

## The Eight Biggest Mistakes People Make When Trying to Cage Their Pigs! (Stop Overeating)

1. Mistaking a Pig Squeal as your own thought and following through on it...
2. Making a Food Plan which doesn't eliminate obsessive food thoughts and requires a lot of willpower to maintain...
3. Not knowing how to produce motivation—AND—when and how to use that motivation!
4. Using *negative* motivation in the wrong way (*when you do that you're actually helping the Pig*)...
5. Not knowing how to recover and learn from a binge (*if you keep bingeing over and over because of the SAME Pig-Squeals/Triggers—for example "Let's just start tomorrow", "You can't last, it's too depriving", or "You've failed so many times before you can't possibly succeed now"—then this is THE key issue you must learn to overcome*)...
6. Using the perfection mindset in the wrong way (*If you become very upset and self-critical every time you binge then you really have to fix this problem*)...
7. Not understanding the negative-emotions feedback loop. (*If you're bingeing to calm yourself down when you're feeling sad, lonely, anxious, depressed and/or any other type of negative emotion then my friend, you are stuck in a negative-emotions loop and you MUST learn to escape it!*)
8. Not enjoying the weight loss process! Losing weight takes time and effort, but if you allow the Pig to make you SUFFER through it (*for example, if you find yourself terrified of the scale*), then your chances of succeeding are slim. This is actually very easy to change with a simple shift in thinking...

A great deal of what we do in our advanced coaching program is help our students overcome these hurdles...and we've been getting an amazing level of success for them! (91% reduction in binges in the first month as of this publication – you can see a detailed explanation of the average results we've been getting when you click the link below)...

So, if you need help solving one or more of these problems then I'd seriously consider joining the next class. We fill up quickly, so please hurry! Satisfaction is guaranteed and you can get a 100% money back refund if you're unhappy for any reason. I'm looking forward to working with you!

**For More Information On How To Fix Your Food Problem Fast Please Visit:**

[www.FixYourFoodProblem.com](http://www.FixYourFoodProblem.com)

**If You'd Like To Help OTHERS Fix Their Food Problem Using Our Method Please Visit:**

[www.BecomeAWeightLossCoach.com](http://www.BecomeAWeightLossCoach.com)

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