

**Glenn Livingston, Ph.D.
And Alexis
“The Perfectly Gratifying Food Plan”**

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Dr. Glenn: Hey, it's the very good Dr. Glenn Livingston with Never Binge Again, and I am here with a kindhearted woman named Alexis who has agreed to let us record her time with me here today so you could benefit from her insights and observations and wisdom and success, as well as her trials and tribulations and struggles and pitfalls. So Alexis, how are you?

Alexis: I'm good. How are you?

Dr. Glenn: I'm really good. I was looking forward to doing this with you.

Alexis: Thank you, me too.

Dr. Glenn: So why don't you fill us in? Could you tell us a little bit about your life before Never Binge Again and what brought you to us?

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GLENN LIVINGSTON Ph.D.



Alexis:

Sure. I will try to summarize. So I have been a binger/overeater pretty much my whole life, as long as I can remember, at least. I have memories of being a young child and scrambling through the cabinets. My mother had to lock away treats, things like that. I don't remember a time when I didn't struggle with this. I have been on diet after diet, lost weight, regained it, lost it, regained it, and I think every single one was sort of like a stop gap. I stopped binging for a while and then I got to a good place and then I kind of lost the motivation and then things kind of went back to how they were, and it went on and on for years, and I could tell you a lot more on that, but I think the last few years, I guess since I had children, I think my motivation has significantly changed. I think when I was younger, a lot of it was more vanity motivated, you know, I wanted to look good, I wanted to find a partner in life, all those things like that, and it's more become about health and living a long, happy life and being active and comfortable and happy and things like that.

So I came to Never Binge Again, I guess it was about two years ago 'cause I looked this up before our conversation when I downloaded it off of Amazon 'cause I wanted to remember the sequence. It was in July of 2018, and at that point, I was at my highest weight that I had ever been, and I was also kind of in a really happy place. I have been somebody who struggled my whole life with depression and had a lot of ups and downs with that, but I was in a really good place emotionally, but I still was struggling with my weight.

For a long time I thought that it was the cause, but clearly, it wasn't. And I had been reading all these books about trying to be the happy fat person, which we all know is kind of a lie. So I stumbled upon your



book. It popped up on my suggested reading list, and I had just been that summer at Playland. I don't know if you're familiar with it.

Dr. Glenn: In Rye?

Alexis: In Rye, yeah. So my husband and I had taken a date day during the summer where we both were off from work and our kids were at camp and taken care of and we said, "We're going to go to Playland for the day and have our kid fun." And I think it really hit me that day when we wanted to get on, I think the dragon coaster or something like that and I couldn't ride the ride because they couldn't put the bar down in my seat. It was like, I had always been overweight, but I had never been in that place where I thought of myself as like, really fat.

And then there I was and I couldn't ride a ride at the amusement park because I was too fat, and it kind of hit me, like, oh, this happy fat person isn't really a thing and I don't want to do this anymore. And I read your book around that time and it really resonated with me, and I think the thing that was really powerful about it was that it kind of eliminated my own personal blame of myself for being in a situation, kind of turning it into the pig and that's not really me. And that was very inspirational to me. I really liked the concept. I know this is a long description, but --

Dr. Glenn: No, it's great, it's great. Keep going.

Alexis: Okay. So I really liked it and I was really trying to come up with a plan that would work, and I started with some very simple rules basically to eliminate the serious binges. I wouldn't eat ice cream by myself and I wouldn't eat in the car and things like that, to start. And at the weight that I was, it came off fairly easily at first, and I lost about 20 pounds,



and then things kind of started to level out. At the same time, I was struggling with some acid reflux, and a lot of the things that I had been cooking for myself were exacerbating that 'cause a lot of my healthy recipes were also spicy recipes, and then I kind of got into a rut, I didn't know what to make for myself, and I just felt like I needed more help.

And instead of doing what I needed to do, I kind of forgot about the whole pig concept. It kind of faded from my active consciousness and I reached out and I went on Weight Watchers for probably about, like, the 6th, 7th time in my life. And over the course of seven or eight months, I ended up losing a ton of weight, and I would say I got to a point where I was down from my high weight about almost 80 pounds. I was really excited about it. And then it sort of started to not be exciting anymore and I wasn't as motivated. So I would sort of stick with it and then I wouldn't stick with it.

And then the pandemic started, and it just was sort of the inspiration to give up. I don't know why that was what happened, but I completely stopped doing anything, and then I started binging a little bit more and not pay attention to cooking healthfully for myself. I kind of gave up, and then I thought, I can't do this, I work so hard to lose all this weight and I've already put on 15, 20 pounds of it. I'm not going back.

And I remembered how the concepts in your book really stuck with me, and I'm like, that's really the solution. I don't know why I didn't stick with it. So I went back and I started re-reading it.

Dr. Glenn: When was that?

Alexis: That was maybe in mid-April, beginning of April, sometime in April when things were really crazy with the pandemic and really crazy with



me eating all the time. And then I joined your May intensive. So it was kind of the kick in the butt that I needed to get myself back on track to paying attention to what was the pig and really figuring out that I could make a plan for myself and I didn't need Weight Watchers or anybody else to tell me what to do. And so I've been really successful so far. I've lost 8 pounds. Not a ton of weight, but in the course of six weeks, I think that's pretty good.

Dr. Glenn: That's a lot in six weeks. That's great.

Alexis: I'm still struggling with that not losing weight fast enough thing, but then I keep going back to reminding myself that's the pig and listen to some of your podcasts and things like that, and it's really helpful to keep me calm about it. What I told Fiona, my coach, was that my plan is a plan that I wanted to create that I could stick to for the rest of my life. I wanted to create a plan that was what I envisioned as the way a normal healthy person should eat. I didn't want to do anything overly restrictive. I didn't want to cut any food groups out entirely. It was really important to me to find something that I could see and be happy with and not worry that I was, like, in any way restricting myself, something that I really could stick with for my entire life. That was something that was really important to me, and I figured out how to do that.

Some of the rules were a little over the top -- not over the top, but I have a rule about I eat no more than two heavy meals a week. So what are my heavy meals? That's the problem that's up for a debate 'cause everyone defines those differently. So I started just making a list and I defined my heavy meals with the list of certain things that I can only eat up to twice a week. I know that it's not as easy as saying, "I'll never eat sugar or flour again," or something like that, but that



wasn't a rule that I wanted to make, so I had to find a plan that is moderation for myself.

Dr. Glenn: This is really good 'cause you had a history of yo-yo dieting, and you get excited and then you wouldn't be excited and you would restrict and then you would binge. And so you're trying to come up with something that will last you the rest of your life, where you feel satiated and happy, but you could be the weight that you want to be.

Alexis: Right.

Dr. Glenn: So how does it feel now? Are you getting close to that?

Alexis: Yeah. I feel really comfortable with my food plan and it feels doable and easy for the most part. I have to plan more in terms of cooking and things like that, but I'm doing it and I have some things that I can make for myself, if I don't have any food in the house, some frozen things or some pre-packaged things that I consider still healthy-ish. But I feel it's doable and I haven't had a problem sticking with it at all. I haven't binged since we started, which is amazing for me for somebody who used to sit in my office and eat Hershey Kisses by the handful.

My first rule was about not eating between meals because I was the person who ate constantly all day long. And I had this big bag of Hershey Kisses in my office that I kept for students, but I don't have any students right now, so I decided that I needed to put them away. I lock them up in a closet, and I also made a rule for myself, I will never eat chocolate in my office again, and there you go, haven't had any.

Dr. Glenn: Alexis, you know, I think that people would be really interested if you'd like to share. You don't have to when you don't want to, but what



you're describing as a struggle of a lifetime for a lot of people, they come up with a way of eating that's satisfying and gratifying, but it is going to allow you to slowly take off the weight and get to your ideal goal, not yo-yo. And I know it's only a couple of months, but it sounds like you're really on track to that, and I'm wondering if you might want to share a little bit more about your food plan if you're open to that.

Alexis: Yeah, I'm actually trying to pull this up now on my phone 'cause it might be easier to tell you about it, but I can tell you at least what I remember off the top of my head right now. I know it pretty well. So first of all, I used some of the language that you had used in your examples about I don't eat within a two-hour period of finishing a meal and starting a meal to give myself at least two hours between eating.

Dr. Glenn: Mm-hmm.

Alexis: Okay. So here's my food plan. I'll tell you exactly. I will never again consume calories between meals, and I have a definition here about the meal as anything consumed within one hour of the first bite, which is something that I had taken from you. I will never again eat chocolate in the office. So that's it. Okay. So conditionals. I will never again have dessert other than raw fruit or berries more than once per calendar day, and it must be under 120 calories. I may have a more caloric dessert only once per calendar week.

So the thought behind this was when I had started Weight Watchers, I had started every evening to satisfy my sweet tooth. I had one of those Yasso Greek yogurt bars, and that was sort of the thing that I look forward to everyday, and I didn't want to give that up and they're like 80 or 90 calories. So I decided I would make a rule that I could have something like that, but only once a day, I couldn't have it at lunch and



dinner, so that was the thing, but once a week if I'm at a special event or something, I can have, instead of that, something more exciting.

Dr. Glenn: Interesting. Very interesting.

Alexis: And then, let's see, I will never again take second helpings of a "heavy meal" and I will only eat up to two heavy meals per calendar week. So I made a definition for myself about heavy meals. So I started making a list of what are the meals that I have been overindulging in. So my meals so far, macaroni and cheese, penne vodka and garlic bread, Sicilian pizza, French toast, white pasta-based dishes. Those are things that are triggers for a lot of people. And for me, those are things that I realize I should probably only have once or twice a week, and I can't take seconds. So that's what I did.

And as I go, I realized that there might be more things that I need to add to that list, and I will. Let's see. This one was a tricky one to come up with because I had a situation one day where I hadn't eaten in five hours, but dinner was still an hour and a half away, but I was really, really hungry and feeling a little faint, and I was like, but I don't want to eat within two hours. When I finish this thing, I don't want to wait to have dinner. And so I was trying to figure out how to come up with a solution. So I think I was on one of the coaching calls and I figured this one out.

If it has been more than four hours since my last meal, and my next meal is still over an hour away, I may eat one serving of whole fruit or non-starchy vegetable without waiting the full two hours for the next meal, and then I just define that as one piece of fruit or one handful of berries or something like that, if I have between one and two hours to go with like an apple or something.



Dr. Glenn: Yeah. That's so interesting.

Alexis: And then after watching your vacations module that we talked about, I don't vacation that much. I only really have one extensive vacation per year, maybe two, so I'm letting myself have one heavy meal per day on vacation and four desserts per week, like four more caloric desserts per week, so it could be my fun vacation week. Last year on vacation, I was doing Weight Watchers and I came back a couple pounds lighter and I ate like I'm saying now. So I figure we'll try it this year for the one week vacation and I'll adjust accordingly if I need to.

Dr. Glenn: So it is a daily heavy meal and a more caloric dessert everyday?

Alexis: Four days a week.

Dr. Glenn: Okay.

Alexis: For the more caloric dessert.

Dr. Glenn: On vacation?

Alexis: Yeah. My vacations were really active. We're walking around a lot and we get ice cream with the kids, so that was sort of the idea. My always, I will always wait at least two hours between meals, we talked about that, and I will always wait at least seven minutes before deciding to take a second helping or a dessert during the meal.

Dr. Glenn: Oh. Pause for seven minutes before seconds.



Alexis: Yes. I thought 10 minutes sounded like a really long time, so I went with seven. And I often will wait longer than seven, but I wanted that there. Unrestricted, water, unsweetened herbal tea and sugar-free gum. I have the allowance to have gum, but I'm really trying not to have it and I just don't own any in my house right now because I think my goal here was to get rid of that instinct to constantly have something in my mouth. So I have it there just in case I need it, but I haven't used it. I might take it away. We'll see.

Dr. Glenn: I love it.

Alexis: Guidelines. So two guidelines I have, I will try to eat fruit or vegetables as part of at least two meals per day, and I will bring a healthy snack with me to work each day. So those are things for me to do because that's the big thing for me is sort of that mid-afternoon slump, and if I don't have something health on hand, then I'm drawn to trying to find something in the building, and usually something that's in my work building is kids' snacks, like crackers or cookies or chocolate and things that I don't really want to be eating, so I've been taking snack with me each day.

Dr. Glenn: I understand why this is working now. How cool is that?

Alexis: Yeah.

Dr. Glenn: Okay. So basically you limited your desserts, set them to occasion, and even then, you set up the parameters of them so you have them four times a week on vacation.

Alexis: I have a weekly dessert. I can have a bigger dessert once a week.



Dr. Glenn: And 120 calories per day.

Alexis: Yeah. So I still get my desserts, and that's something that was important to me.

Dr. Glenn: I love it. So you get to have your desserts, but in a very defined way.

Alexis: Yeah.

Dr. Glenn: And you still get to have your heavy meals, but in a very defined way.

Alexis: Right.

Dr. Glenn: And then you have your seven-minute pause before going back for seconds, and there are some things you never go back for seconds with like the heavy meals.

Alexis: Right.

Dr. Glenn: And you get a fruit or non-starchy vegetable as a snack if you need it.

Alexis: Right.

Dr. Glenn: I understand why this works for you. How cool is that? Do you feel nudgy at all on this food plan? Do you feel satisfied and content?

Alexis: Very satisfied and content. I think that's why it's working for me. I don't feel like, oh I wish I could have that. I don't feel that way. On Father's Day, we just celebrated Father's Day. We saw my in-laws and my nieces for the first time in months. We had an outdoor Father's Day



party at my in-laws' house, and they brought out ice cream sandwiches at the end.

And I just thought to myself, "Do I want this to be my one really good dessert this week?" And I was like, "No." So I just didn't have one. And for me to be able to do that was a really big deal. So I just decided that's not the dessert I want this week, so I didn't have that ice cream sandwich. And normally, I would never have done that.

Dr. Glenn: It sounds like you're losing weight at the rate of a little more than a pound a week for you.

Alexis: Yeah.

Dr. Glenn: And you know, everybody has to work this out differently, and we're not nutritionists or dieticians, so we can't tell you exactly how to do it, but I think a lot of the principles that Alexis is going through here make a lot of sense. How can I help you? Are you feeling confident and secure? Is there anything that you want to improve or you're just sharing your success with people?

Alexis: I think I'm feeling pretty good about what I'm doing. I think the thing that I'm concerned about in the long term, and I know that this is really the pig talking and all of that, is what happens in all the previous times that I've lost weight is I get to close to goal or to a point where I feel like I'm looking really good and people start giving me compliments and things like that, and then all of a sudden, I feel like, oh, I'm doing great, maybe I can slack off a bit. And then I do. And I lose the progress that I've made.



And that's what has happened just about every time. I'm living with a little bit of fear that that's going to happen again especially when, very recently, I had lost a lot of weight and then gotten to a point -- and I knew in my heart, I was like, I'm never going back. I'm not going to be like that. And I even bagged up all my gigantic clothes and we took them to donate and all of that kind of stuff, and I still went back and I started bingeing a little bit when I was feeling a little overconfident. So I just need to find a way to keep the pig in check even when I get to a point where I'm not as intensely motivated to lose weight.

Dr. Glenn: Yeah. Well, let's talk about what might be different this time. Do you have any thoughts about what might be different as compared to the other days that you lost weight and gained back?

Alexis: I think the big difference is that it's mine, entirely mine. I made up the plan myself and there's nobody else telling me what to do. I'm not logging what I'm eating, so that was a big thing. I've gone through periods where weight watches was effective because you had to write everything down and log everything that you're eating. The periods when I wasn't dieting, I thought, how much I hated doing that. And maybe part of why I slacked off was I thought, oh, maybe finally, I don't have to write everything I eat down again.

So now, I'm not writing anything that I eat down, which is, it feels very freeing, and that I can still lose weight without having to log it and report it and that kind of thing.

Dr. Glenn: So you're not carrying the burden of someone else's diet plan for you on your shoulders and you're not carrying in the burden of logging things all the time, which you eventually got tired of.



Alexis: Yeah. For a long time, I thought that I didn't have the capability of doing it without that, so it was sort of a very, like a mixed bag in that I didn't like doing it, but at the same time, I didn't think I could do it by myself. But I feel now like I can do it by myself and I think that's really empowering.

Dr. Glenn: It sounds like the burden of having to do those things was the thing that you eventually wanted to throw off when you lost your motivation.

Alexis: Yeah, I think so. I didn't want to keep logging everything that I ate and worrying about how many points I have left in the day. It got tedious after a while. I was a math and econ major in college. I also studied music, but I have a brain that likes sort of that order and that kind of thing, but then at the same time, there are parts of your life where you just don't want that anymore, and I think it just really got annoying. I think I was really good at it and I think that's why I kind of kept going with it, calculating my points and figuring out everything, and there was something appealing about that, but it just got tedious.

Dr. Glenn: I got you. So that's part of the refutation then. The pig says that you are bound to repeat what you did in the past 'cause you've always gotten tired of it and gone back, but what's very different now is that this is your plan and you're not burdened by logging anything. You're not burdened by another person's plan and you're not burdened by logging anything, so there's nothing to really throw off.

Alexis: Right. There's nothing in my plan that makes me really upset and feel deprived. And I think that's really important.

Dr. Glenn: How confident does that leave you feeling that you're never going to gain weight again?



Alexis: So this is where I've listened to some of your podcasts and I realized, like, I'm confident, the pig has other ideas, right? So it's really hard to say that I'm 100 percent confident and it's the pig who has other ideas, but I realize that that's exactly what's going on in my head, right? The only one who has the other ideas is the pig.

Dr. Glenn: Are there specific other ideas that the pig has that we have not refuted? Specific ideas that are bothering you?

Alexis: It's stuff that I've refuted myself in the past, but they're still squealing. The pig is still squealing.

Dr. Glenn: Like what?

Alexis: Well, "What if you're really tired? What if you've got a lot in your plate? What if you're stressed out?" But I know in my heart, like, so what? I can stick with this plan. I can refute all of those things. So I do feel empowered to fight off the pig even when the pig starts bringing out old squeals that I thought of before.

Dr. Glenn: Do you have enough conditionals that you feel like there's enough of a safety valve for a really difficult day if you're really tired or stressed out?

Alexis: Logically, there's no reason for me to binge on junk if I'm stressed. It makes no sense. And I've written some of those real-time refutations about it. It makes no sense. I recall very strongly one that I wrote. I had a headache and the pig was saying something like, "Oh, it will make you feel better." What was I thinking, you know? Of course chocolate isn't going to make my headache better. No, it will just probably make it worse. That's the thing. The pig is ridiculous.



Dr. Glenn: When you write out what the pig actually says, it's pretty silly sometimes, right?

Alexis: Right. Exactly. And I think it was really helpful, especially in the beginning doing those refutations, just getting used to fighting of what the pig says. I haven't been writing them down in the last few weeks 'cause I haven't felt the need to. Sometimes I'll just get like a baby squeal. The pig is like, "Oh, don't you want a bite of that?" And then I'm like, "Are you crazy?" And then I just shut him up. And it's really easy to shut down now. I think that's what feels good right now.

Dr. Glenn: Alexis, can I tell you one other thing that might be helpful with regards to approaching your goal weight?

Alexis: Sure.

Dr. Glenn: When we accelerate a rocket to the moon, we have to go pretty fast to get there, but then we fire the thrusters in reverse before we land so that we don't crash into the moon. And what most people do with weight loss is they go as fast as they can to get to their goal, and then there's this very discreet event and they kind of crash into the goal. And then all of a sudden, now it's time to change your diet and now you're off the "diet." Now it's feast time as opposed to famine time. You're signaling the brain that you are in an environment where food and calories were scarce for a while, now all of a sudden it's available so it's this, "Oh my God, I'd better get me some. I got to hoard as much as I can."

And so what I prefer people do instead is to decelerate as they get closer. So let's say you're 15 pounds from your goal now and you're



losing a pound and a half a week. Well, when you get down to about 10 pounds to your goal, I'd like you to slow down to a pound a week.

Alexis: Right. That makes perfect sense. And I think the food plan that I have written for myself is basically, that's just what's going to naturally happen because I'm not restricting how much I'm eating as long as they're healthful types of foods. I think the instinct is to keep rushing towards the goal, but you're right, I think doing it slowly like that and easing into it and just kind of slowly getting to a place where you sort of wiggle around the goal and then eventually just settle into it is really the idea because this is the plan that I'm going to follow for the rest of my life, and so I might as well learn how to live with it.

Dr. Glenn: When you get to five pounds from the goal, you drop it to a half a pound a week.

Alexis: Right.

Dr. Glenn: And then when you're two pounds to the goal, it's a quarter pound a week. It's almost like you just don't notice when you get to the goal. It's like, oh yeah, I guess I'm there, right?

Alexis: Right.

Dr. Glenn: And that way, there's not this event that the pig can get all excited about and look forward to, and there's no biological trigger that says, "Oh my God, we're out of famine finally. It's just like a very natural, slow -- the word for it in math would be an asymptote.

Alexis: Yeah.



Dr. Glenn: Okay. I'm impressed that I got the right word talking to a math person.

Alexis: So yeah, I mean, it definitely feels that way, and I think the plan that I've made for myself, I don't feel like I have to think about it, and I think that's what's really good about it for me, that some weeks, I might lose two pounds, some weeks I might not lose any weight, but I know that I'm on the right path. Even if it takes me a bunch of years, it's okay.

I met this woman a number of years ago and she was 90 years old and she told me that she lost 100 pounds. And I was like, "Wow, that's amazing." She said, "Yeah, it took me 10 years. I lost 10 pounds a year." And at the time, I was like, that's forever, but in the grand scheme of things, she got healthy.

Dr. Glenn: Was she thin at 90 years old?

Alexis: Yeah, she was totally normal sized. Yeah.

Dr. Glenn: She lost 100 pounds and kept it off for the rest of her life.

Alexis: Yeah, exactly.

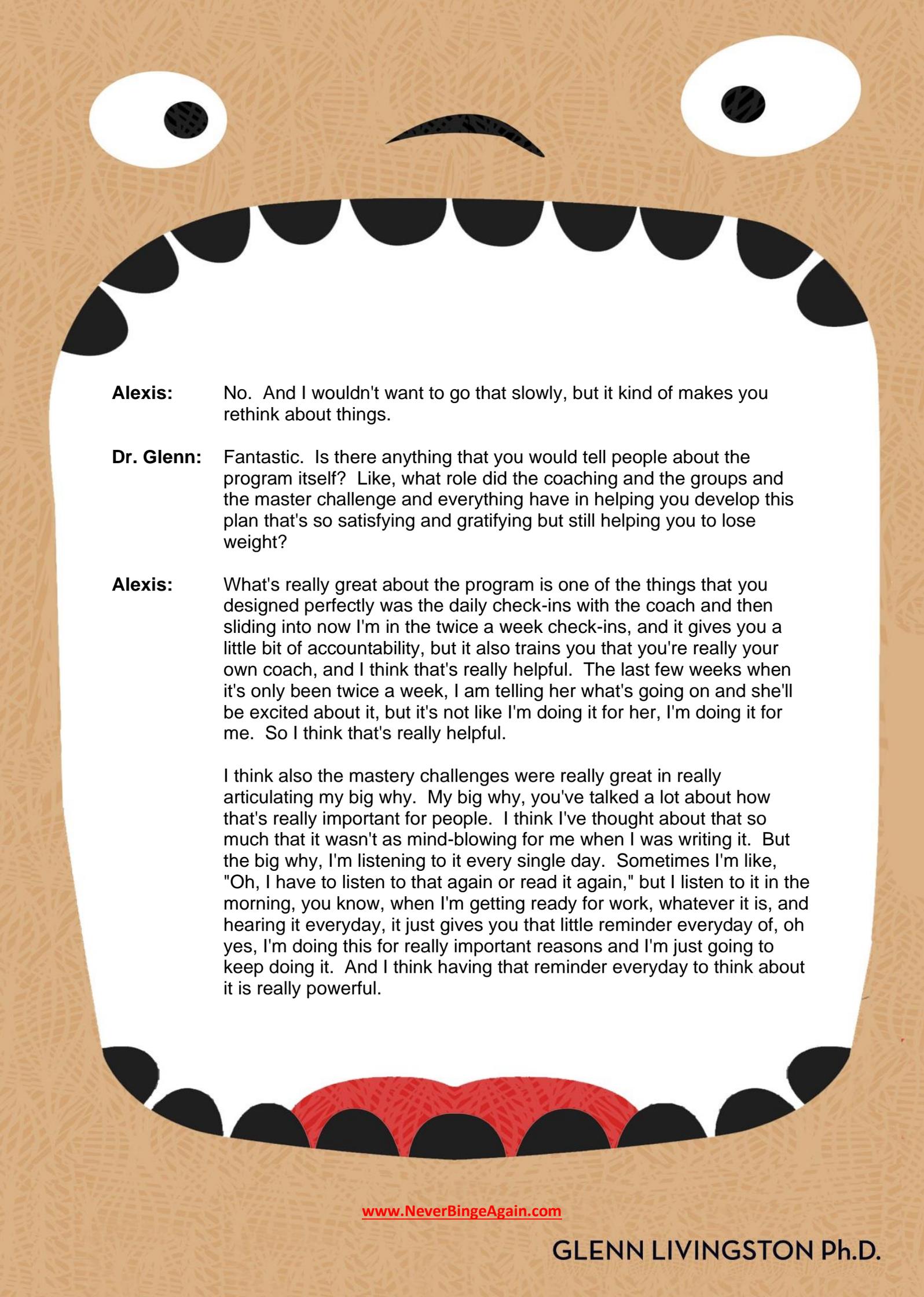
Dr. Glenn: That's great.

Alexis: Yeah.

Dr. Glenn: That's exactly what I'm talking about.

Alexis: Yeah.

Dr. Glenn: Yeah, I never tell people they have to go that slow.



Alexis: No. And I wouldn't want to go that slowly, but it kind of makes you rethink about things.

Dr. Glenn: Fantastic. Is there anything that you would tell people about the program itself? Like, what role did the coaching and the groups and the master challenge and everything have in helping you develop this plan that's so satisfying and gratifying but still helping you to lose weight?

Alexis: What's really great about the program is one of the things that you designed perfectly was the daily check-ins with the coach and then sliding into now I'm in the twice a week check-ins, and it gives you a little bit of accountability, but it also trains you that you're really your own coach, and I think that's really helpful. The last few weeks when it's only been twice a week, I am telling her what's going on and she'll be excited about it, but it's not like I'm doing it for her, I'm doing it for me. So I think that's really helpful.

I think also the mastery challenges were really great in really articulating my big why. My big why, you've talked a lot about how that's really important for people. I think I've thought about that so much that it wasn't as mind-blowing for me when I was writing it. But the big why, I'm listening to it every single day. Sometimes I'm like, "Oh, I have to listen to that again or read it again," but I listen to it in the morning, you know, when I'm getting ready for work, whatever it is, and hearing it everyday, it just gives you that little reminder everyday of, oh yes, I'm doing this for really important reasons and I'm just going to keep doing it. And I think having that reminder everyday to think about it is really powerful.



Dr. Glenn: Are there any other obstacles you see to continuing this the rest of your life?

Alexis: Nothing blatant right now. It feels completely doable, and I think that's what's so wonderful about it. It's not like you have to keep paying for a service or logging in to anything, which was part of what I hated about some of the diets that I've been on in the past. There was either going to be an end date, so then you've lost your ability to stick with it, or you're stuck paying for somebody else's service. And this is really great that it just gives you the tools so that you can really be your own weight loss coach. You're in charge, you know?

Dr. Glenn: There you go.

Alexis: Yeah.

Dr. Glenn: Anything I should have asked you that I didn't ask you?

Alexis: Not that I can think of.

Dr. Glenn: What would you say to people who are concerned about doing the program because of the price or the time commitment or anything like that? Or maybe they're saying it can work for other people, it can't work for them.

Alexis: Most of these people, if they're anything like me, if you think about all the diets that you've been on and that you've paid for and all the money that you've spent on binges over the years, this is a bargain. And if you're going to get the kind of coaching that you get with this program, you normally would pay so much more money for just even a little bit of one on one accountability like this, and the coaching calls are there if



you need them all the time. I haven't really needed them, but sometimes I just log on to listen, and it's really helpful to hear other people.

Dr. Glenn: The group calls.

Alexis: Yeah, the group calls. And it's a wonderful resource. What have you got to lose, except weight, right?

Dr. Glenn: Yeah. It's refundable and all that.

Alexis: Yeah. You're going to spend that money on bingeing or the next diet and the next diet and the next diet. Do it once and then you're done.

Dr. Glenn: There you go. Any questions I can answer for you? Any remaining concerns?

Alexis: No. I think I'm in a really good place right now and I'm excited for the future, and I just want to thank you.

Dr. Glenn: I think you have yourself to thank.

Alexis: That's the whole point, right?

Dr. Glenn: That's the whole point. We helped you get out of your own ways is all we really did.

Alexis: Yeah.

Dr. Glenn: But I mean, that's what we do. We're structured in such a way to make that happen, and we have all these resources available. Different



people use different resources to make that happen, but the bottom line is we're getting you out of your own way and making that possible and that's what we specialize in. Alexis, thank you so much for doing this. I'd love to follow-up with you in six months if you're open to doing another podcast.

Alexis: Sure, sure. Hopefully in six months, I'll have even more exciting news to share.

Dr. Glenn: I'm sure you will.

Alexis: Yeah.

Dr. Glenn: I have every confidence that you will.

Alexis: Thank you.

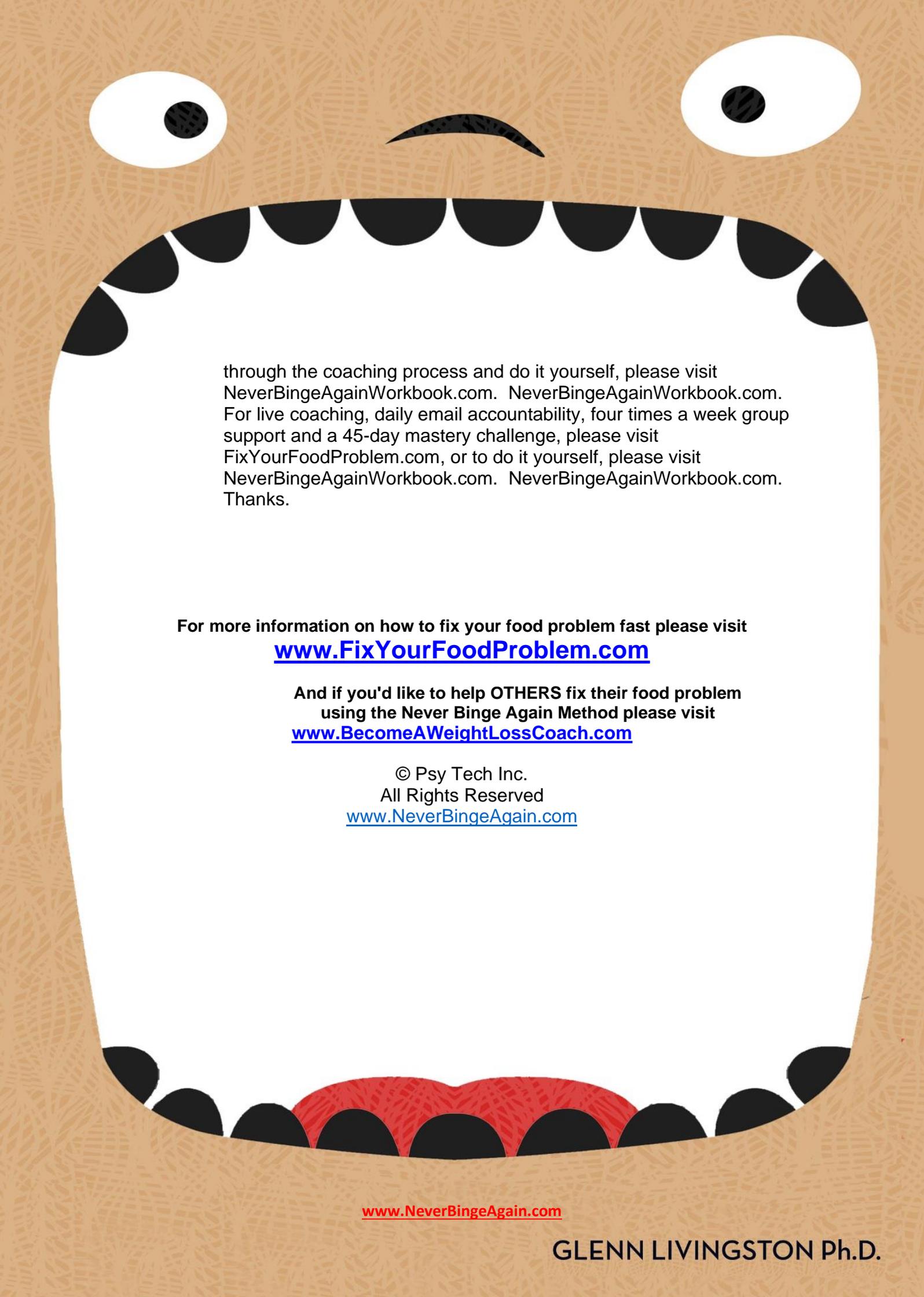
Dr. Glenn: Well, thank you, dear.

Alexis: Thank you.

Dr. Glenn: Bye.

Alexis: Bye.

Dr. Glenn: Thanks for your time and attention. If you like to find out more about how to fix your food problem fast using our new coaching format that includes daily email accountability, a 45-day mastery challenge and live support groups four times per week, all completely optional of course, you don't have to come four times a week, they're just there if you need it, please visit FixYourFoodProblem.com. If you'd like to walk yourself



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Thanks.

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