

**Glenn Livingston, Ph.D.
And Yoav Ezer
Feelings Aren't Facts**

For more information on how to
fix your food problem fast please visit
www.FixYourFoodProblem.com

And if you'd like to help OTHERS fix their food problem
using the Never Binge Again Method please visit
www.BecomeAWeightLossCoach.com

Dr. Glenn: This is the very good Dr. Glenn Livingston with Never Binge Again. I am here with Sergeant Master Yoav Ezer, CEO and my good buddy. How are you, buddy?

Yoav: I'm doing awesome.

Dr. Glenn: Awesome?

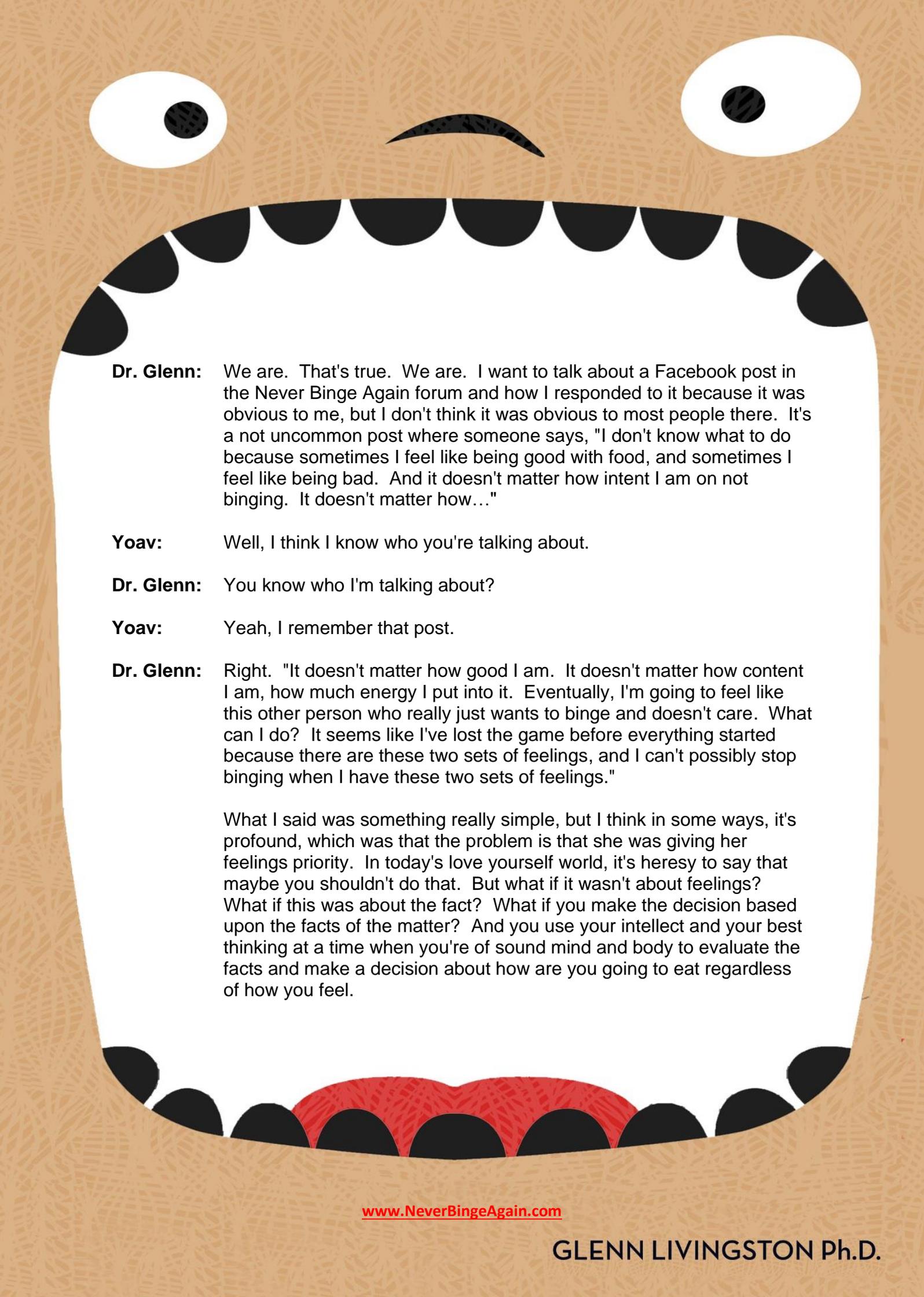
Yoav: Awesome, just amazingly well.

Dr. Glenn: Kicking ass and taking names?

Yoav: Yes. You know we are.

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GLENN LIVINGSTON Ph.D.



Dr. Glenn: We are. That's true. We are. I want to talk about a Facebook post in the Never Binge Again forum and how I responded to it because it was obvious to me, but I don't think it was obvious to most people there. It's a not uncommon post where someone says, "I don't know what to do because sometimes I feel like being good with food, and sometimes I feel like being bad. And it doesn't matter how intent I am on not bingeing. It doesn't matter how..."

Yoav: Well, I think I know who you're talking about.

Dr. Glenn: You know who I'm talking about?

Yoav: Yeah, I remember that post.

Dr. Glenn: Right. "It doesn't matter how good I am. It doesn't matter how content I am, how much energy I put into it. Eventually, I'm going to feel like this other person who really just wants to binge and doesn't care. What can I do? It seems like I've lost the game before everything started because there are these two sets of feelings, and I can't possibly stop bingeing when I have these two sets of feelings."

What I said was something really simple, but I think in some ways, it's profound, which was that the problem is that she was giving her feelings priority. In today's love yourself world, it's heresy to say that maybe you shouldn't do that. But what if it wasn't about feelings? What if this was about the fact? What if you make the decision based upon the facts of the matter? And you use your intellect and your best thinking at a time when you're of sound mind and body to evaluate the facts and make a decision about how are you going to eat regardless of how you feel.



The problem was that she was making feelings paramount and she really believed that you had to make feelings paramount, and you don't. That was the quick thing I wanted to say and I just wanted to highlight it. What do you think?

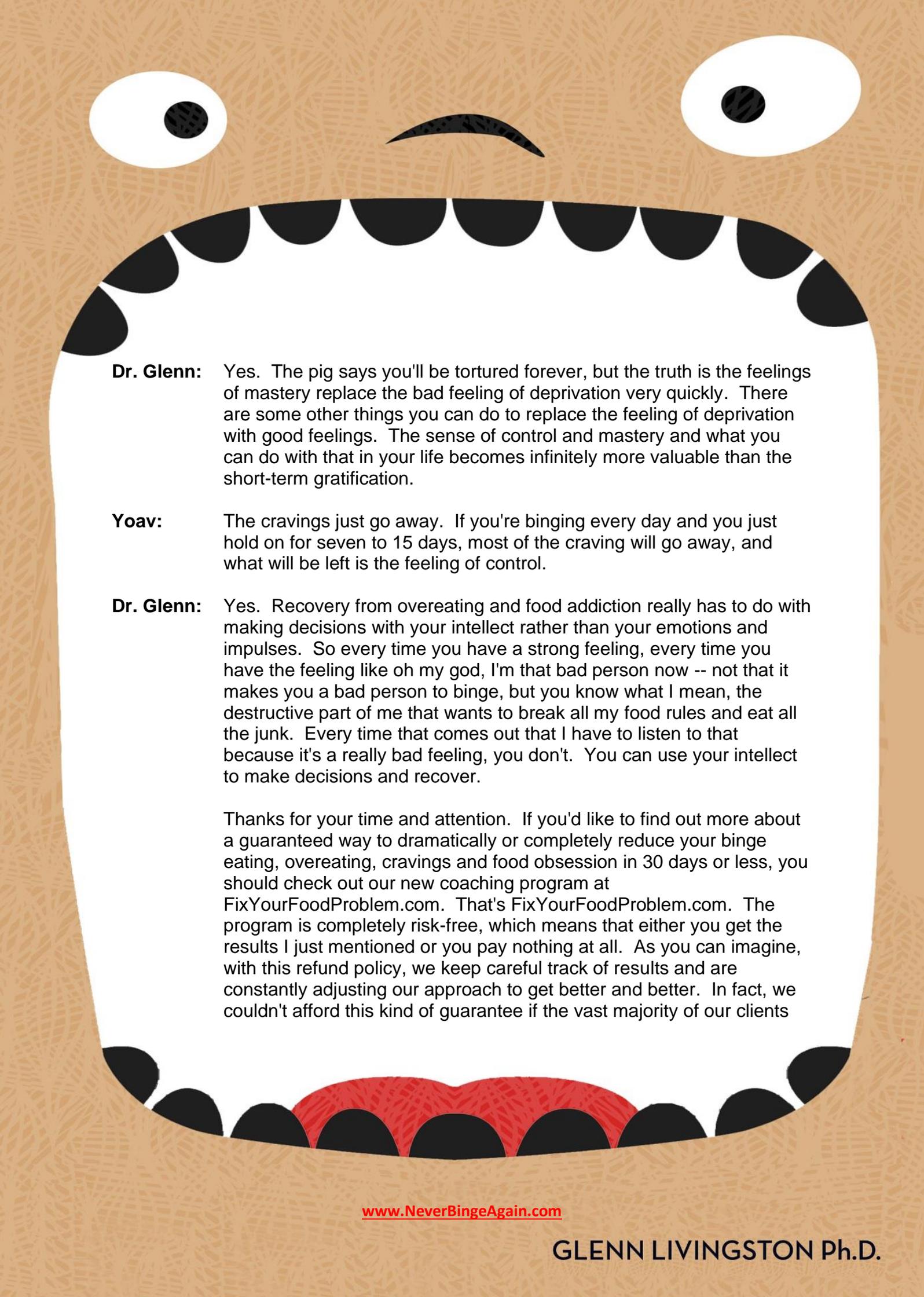
Yoav: I think it's on point. The analogy I use when people tell me that -- and I just used it on a call -- is that sometimes I don't feel like feeding my children. Do you know my children? They eat three times a day every day. It's been almost 20 years now. Sometimes I just don't feel like it, but it's not a matter of choice. There's not going to be a day where I say today, I don't feel like it. You're not going to get food. It just has to happen. That's the way you want to frame it. Even if I feel like bingeing, I won't because that's what I decided. That's the way it needs to happen.

Dr. Glenn: It's part of being a grown-up and accepting responsibility in the world that you might feel like doing something that you don't do. Sometimes you might make the choice to feel worse and do better, right?

Yoav: A lot of the time like when you go to school, when you go to your job every day, when you do your job, when you feed your kids. A lot of the time, you make the choice to not feel optimally or even to feel badly, but to be better.

Dr. Glenn: Okay, so feelings aren't facts. Feel worse, do better.

Yoav: Feel worse for a bit; do better in the long term. The big lie here is that you are going to feel worse all of the time. That's the lie. You're going to feel worse for a little bit. Extinguish the behavior and then you're both going to feel better and do better.



Dr. Glenn: Yes. The pig says you'll be tortured forever, but the truth is the feelings of mastery replace the bad feeling of deprivation very quickly. There are some other things you can do to replace the feeling of deprivation with good feelings. The sense of control and mastery and what you can do with that in your life becomes infinitely more valuable than the short-term gratification.

Yoav: The cravings just go away. If you're bingeing every day and you just hold on for seven to 15 days, most of the craving will go away, and what will be left is the feeling of control.

Dr. Glenn: Yes. Recovery from overeating and food addiction really has to do with making decisions with your intellect rather than your emotions and impulses. So every time you have a strong feeling, every time you have the feeling like oh my god, I'm that bad person now -- not that it makes you a bad person to binge, but you know what I mean, the destructive part of me that wants to break all my food rules and eat all the junk. Every time that comes out that I have to listen to that because it's a really bad feeling, you don't. You can use your intellect to make decisions and recover.

Thanks for your time and attention. If you'd like to find out more about a guaranteed way to dramatically or completely reduce your binge eating, overeating, cravings and food obsession in 30 days or less, you should check out our new coaching program at FixYourFoodProblem.com. That's FixYourFoodProblem.com. The program is completely risk-free, which means that either you get the results I just mentioned or you pay nothing at all. As you can imagine, with this refund policy, we keep careful track of results and are constantly adjusting our approach to get better and better. In fact, we couldn't afford this kind of guarantee if the vast majority of our clients



weren't incredibly successful. You can always see the latest stats and/or reserve a spot if one is available at FixYourFoodProblem.com. That's FixYourFoodProblem.com.

Now, you might be thinking you're too busy to take this intensive coaching program. But respectfully, when it comes to binge eating, it's really critical to recognize there's never going to be a good time. You're always going to be busy. Today, it might be a work crisis then it'll be your birthday then it'll be your friend's birthday or your kid's birthday or your uncle's boss' sister's parakeet's birthday. And before you know it, you're getting donuts on a Tuesday because you just don't have time to do anything else. It's always going to be something.

If you're going to stop overeating and recover your energy, enthusiasm, confidence, and spirit, you're going to have to realize that life will never make it convenient. That's why so few people are where they want to be with food. It's about whether or not you actually want to solve your eating problem because I can tell you, if you want to make Never Binge Again into a lifestyle, the best time to figure it out is when you are busy. See, if you figure it out when you're busy then when life gets easy again, it'll be a breeze. But if you're always wishing for a time when life isn't busy then the moment it gets busy again, you'll fall off the wagon. So we simply must find the time for this now when you are busy so we can get this binging problem solved for good.

The truth is either way, you're making a decision. You'll either decide to continue as you have been, continually putting off the time when you'll stop overeating to some mythical day which never comes or you can decide to get what you deserve now. The question is are you going to reward yourself with something you need and want or to



continue doing the same things that only make your health worse and life more miserable every single day?

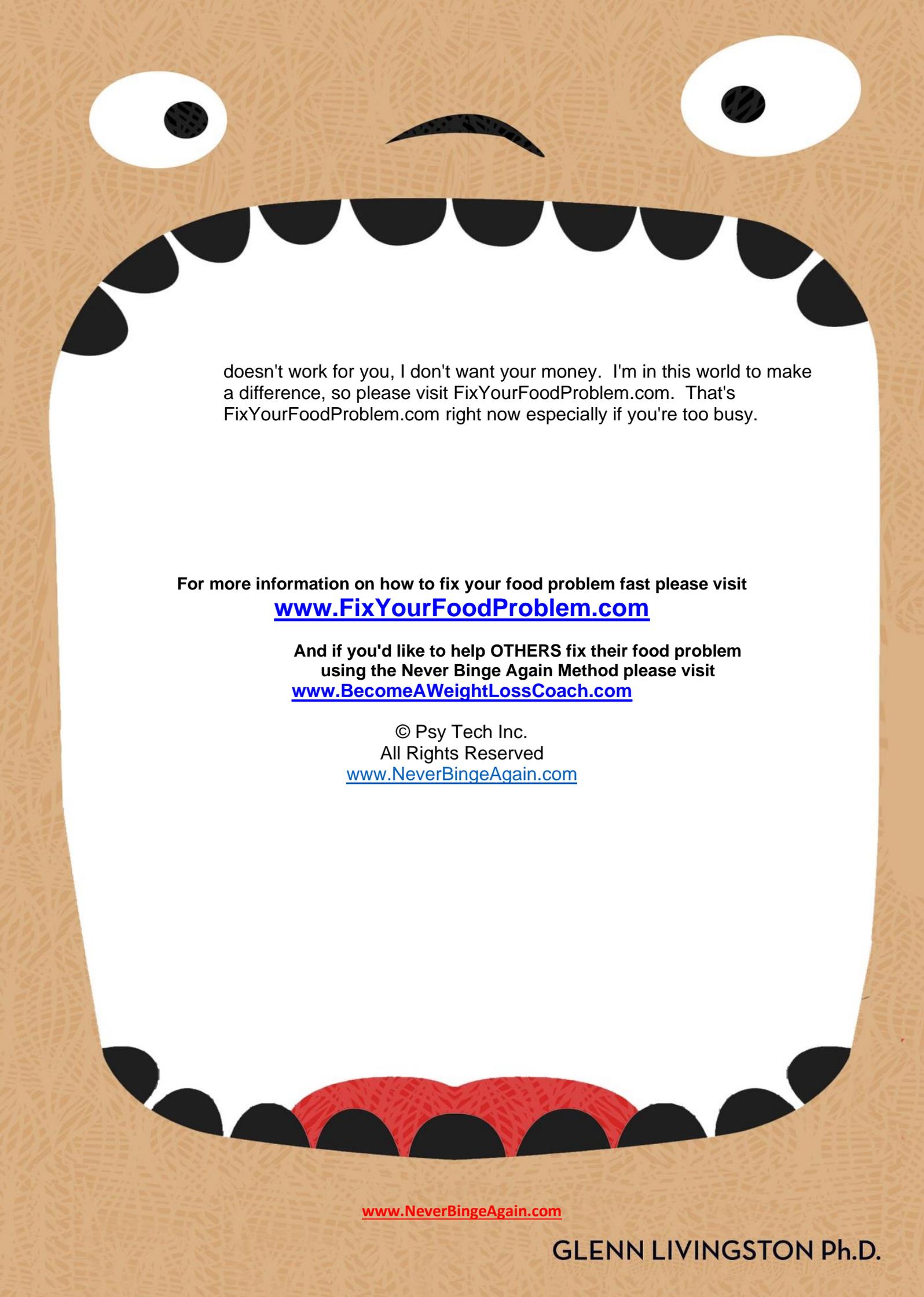
If your answer is, "Yes, Glenn, I do want to solve this problem. I desperately want to solve this problem" and you and I both know that you wouldn't be listening this far if you didn't feel like that, I know you want to stop bingeing. I know you want to reach your goal weight, and I know you don't want to spend any more days sweating and bloated on the couch. I know you want to be able to pick anything out from your closet and be confident that you look good. I know that you want to be more present for your life. I know that you're sick and tired of feeling sick and tired. I know that you're exhausted from continually changing your own best thinking. I know that you're successful in many other areas of life and you just can't figure out why this one thing has you beaten down but it does. It really, really does.

Now is the only time that you can do it because now, the present moment, is the only time you can ever feed yourself. If you put this down without going to FixYourFoodProblem.com, reviewing what the program is and booking a spot for yourself, the odds are you'll put it off again tomorrow and tomorrow and tomorrow, just like you tell yourself you'll start eating well again tomorrow. We both know tomorrow never comes. While you put it off a little while longer, a little while longer, a little while longer, your health, wellness, and emotional well-being hang in the balance.

How many more last suppers are you going to feed this monster inside you before you take control for good? Have a look now at FixYourFoodProblem.com. That's FixYourFoodProblem.com. See everything the program has to offer including the "You quit overeating or you don't pay," 100 percent money back guarantee. See, if this

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doesn't work for you, I don't want your money. I'm in this world to make a difference, so please visit FixYourFoodProblem.com. That's FixYourFoodProblem.com right now especially if you're too busy.

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