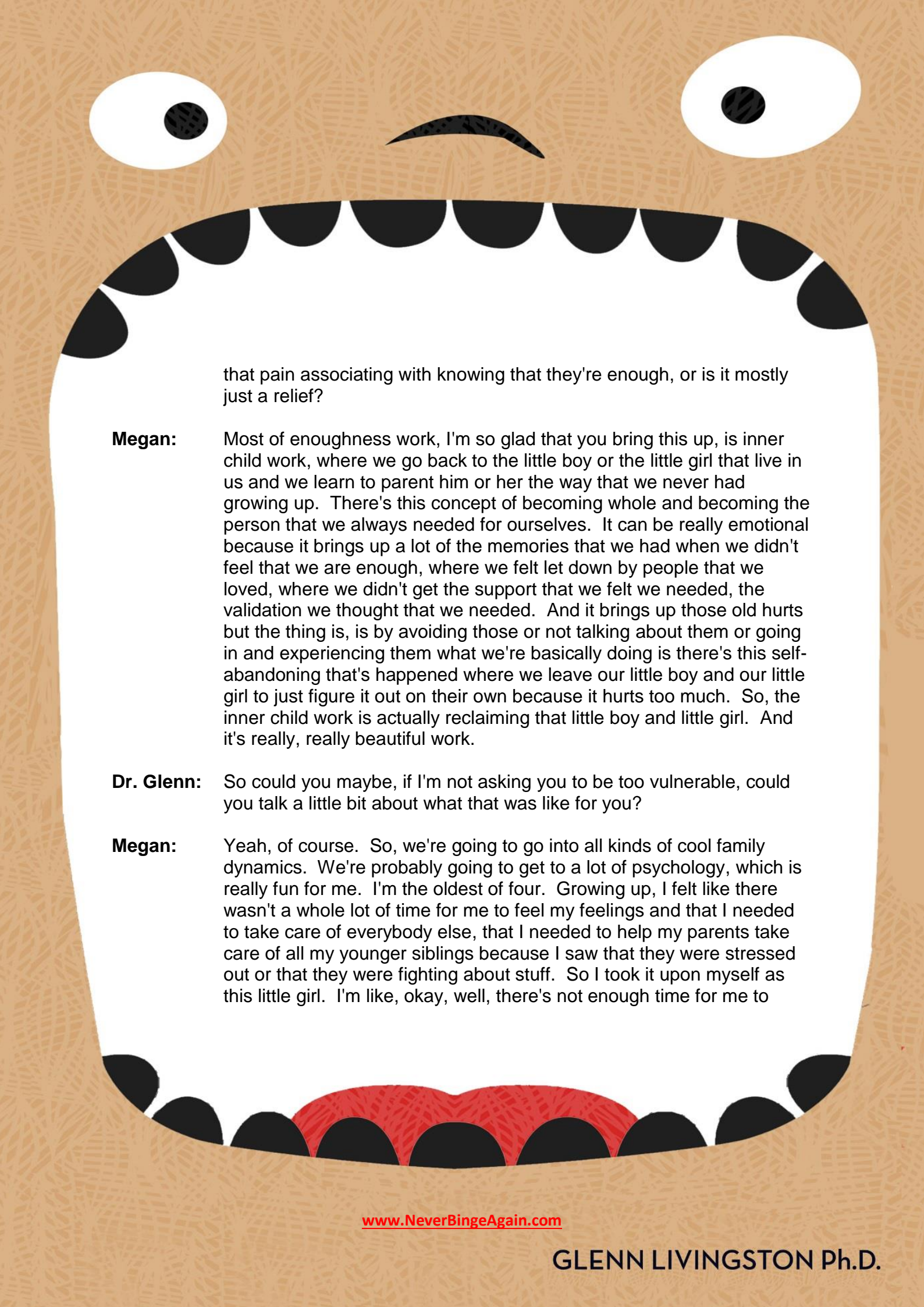


that I was supposed to be doing more of. It was like this anxiety inducing feeling. So, being a psychotherapist, I diagnosed myself with anxiety and I started seeing a therapist. I'm like, what is going on? Why can I not relax? Why do I just feel like I can't be like, just be? I didn't know how to be, I only knew how to do. I was at this point where I was pursuing like, maybe I need to go back to school, maybe I need to do more. The therapist that was seeing, she was like, "But what if you're already enough as you are?" That was kind of the question that started it all when I started really looking at this concept of enoughness. But I really wasn't ready to do the work until I got to entrepreneurship and I realized that I was running a race that I would never win if I didn't do something different.

**Dr. Glenn:** If people got nothing out of this podcast other than that one question to ask themselves, what if you were already enough just as you were, I think that's enough to shift people's paradigm and get them thinking.

**Megan:** Yeah.

**Dr. Glenn:** Gosh, there are so many different directions and questions I want to ask, but I think the thing that strikes me is that when you become a compulsive overachiever -- and I'm certainly one of them -- and you kind of look at what caused that in your life. I mean for me it was I didn't really have enough recognition as a kid. I love my dad but he couldn't say anything nice about me. And so I just kept on seeking all of this external validation. The recognition that I'm enough actually is kind of painful to me not just because I've wasted time feeling like I've got this beast chasing me to prove my validity in the world, but to really say that I'm enough kind of reminds of what I didn't get when I was younger and what I should have gotten. Do you find that people have




that pain associating with knowing that they're enough, or is it mostly just a relief?

**Megan:** Most of enoughness work, I'm so glad that you bring this up, is inner child work, where we go back to the little boy or the little girl that live in us and we learn to parent him or her the way that we never had growing up. There's this concept of becoming whole and becoming the person that we always needed for ourselves. It can be really emotional because it brings up a lot of the memories that we had when we didn't feel that we are enough, where we felt let down by people that we loved, where we didn't get the support that we felt we needed, the validation we thought that we needed. And it brings up those old hurts but the thing is, is by avoiding those or not talking about them or going in and experiencing them what we're basically doing is there's this self-abandoning that's happened where we leave our little boy and our little girl to just figure it out on their own because it hurts too much. So, the inner child work is actually reclaiming that little boy and little girl. And it's really, really beautiful work.

**Dr. Glenn:** So could you maybe, if I'm not asking you to be too vulnerable, could you talk a little bit about what that was like for you?

**Megan:** Yeah, of course. So, we're going to go into all kinds of cool family dynamics. We're probably going to get to a lot of psychology, which is really fun for me. I'm the oldest of four. Growing up, I felt like there wasn't a whole lot of time for me to feel my feelings and that I needed to take care of everybody else, that I needed to help my parents take care of all my younger siblings because I saw that they were stressed out or that they were fighting about stuff. So I took it upon myself as this little girl. I'm like, okay, well, there's not enough time for me to



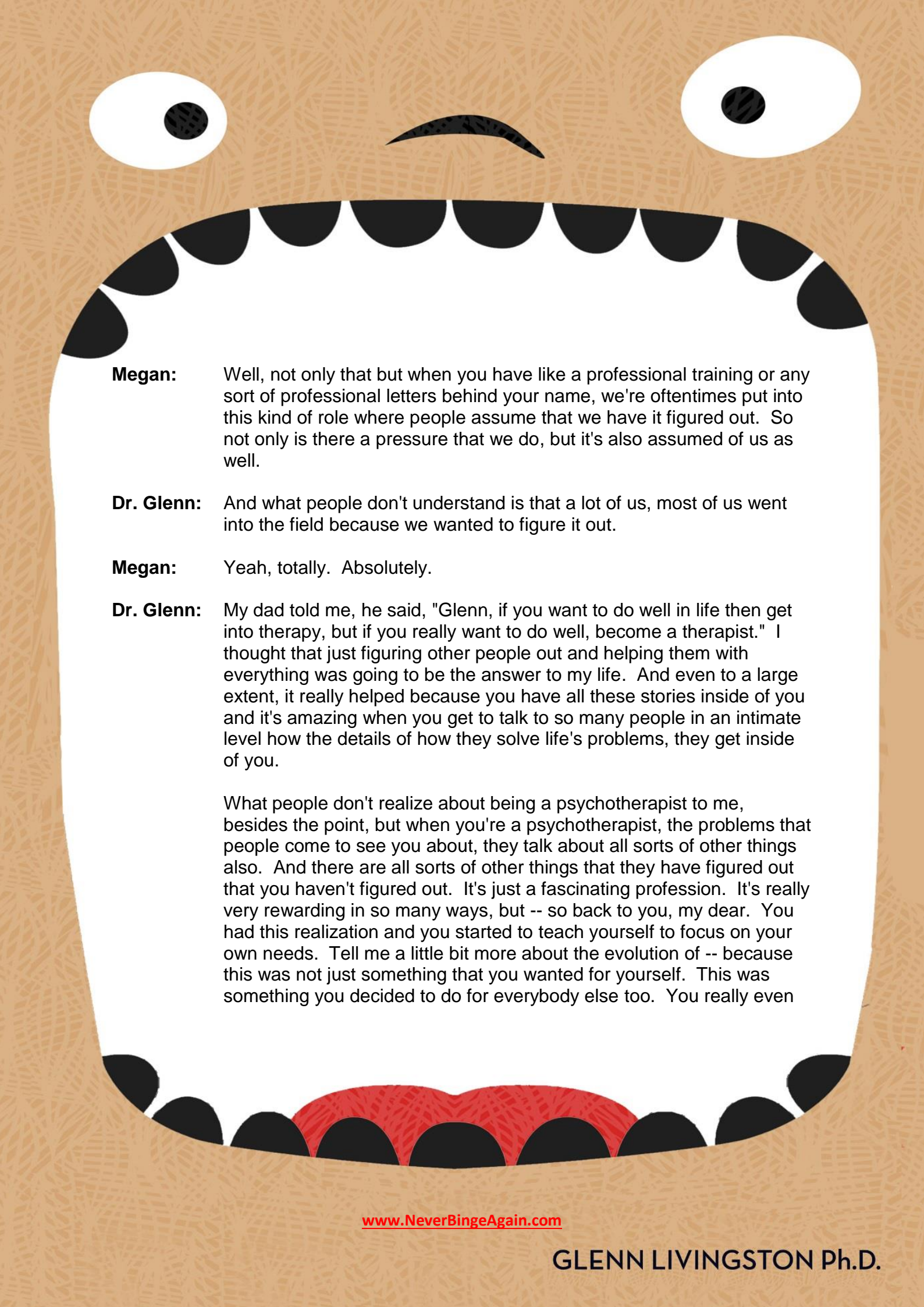
worry about what I need or how I feel because there's all these other people that are needing things.

So, what I realized is that my little girl, she never knew that it was okay to feel. It never okay to ask for what you need because other people's needs are more important. When I went back to get back in touch with my little girl, what I realized is that she fell under a lot of pressure to not feel, which is extremely hard because we are emotional beings. And she was actually really sad because she felt all alone. So, giving her the space to experience those emotions was just like a totally novel thing for me and for her. So, how is it that you feel? Nobody ever asked her that. Of course maybe people did, but that's not the perception that I had. And I think that that's a really big piece, that our perception, that's the part that creates our stories, that creates our experiences, right? So if there's a perceived lack of validation for instance, that's all that really matters, whether there is validation there or not.

**Dr. Glenn:** What's so interesting is people think that -- people like you and I, psychotherapist in training, with practices and everything like that, that we can't really have these issues.

**Megan:** Oh my God. Yeah. We have to have it all figured out, right?

**Dr. Glenn:** Yeah. I think that part of what happens is that your training as a psychotherapist really teaches you to put aside your own needs. We can do it very skillfully. I don't think people will even notice that we're doing it, and people like when you focus on them. It's entirely possible to be crying inside and have people feel like you're talking good care of them and not really be attending to yourself.




**Megan:** Well, not only that but when you have like a professional training or any sort of professional letters behind your name, we're oftentimes put into this kind of role where people assume that we have it figured out. So not only is there a pressure that we do, but it's also assumed of us as well.

**Dr. Glenn:** And what people don't understand is that a lot of us, most of us went into the field because we wanted to figure it out.

**Megan:** Yeah, totally. Absolutely.

**Dr. Glenn:** My dad told me, he said, "Glenn, if you want to do well in life then get into therapy, but if you really want to do well, become a therapist." I thought that just figuring other people out and helping them with everything was going to be the answer to my life. And even to a large extent, it really helped because you have all these stories inside of you and it's amazing when you get to talk to so many people in an intimate level how the details of how they solve life's problems, they get inside of you.

What people don't realize about being a psychotherapist to me, besides the point, but when you're a psychotherapist, the problems that people come to see you about, they talk about all sorts of other things also. And there are all sorts of other things that they have figured out that you haven't figured out. It's just a fascinating profession. It's really very rewarding in so many ways, but -- so back to you, my dear. You had this realization and you started to teach yourself to focus on your own needs. Tell me a little bit more about the evolution of -- because this was not just something that you wanted for yourself. This was something you decided to do for everybody else too. You really even




formed a podcast and you're kind of on a mission. How did you get from A to B?

**Megan:** You know, going back and doing all this work, which was kind of a four-month process of really doing a deep dive here, but I started to realize that I had all these definitions. My little girl thought, in order to be enough, you had to be perfect, which is a really common belief for a lot of us, right? That we're not good enough and so we have to do better in order to be enough, which for most of us, good enough means have no flaws, which is impossible to reach. Also, the high achieverness was I always have to be pursuing something in order to be feeling a sense of worthiness.

So really, what happened was understanding what my definition of worthiness was, that I am inherently worthy, I was born that way, but knowing that these voices of not enough are still prevalent. And so what started happening for me is like, I wonder if I'm the only one that experiences these things? I was like, what would happen if I started a conversation around enoughness and started interviewing people about what their experience of it is like? Do you experience the voices of not enough? When did they come up for you? How have you redefined what enoughness means for you? That turned into a podcast and it also turned into groups programs and it turned into my work of helping other women redefine what enoughness means to them, which is really just the journey home to who they are and realizing that they're enough just as they are.

**Dr. Glenn:** What are some of the more striking things that you've heard over the time that you've been interviewing people?



**Megan:** Well, first of all, we're a lot more alike than we are different. The first thing in the podcast was almost 75 interviews with people and starting to realize that some people have done their inner child work to redefine their definition, which I thought was really interesting. Some people had pursued the permission of play. That's something that we really don't give ourselves a lot of. It's actually like when we have a lot of adulting obligations. That enoughness was really related to courage and confidence to actually go after your dreams.

**Dr. Glenn:** What do you mean by the last one? I don't quite follow that.


**Megan:** So, our sense of enoughness, knowing that we are enough is tied to that we deserve it more. We deserve good things. We deserve our dreams. That's actually something most of the time tied up. And that courage piece which is often the catalyst for us to go after something more.

**Dr. Glenn:** I see. Did that happen for you? Because you're already going after everything.

**Megan:** Yeah. It looks like that from the outside for some people, but to me, there were things that I was still scared to do, like write a book, for instance; that was really scary, or do more public speaking. So there's still some things that enoughness work -- I'm still working towards to building that courage of putting my words out there in a book form, which I haven't done yet, or doing more public speaking which I've done in the past, but not to the level where I know that I could go.

**Dr. Glenn:** I could tell you that what you're talking about is definitely worthy of a book, definitely. And I think you're the person to write it. It's amazing you did 75 interviews in your first year also.






**Megan:** Yeah. It was a lot of conversation.

**Dr. Glenn:** Okay. Well I'm going to support you to write your book. I really think that you should do that and I want to read it.

**Megan:** Thank you.

**Dr. Glenn:** Do you think that part of the enoughness conversation is coming to terms with our mortality? Because ultimately, I'm 52 years old, right? And I've done a lot of things with my life but I don't necessarily feel like I'm enough. I have the goal to help a million people a year to stop binge eating and I wake up in the morning thinking about that, I go to sleep at night thinking about that. I can't say that any given day that I felt like I've done enough to help all the suffering people. I know that someday I will probably die. I'm not going to live forever, and I won't have stopped everybody from binge eating. It feels like part of -- if I'm never going to come to terms with being enough myself is feeling like I just can't accomplish all my dreams, right? Like, I've got maybe 35, 40 years of solid work left in me. My body is not what it used to be. My mind is pretty much what it used to be, but my body is not -- you know what I mean? So what do you think of that?

**Megan:** The first thing that comes up is that we are not our goals. If you died tomorrow, you're enough. There's nothing else you could do to be enough. You are inherently enough. You always have been and you always will be and it is not based on anything that you do or achieve or impact. That's not where enoughness comes from. Your enoughness comes from divinity.



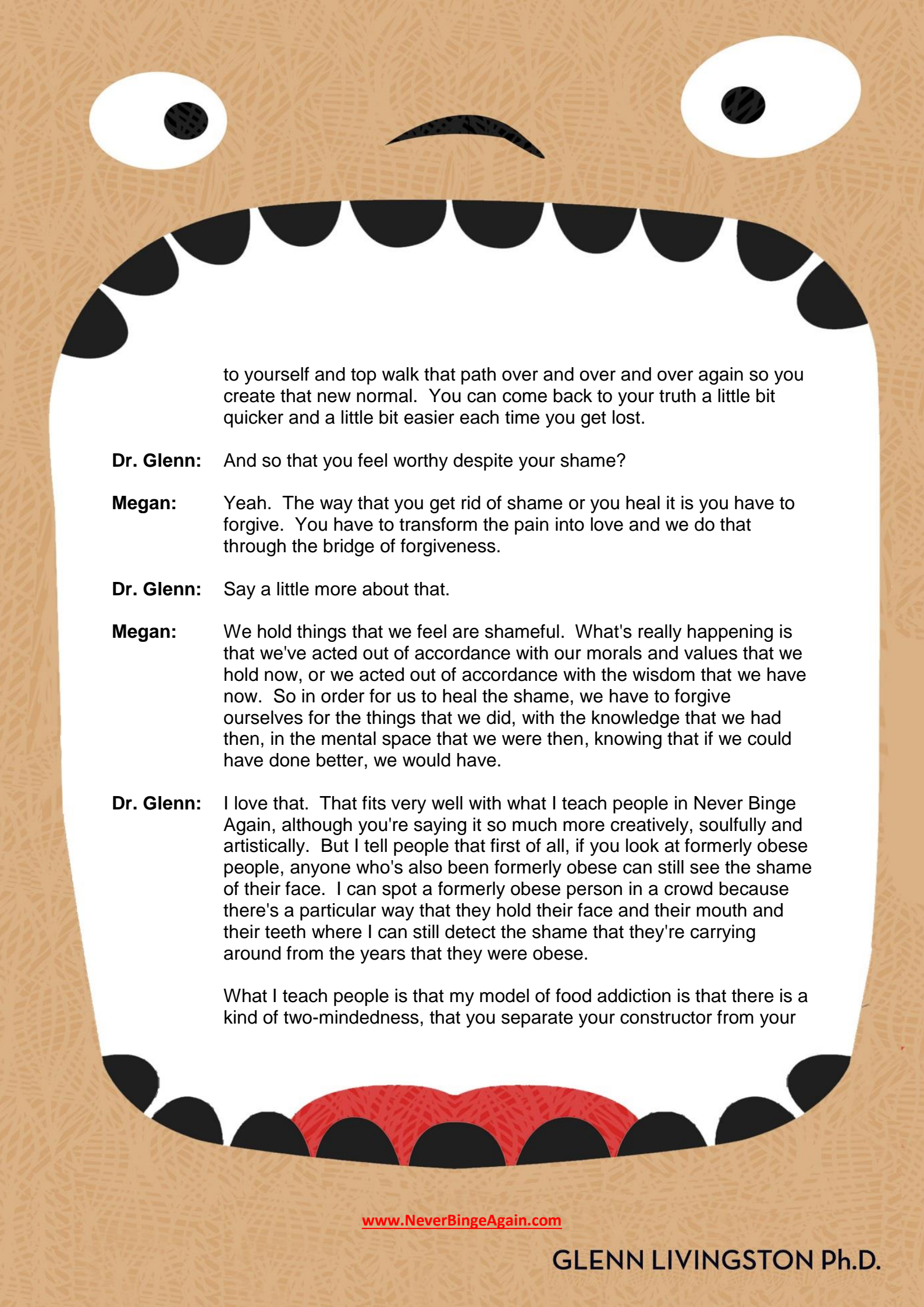
**Dr. Glenn:** See, now you're going to make me want to cry. I've never cried in an interview before. That's what I get for interviewing another psychotherapist. That's very profound. That touches me. That's very sweet.

**Megan:** But it's the truth. We were born as part of the divine. We were made exactly perfect, exactly who we are intended to have the impact that we're here to make. There's no way that any of us can screw it up.

**Dr. Glenn:** That's a wonderful thought. When did you really accept that?

**Megan:** Well, this goes into a whole another story. This is about understanding and healing my relationship with God and understanding that I was worthy of God to begin with. For me, that has been learning to heal a lot of shame that I've carried that has kept me separate from God and my own divinity. When you go through any type of addiction, which my addiction was substance abuse and alcohol, addiction can show up in food just as easily, right? I mean, anytime that we have anything that we compulsively do that we just feel so out of control with. There's a lot of times that we do things that create the sense shame. Anytime we're carrying that shame, that is the perfect breeding ground for we're not enough. If that's where we're operating from, believing that we're worthy of divine intervention, that we're worthy for the gifts that God wants for us, that doesn't compute.

And so, for me a lot of my work has been learning to heal shame. This isn't like you get to a point where there is no shame left. And that's not the goal because we have a tendency to perfect our personal development and our personal healing, and like we haven't done enough until we've eradicated all of it. And that's nonsense. That's not the goal. The goal is to get to a place where you know the way home



to yourself and top walk that path over and over and over again so you create that new normal. You can come back to your truth a little bit quicker and a little bit easier each time you get lost.

**Dr. Glenn:** And so that you feel worthy despite your shame?


**Megan:** Yeah. The way that you get rid of shame or you heal it is you have to forgive. You have to transform the pain into love and we do that through the bridge of forgiveness.

**Dr. Glenn:** Say a little more about that.

**Megan:** We hold things that we feel are shameful. What's really happening is that we've acted out of accordance with our morals and values that we hold now, or we acted out of accordance with the wisdom that we have now. So in order for us to heal the shame, we have to forgive ourselves for the things that we did, with the knowledge that we had then, in the mental space that we were then, knowing that if we could have done better, we would have.

**Dr. Glenn:** I love that. That fits very well with what I teach people in Never Binge Again, although you're saying it so much more creatively, soulfully and artistically. But I tell people that first of all, if you look at formerly obese people, anyone who's also been formerly obese can still see the shame of their face. I can spot a formerly obese person in a crowd because there's a particular way that they hold their face and their mouth and their teeth where I can still detect the shame that they're carrying around from the years that they were obese.

What I teach people is that my model of food addiction is that there is a kind of two-mindedness, that you separate your constructor from your



destructive thoughts. The reason shame exists in the first place is just to get you to do the right thing, but once you've done the right thing, you're supposed to let it go. Just a tiny bit of guilt is better than shame. Shame is really something that kind of permeates your soul.

**Megan:** I totally agree. Guilt will do the job but we really like to twist the knife when it comes by adding shame.

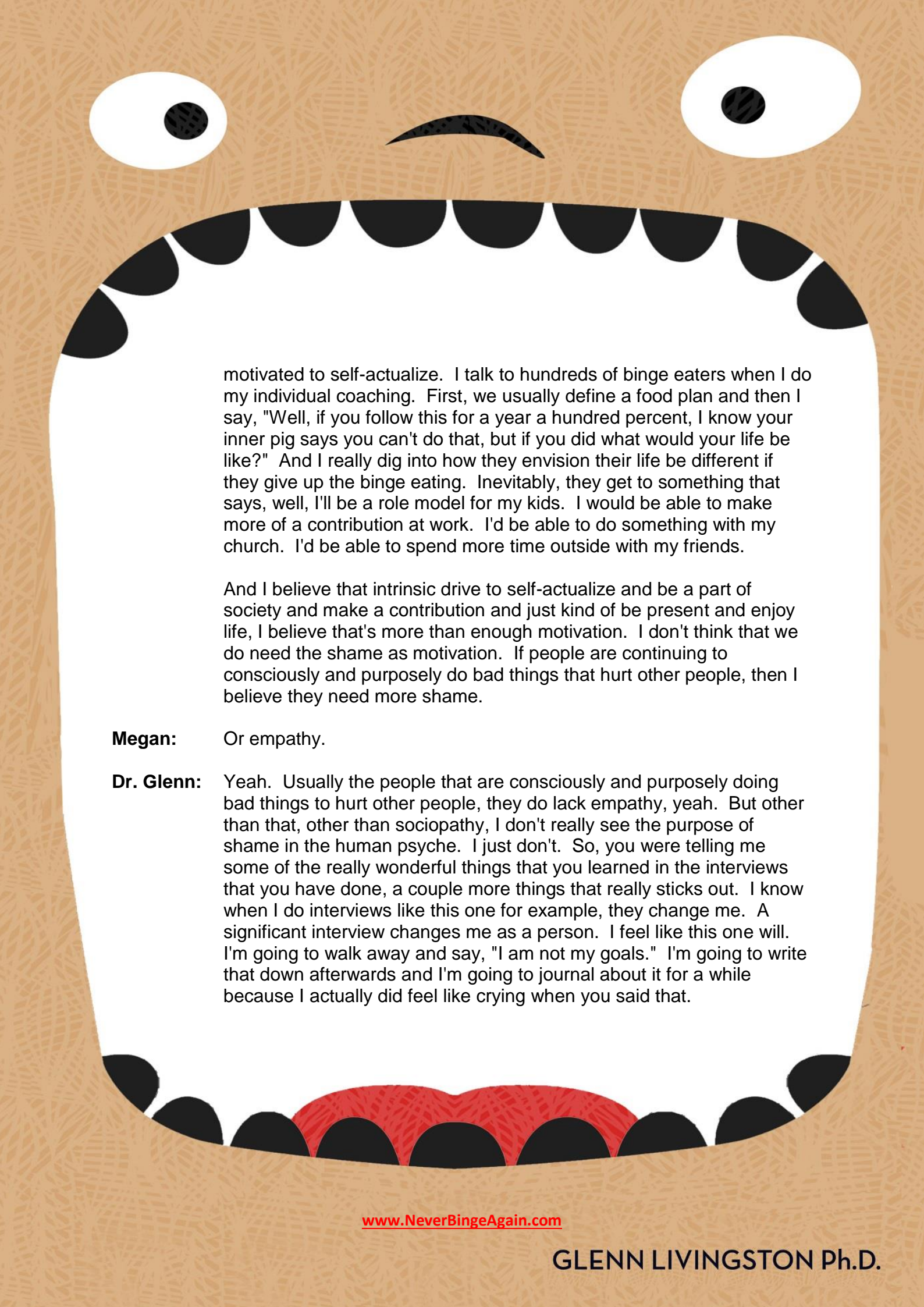
**Dr. Glenn:** I was raised by a neurotic Jewish mother, so I --

**Megan:** Well, yeah. A lot of religions liked to use that shaming quality too. That's another part of the whole divinity healing journey.

**Dr. Glenn:** What I love about what you're saying, I've seen the healing aspect of this in many forms. I tell people that the purpose of the shame from the destructive side of the street is to make it possible for you to binge more and it's very difficult to continue bingeing if you refuse to yell at yourself if you let go of the shame. It's very difficult to continue bingeing. Most people walk around thinking that they have to feel more shame so that they feel bad enough to stop bingeing, but what happens is that the shame is an attack on your moral character and eventually there's this voice inside that says, "You know what? You really are too weak. You're morally defective; therefore you're not going to be able to resist bingeing. You might as well do it and try to be a happy fat person," or something like that.

**Megan:** I love that. If we let go of the shame, then how will we be motivated to change?

**Dr. Glenn:** Well, I believe that -- maybe this is what you're saying that we're all enough and we're all divine, but I believe that we're intrinsically

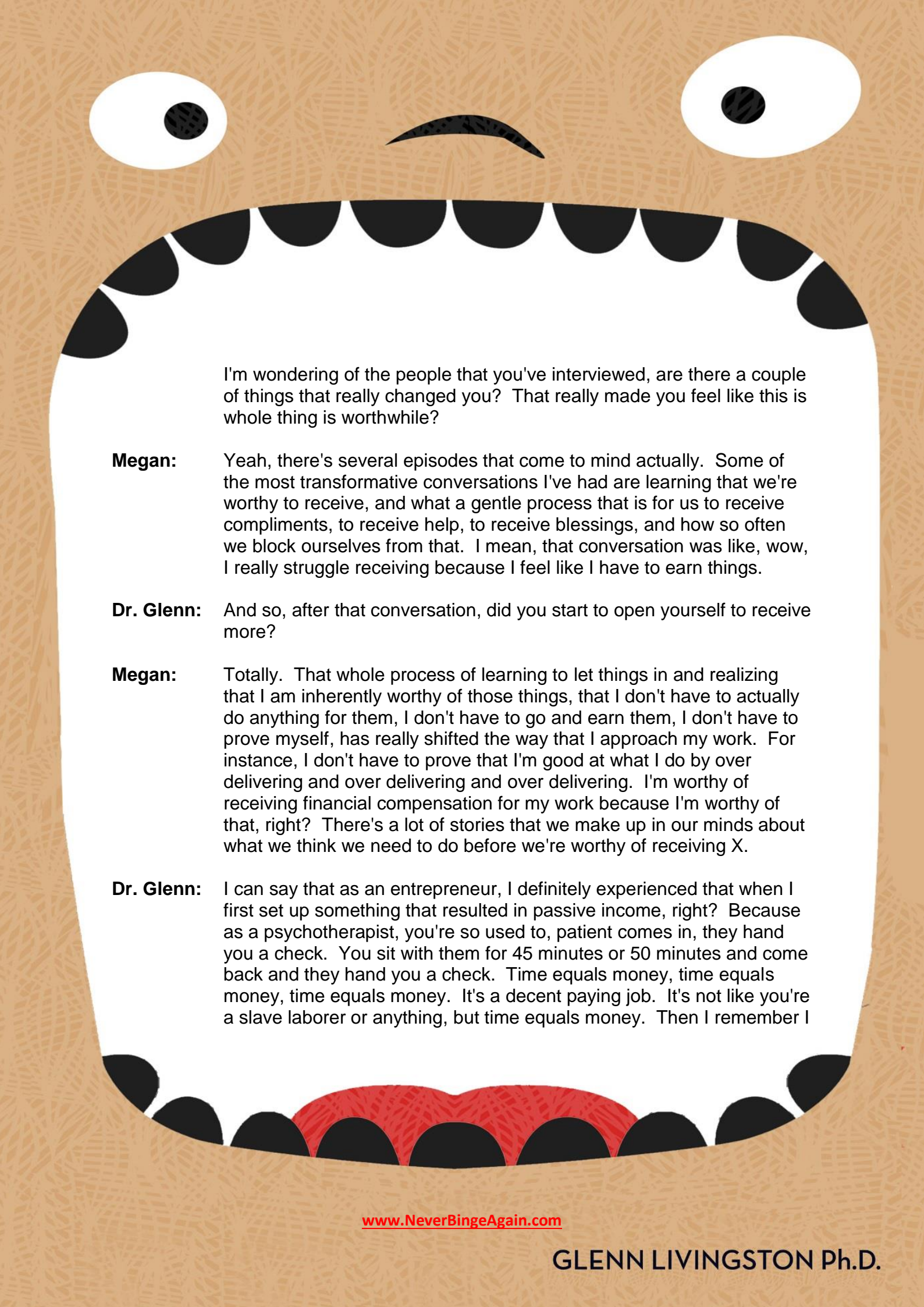


motivated to self-actualize. I talk to hundreds of binge eaters when I do my individual coaching. First, we usually define a food plan and then I say, "Well, if you follow this for a year a hundred percent, I know your inner pig says you can't do that, but if you did what would your life be like?" And I really dig into how they envision their life be different if they give up the binge eating. Inevitably, they get to something that says, well, I'll be a role model for my kids. I would be able to make more of a contribution at work. I'd be able to do something with my church. I'd be able to spend more time outside with my friends.

And I believe that intrinsic drive to self-actualize and be a part of society and make a contribution and just kind of be present and enjoy life, I believe that's more than enough motivation. I don't think that we do need the shame as motivation. If people are continuing to consciously and purposely do bad things that hurt other people, then I believe they need more shame.

**Megan:** Or empathy.

**Dr. Glenn:** Yeah. Usually the people that are consciously and purposely doing bad things to hurt other people, they do lack empathy, yeah. But other than that, other than sociopathy, I don't really see the purpose of shame in the human psyche. I just don't. So, you were telling me some of the really wonderful things that you learned in the interviews that you have done, a couple more things that really sticks out. I know when I do interviews like this one for example, they change me. A significant interview changes me as a person. I feel like this one will. I'm going to walk away and say, "I am not my goals." I'm going to write that down afterwards and I'm going to journal about it for a while because I actually did feel like crying when you said that.




I'm wondering of the people that you've interviewed, are there a couple of things that really changed you? That really made you feel like this is whole thing is worthwhile?

**Megan:** Yeah, there's several episodes that come to mind actually. Some of the most transformative conversations I've had are learning that we're worthy to receive, and what a gentle process that is for us to receive compliments, to receive help, to receive blessings, and how so often we block ourselves from that. I mean, that conversation was like, wow, I really struggle receiving because I feel like I have to earn things.

**Dr. Glenn:** And so, after that conversation, did you start to open yourself to receive more?

**Megan:** Totally. That whole process of learning to let things in and realizing that I am inherently worthy of those things, that I don't have to actually do anything for them, I don't have to go and earn them, I don't have to prove myself, has really shifted the way that I approach my work. For instance, I don't have to prove that I'm good at what I do by over delivering and over delivering and over delivering. I'm worthy of receiving financial compensation for my work because I'm worthy of that, right? There's a lot of stories that we make up in our minds about what we think we need to do before we're worthy of receiving X.

**Dr. Glenn:** I can say that as an entrepreneur, I definitely experienced that when I first set up something that resulted in passive income, right? Because as a psychotherapist, you're so used to, patient comes in, they hand you a check. You sit with them for 45 minutes or 50 minutes and come back and they hand you a check. Time equals money, time equals money, time equals money. It's a decent paying job. It's not like you're a slave laborer or anything, but time equals money. Then I remember I




sold an eBook about how to take care of your pet guinea pig. I remember one day, I went out for a hike and I came back and there was \$50 more in the bank when I got back. And I thought, I didn't do anything.

**Megan:** Yeah. Yeah. No, that's exactly what I'm talking about. I'm glad that you bring that up because that's like a similar place where I have been in my business too. But if I put something out into the world and it doesn't get the result that I want to get for people or maybe it's not going to be as great as being right across from somebody, right? It's not okay to receive compensation for that. I totally know what you're talking about.

**Dr. Glenn:** And then there are other situations where I struck a deal. The reason I was able to strike this deal was because I had a 20-year career beforehand and networked and everything like that. But there's a deal I struck. I sent off a referral with that deal, and over the course of 10 years I've made \$100,000 from that referral. Every now and then I step back and I think, that was a 10-minute phone call. A made a 10-minute phone call. It was also a four leaf clover. It doesn't happen everyday and there is maybe one other deal in my whole career that was like that but if you don't feel worthy of it, then you'll squander the money. So I think it's really important that you learn to feel worthy of it, but I guess that's the relationship to finances.

**Megan:** It's interesting when you start to look at it. The whole body of work of enoughness, it interacts with so many different things. And money is definitely one of them. And that's just one area that I've started to explore more so. So I've explored enoughness more so in terms of relationships of what we are willing to receive from others, like what kind of treatment we're willing to receive from others, what kind of



boundaries we're willing to set for ourselves, what we're willing to ask for from others based on our definition of enoughness.

**Dr. Glenn:** So really, to feel like you're enough is to feel worthy; to feel worthy is to be willing to set boundaries and ask for what you need in a relationship.

**Megan:** And for what you want. Not even for what you need. Need is one part of it, but to even ask for something that you just want because it would make you happy, it would bring you joy. It would be better if.

**Dr. Glenn:** You are a profound woman, Megan Hale. That's very interesting.

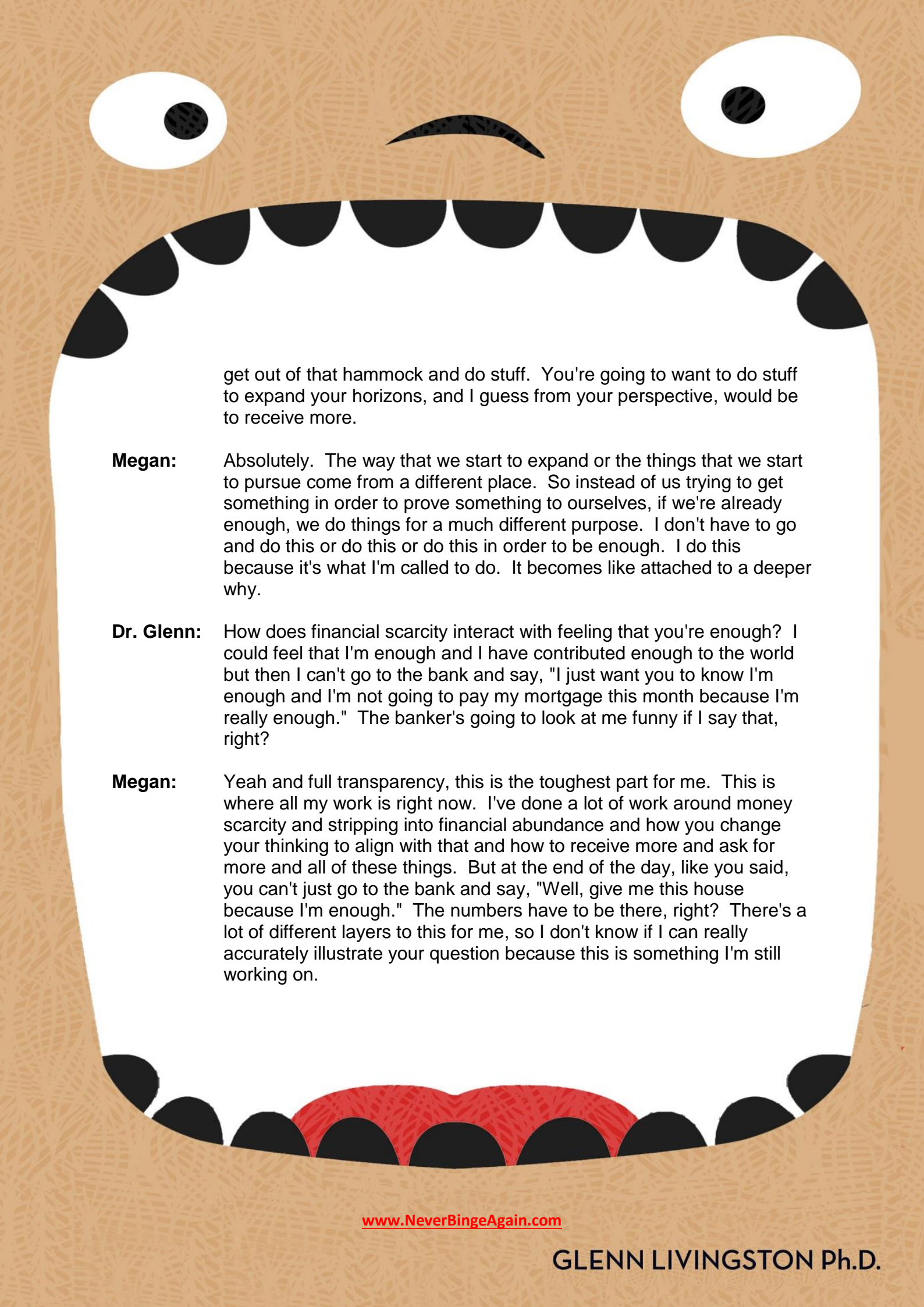
**Megan:** The other thing that came up in the podcast, which I just want to touch on, is that there is this fear that if we become enough, we'll no longer strive for things. This occurs a lot more than I was expecting it to because we're so used to being motivated by not enough. I haven't done enough yet. I haven't become enough yet. I haven't helped enough people yet. And so, if we were to assume that what we have done and are doing is already enough, how will we be motivated to do more? What I found is that our soul, it's intrinsically built to expand into more. We don't ever have to worry about that.

**Dr. Glenn:** That's what I was saying before too.

**Megan:** Yes, absolutely.

**Dr. Glenn:** You clear away the self-destructiveness and people think if they clear away their self-destructiveness, that all they're going to want to do is lay a hammock and eat cheese doodles and watch TV. But the truth is, when you clear away the self destructiveness, you're going to want to






get out of that hammock and do stuff. You're going to want to do stuff to expand your horizons, and I guess from your perspective, would be to receive more.

**Megan:** Absolutely. The way that we start to expand or the things that we start to pursue come from a different place. So instead of us trying to get something in order to prove something to ourselves, if we're already enough, we do things for a much different purpose. I don't have to go and do this or do this or do this in order to be enough. I do this because it's what I'm called to do. It becomes like attached to a deeper why.

**Dr. Glenn:** How does financial scarcity interact with feeling that you're enough? I could feel that I'm enough and I have contributed enough to the world but then I can't go to the bank and say, "I just want you to know I'm enough and I'm not going to pay my mortgage this month because I'm really enough." The banker's going to look at me funny if I say that, right?

**Megan:** Yeah and full transparency, this is the toughest part for me. This is where all my work is right now. I've done a lot of work around money scarcity and stripping into financial abundance and how you change your thinking to align with that and how to receive more and ask for more and all of these things. But at the end of the day, like you said, you can't just go to the bank and say, "Well, give me this house because I'm enough." The numbers have to be there, right? There's a lot of different layers to this for me, so I don't know if I can really accurately illustrate your question because this is something I'm still working on.




**Dr. Glenn:** I could speculate. What I would speculate is that part of allowing yourself to feel worthy and you're enough in the universe is to balance your financial affairs so that you're not constantly being chased by the financial beast so that you can have financial peace of mind, which is easier said than done. We all have our financial responsibilities and we all have to be adults in the world and kind of pay attention to that. I think that knowing that you're enough makes you want to pay attention to that more. That would be my speculation about how it interacts with that.

**Megan:** Yeah. How it shoes up for me is that, you know how I said you're not your goals? You're also not your bank account. We have to separate ourselves from those things.

**Dr. Glenn:** True that. I'm an entrepreneur, so I've been in the verge of bankruptcy. I've been reasonably wealthy. Kind of in between at the moment. And I can tell you that money is not exactly what you think it is. The bottom is further down than you think it is. There are people that will love you regardless of how broke you are. When I was really, really broke, I had a very bad business investment. I went \$700,000 into debt. That was an awful lot of money to me at the time. I didn't know how it was going to pay me back. It actually took seven years to pay that back. I didn't declare bankruptcy, but what I did do was gain an awful lot of weight. I got involved with compulsive overeating at the time.

I always tell people, you know, I was fat, sick and broke. I could have just been broke. And I think that if my identity wasn't tied up so much with my bank account at the time or being a successful entrepreneur, then I could have just been broke and maybe it would have been a one year ordeal. Maybe it wouldn't have taken so much out of my health for the next 10 years because it did take a lot from my health for 10 years.

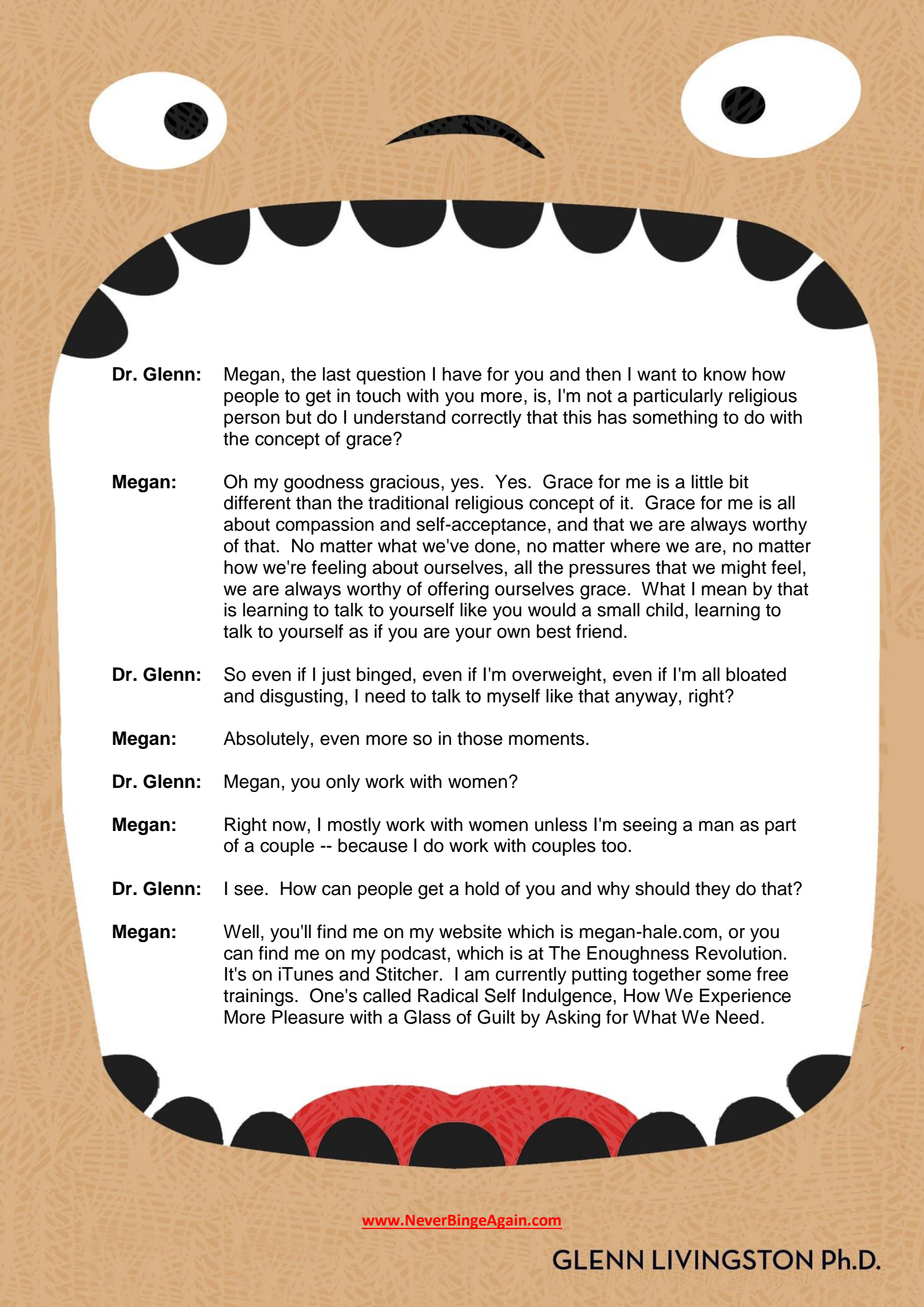


I think that pausing to breathe in the middle of a financial crisis and when I sometime tell my patients in the financial crisis is that, look, from what I can tell there aren't any men in white jackets with mustaches are going to come and kick you out of the house tomorrow. It's usually six months to a year to evict someone, and if you stay in touch with people, they will give you a lot more leeway than you think they'll give you, especially during an economic downturn. Knowing that you're enough means not hiding. Knowing that you're enough means facing the reality of whatever your finances are and making adjustments, keeping in touch with people, giving them little bits of money.

**Megan:** It doesn't mean that you're invaluable. I think there's a lot of cultural messages that go into this too as well as like your family story around money. But I think there's a lot of messages out there that we tie our value to how much money is in the bank account. Learning to disassociate from that -- that's in our work. It really, really is.

**Dr. Glenn:** And being a really good entrepreneur that becomes difficult because you have to study from a lot of people who do have that identity, and you have to run in circles with a lot of people who -- "How much did you make this month? How much did you spend on advertising?" You kind of feel like you're in a hunting party and you're supposed to come back and show them big game. And it's necessary to learn from those kind of people. I have those kinds of people in my life, but it's taking me at least a decade to understand that I have to resist that way of identifying my own identity.

**Megan:** Yeah, I agree.



**Dr. Glenn:** Megan, the last question I have for you and then I want to know how people to get in touch with you more, is, I'm not a particularly religious person but do I understand correctly that this has something to do with the concept of grace?

**Megan:** Oh my goodness gracious, yes. Yes. Grace for me is a little bit different than the traditional religious concept of it. Grace for me is all about compassion and self-acceptance, and that we are always worthy of that. No matter what we've done, no matter where we are, no matter how we're feeling about ourselves, all the pressures that we might feel, we are always worthy of offering ourselves grace. What I mean by that is learning to talk to yourself like you would a small child, learning to talk to yourself as if you are your own best friend.

**Dr. Glenn:** So even if I just binged, even if I'm overweight, even if I'm all bloated and disgusting, I need to talk to myself like that anyway, right?


**Megan:** Absolutely, even more so in those moments.

**Dr. Glenn:** Megan, you only work with women?

**Megan:** Right now, I mostly work with women unless I'm seeing a man as part of a couple -- because I do work with couples too.

**Dr. Glenn:** I see. How can people get a hold of you and why should they do that?

**Megan:** Well, you'll find me on my website which is [megan-hale.com](http://megan-hale.com), or you can find me on my podcast, which is at The Enoughness Revolution. It's on iTunes and Stitcher. I am currently putting together some free trainings. One's called Radical Self Indulgence, How We Experience More Pleasure with a Glass of Guilt by Asking for What We Need.



That's going to be live on the website soon. I work currently with Women one on one, and all that information is on my website.

**Dr. Glenn:** That's megan-hale.com? Okay. I would encourage everyone to get in touch with you. It was delightful to talk to you. Is there anything else that I should have asked you that I didn't ask you?

**Megan:** That's always a hard question. No, I think that we did a really great job. I think you hit a home run.

**Dr. Glenn:** Okay. I think you did too.

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