

**Glenn Livingston, Ph.D.
and Ed M First Meeting**
**“How to Stop Going Back
for Second Helpings”**

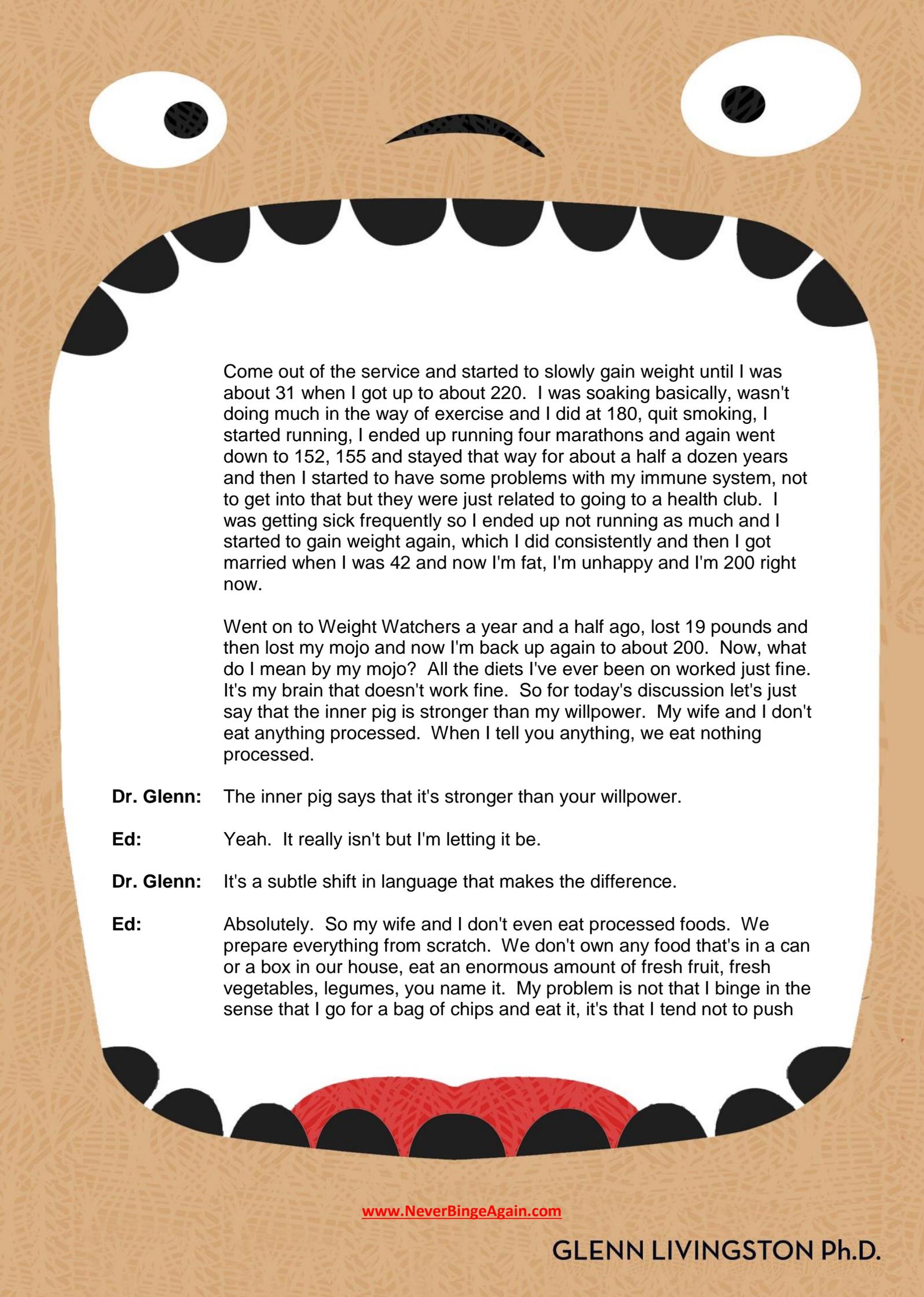
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Dr. Glenn: So hey, it's Glenn Livingston with Never Binge Again, and I'm here with Ed from Florida. Ed had some interesting things that he wanted to work on and he graciously agreed to let me record this session for everybody's benefit. And so Ed, how are you in St. Augustine today?

Ed: I'm doing great, doing great, living the dream.

Dr. Glenn: Talk to me. Tell me how I can help you. I understand you read Never Binge Again and you've had some thoughts and you thought I might be able to help you. Talk to me a little bit.

Ed: I've been fighting my weight all my life. I was normal weight as a teenager, started to gain weight, went in the Army at 19, lost a bunch of weight. I should say they lost it for me. I'm 5'6", I used to be 5'6" and a half but I'm shrinking. When I was young I was about 160, 165 pounds, gained weight up to I guess about 175, 180, went into service, went down to 150 which is really where I should be.



Come out of the service and started to slowly gain weight until I was about 31 when I got up to about 220. I was soaking basically, wasn't doing much in the way of exercise and I did at 180, quit smoking, I started running, I ended up running four marathons and again went down to 152, 155 and stayed that way for about a half a dozen years and then I started to have some problems with my immune system, not to get into that but they were just related to going to a health club. I was getting sick frequently so I ended up not running as much and I started to gain weight again, which I did consistently and then I got married when I was 42 and now I'm fat, I'm unhappy and I'm 200 right now.

Went on to Weight Watchers a year and a half ago, lost 19 pounds and then lost my mojo and now I'm back up again to about 200. Now, what do I mean by my mojo? All the diets I've ever been on worked just fine. It's my brain that doesn't work fine. So for today's discussion let's just say that the inner pig is stronger than my willpower. My wife and I don't eat anything processed. When I tell you anything, we eat nothing processed.

Dr. Glenn: The inner pig says that it's stronger than your willpower.

Ed: Yeah. It really isn't but I'm letting it be.

Dr. Glenn: It's a subtle shift in language that makes the difference.

Ed: Absolutely. So my wife and I don't even eat processed foods. We prepare everything from scratch. We don't own any food that's in a can or a box in our house, eat an enormous amount of fresh fruit, fresh vegetables, legumes, you name it. My problem is not that I binge in the sense that I go for a bag of chips and eat it, it's that I tend not to push



myself away from the table after the first helping and I sometimes go for a second helping. I don't think I ever go really for a third helping but I most certainly go for seconds a lot. My eyes are bigger than my stomach as my mother used to say.

And the other problem I have, I really shouldn't call it a problem, is I like fine wines, so my wife and I drink a bottle of wine with dinner every night which of course has a lot of calories in it. And the reason that I was able to lose weight with Weight Watchers was real simple. I made sure that I really ate measured portions. I wasn't drinking for about four months. Again, it's not like I'm getting drunk but I have a half a bottle of wine every night. So I stopped that, I started to measure all my portions and the weight just melted off and lost my mojo, I just didn't feel like doing that anymore.

Dr. Glenn: If you had your mojo and you had perfect control, how would you eat and what would you do?

Ed: Well, I wouldn't change what I eat. First of all I would stop going after a second from time to time and I like to say I'd cut down a little bit on the wine but I don't drink that much. I only have three glasses or maybe I would have two glasses. That's really about it because I exercise everyday. I'm not inactive. You know I'm 68 years old but I bike 8 miles a day.

Dr. Glenn: We're not committing to anything yet, we're just kind of exploring. Could it be as simple as just not allowing seconds and only allowing two glasses of wine?

Ed: Possibly. If I look back at the times that I did lose weight, I basically cut back in my eating and that was really all I did. Back when I started



running when I was 31, I was still single so it was real simple, I would just have, quite honestly I'd have a couple of baked potatoes for dinner at night and that was it.

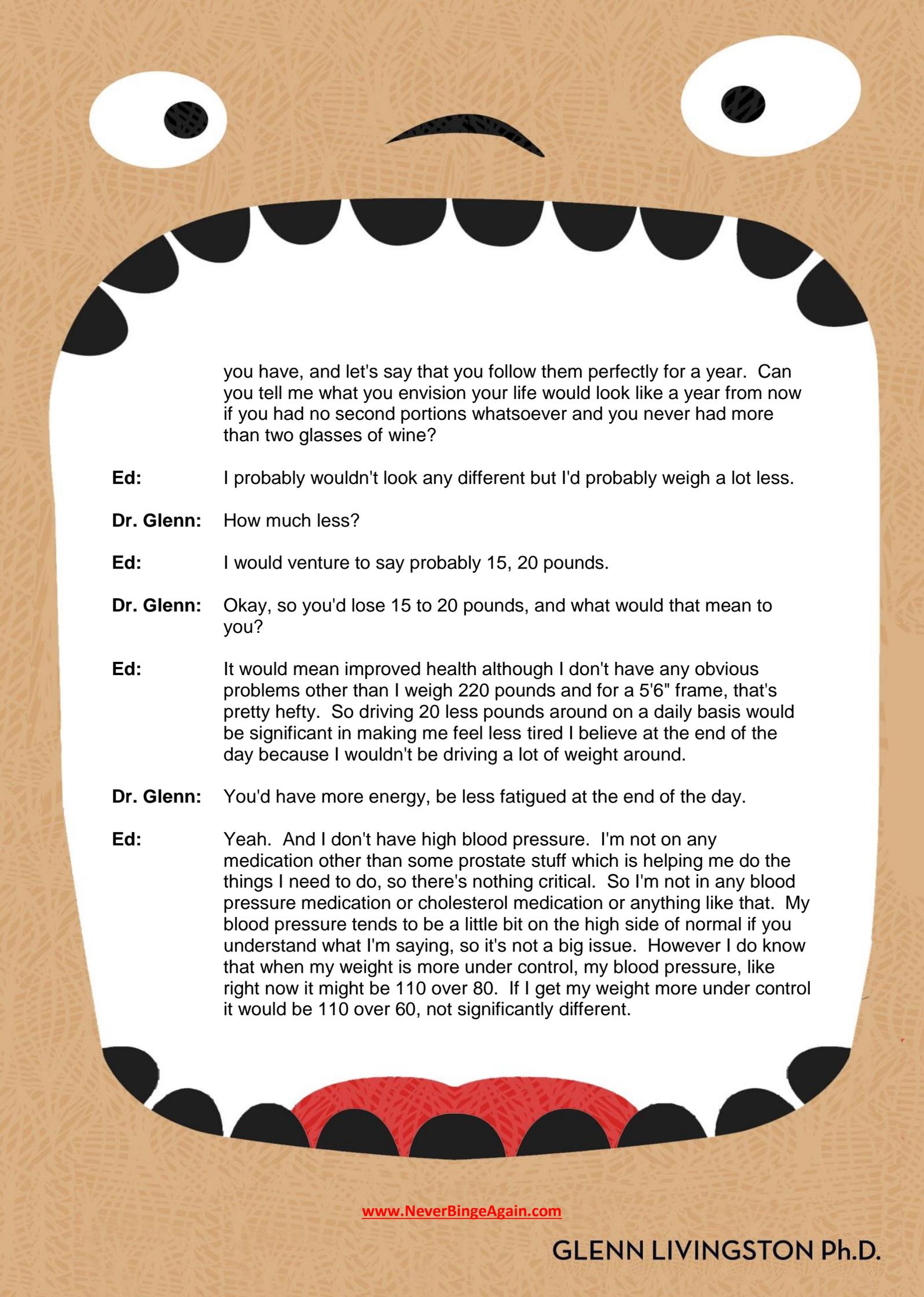
Dr. Glenn: Do you envision feeling satisfied with your life if you had only one person and only two glasses of wine?

Ed: That's a good question, do I envision being satisfied? Well, I can tell you from experience that I probably wouldn't be initially but I think that's a mental thing. Certainly it's not like my body is requiring it. It's a mental thing, I mean I go back for a second because I think I want more. I also eat way too fast. I'm usually the first one down at the table. So do I envision it? Yeah maybe I don't think it would last. The few times that I've been able to eliminate those seconds and you get into a groove where you're not eating them and/or you're not drinking as much, once you get into that groove and you defeat that guy, the El Pigo and to tell him to shut up and you really don't want that, it seems to work pretty well.

Dr. Glenn: Your pig might make you uncomfortable for a couple of weeks but really it's kind of full of it and in a couple of weeks down the road you'd be fine.

Ed: Yeah. The problem I had is I guess he is reinvigorated when he's himself. He kind of gets reinvigorated and I kind of falter. That's what I'm referring to as losing my mojo.

Dr. Glenn: Okay, let's try and get your mojo back then. So let's imagine that you have two rules, that you never have a second portion and you never have more than two glasses of wine. We could change them later on if we want to but right now let's just imagine those are the two rules that



you have, and let's say that you follow them perfectly for a year. Can you tell me what you envision your life would look like a year from now if you had no second portions whatsoever and you never had more than two glasses of wine?

Ed: I probably wouldn't look any different but I'd probably weigh a lot less.

Dr. Glenn: How much less?

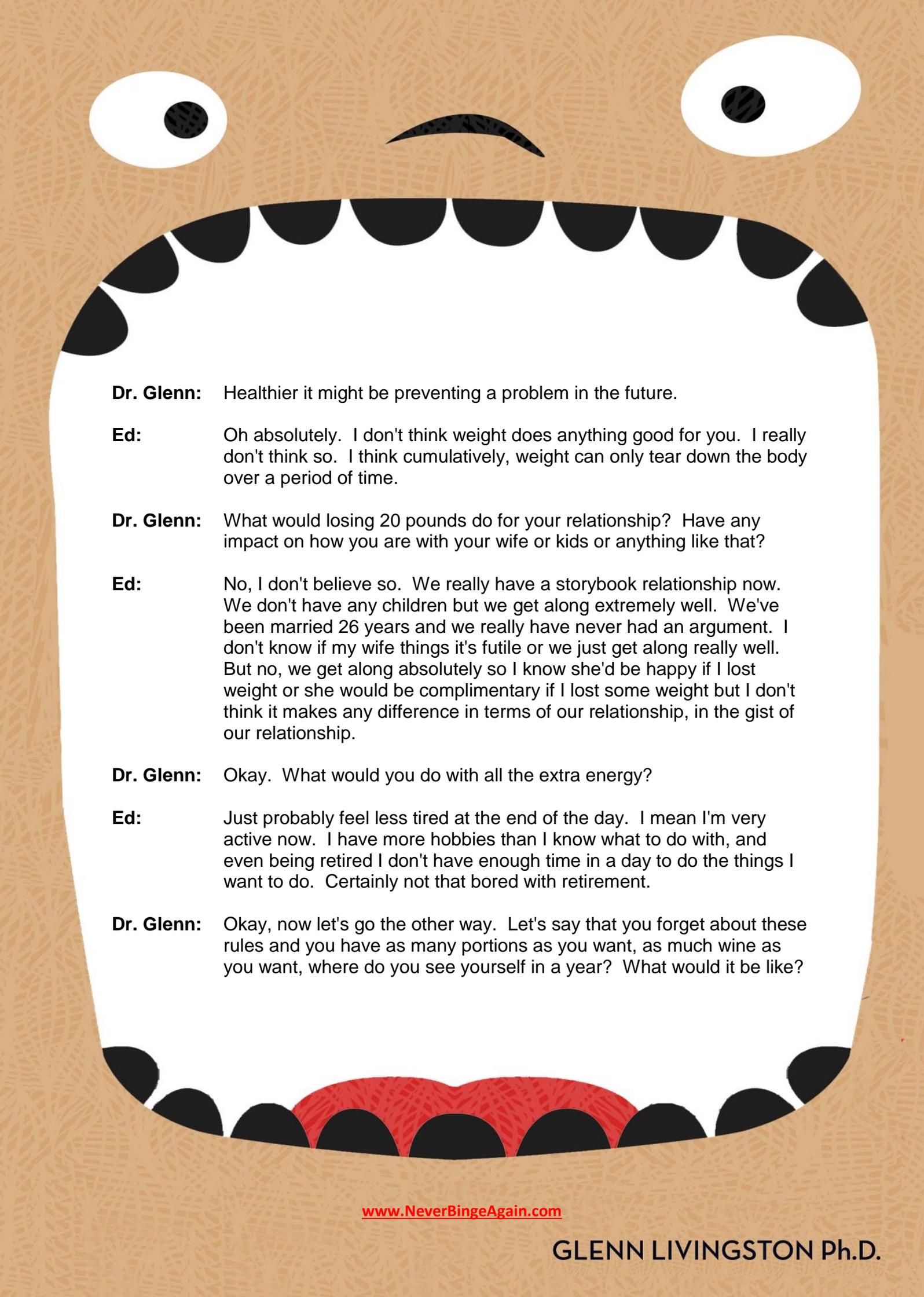
Ed: I would venture to say probably 15, 20 pounds.

Dr. Glenn: Okay, so you'd lose 15 to 20 pounds, and what would that mean to you?

Ed: It would mean improved health although I don't have any obvious problems other than I weigh 220 pounds and for a 5'6" frame, that's pretty hefty. So driving 20 less pounds around on a daily basis would be significant in making me feel less tired I believe at the end of the day because I wouldn't be driving a lot of weight around.

Dr. Glenn: You'd have more energy, be less fatigued at the end of the day.

Ed: Yeah. And I don't have high blood pressure. I'm not on any medication other than some prostate stuff which is helping me do the things I need to do, so there's nothing critical. So I'm not in any blood pressure medication or cholesterol medication or anything like that. My blood pressure tends to be a little bit on the high side of normal if you understand what I'm saying, so it's not a big issue. However I do know that when my weight is more under control, my blood pressure, like right now it might be 110 over 80. If I get my weight more under control it would be 110 over 60, not significantly different.



Dr. Glenn: Healthier it might be preventing a problem in the future.

Ed: Oh absolutely. I don't think weight does anything good for you. I really don't think so. I think cumulatively, weight can only tear down the body over a period of time.

Dr. Glenn: What would losing 20 pounds do for your relationship? Have any impact on how you are with your wife or kids or anything like that?

Ed: No, I don't believe so. We really have a storybook relationship now. We don't have any children but we get along extremely well. We've been married 26 years and we really have never had an argument. I don't know if my wife thinks it's futile or we just get along really well. But no, we get along absolutely so I know she'd be happy if I lost weight or she would be complimentary if I lost some weight but I don't think it makes any difference in terms of our relationship, in the gist of our relationship.

Dr. Glenn: Okay. What would you do with all the extra energy?

Ed: Just probably feel less tired at the end of the day. I mean I'm very active now. I have more hobbies than I know what to do with, and even being retired I don't have enough time in a day to do the things I want to do. Certainly not that bored with retirement.

Dr. Glenn: Okay, now let's go the other way. Let's say that you forget about these rules and you have as many portions as you want, as much wine as you want, where do you see yourself in a year? What would it be like?



Ed: If I don't do something about my cravings, I have more -- I think more of the food than it is with wine. I open a bottle of wine, we don't open a second bottle of wine. We stopped that a couple years ago. So it's more the food than the wine. What will happen is my wife and I love to cook, I love to cook in particular. If I do say so, we cook really well. We'll cook something and oh my God, that's delicious and I think I'll have a little more. I don't say I'll have a little more, I say I think I'll have some more.

And I do, I have another dish and it's usually the same dish I had the first time. Now I don't do that every night but I do with beans and that's all tonight. We do the beans from scratch, they're dried beans, we sauté them with pancetta rinds from the parmigiano, they're just to die for. Usually we'll sit down and have some wine while we are serving dinner and we will sit down. With a dinner like this I'm always invariably almost always will go for a second dish. So the better part here is to keep myself seated and not go for that second dish.

If I continue to do that, the weight just seems to creep up 2, 3 pounds a year, becomes insidious because you don't realize it until all of a sudden, gee, I just lost a belt loop. I got to go to bigger pants and I think it's personally degrading to be fat. I don't like it. I had quit running because I blew my knee out. If I could run I wouldn't even be having this conversation with you today.

Dr. Glenn: Can you swim?

Ed: I'm capable of swimming, I'm not a good swimmer. I've tried swimming laps, I don't have the cadence of doing laps. Maybe I could develop it but I don't [inaudible 00:09:52].



Dr. Glenn: That's okay. That wasn't your goal here today. So you might be another belt loop bigger, you might feel a little more humiliated or degraded. What else would happen if you kept doing what you were doing?

Ed: I was down to 235 a couple years ago and I started to have some problems pulling my back out. My knees hurt more than they would normally hurt and obviously overtime the shoe then becomes a real problem, theoretically minor things at this point but obviously would develop into things perhaps in a more major way later.

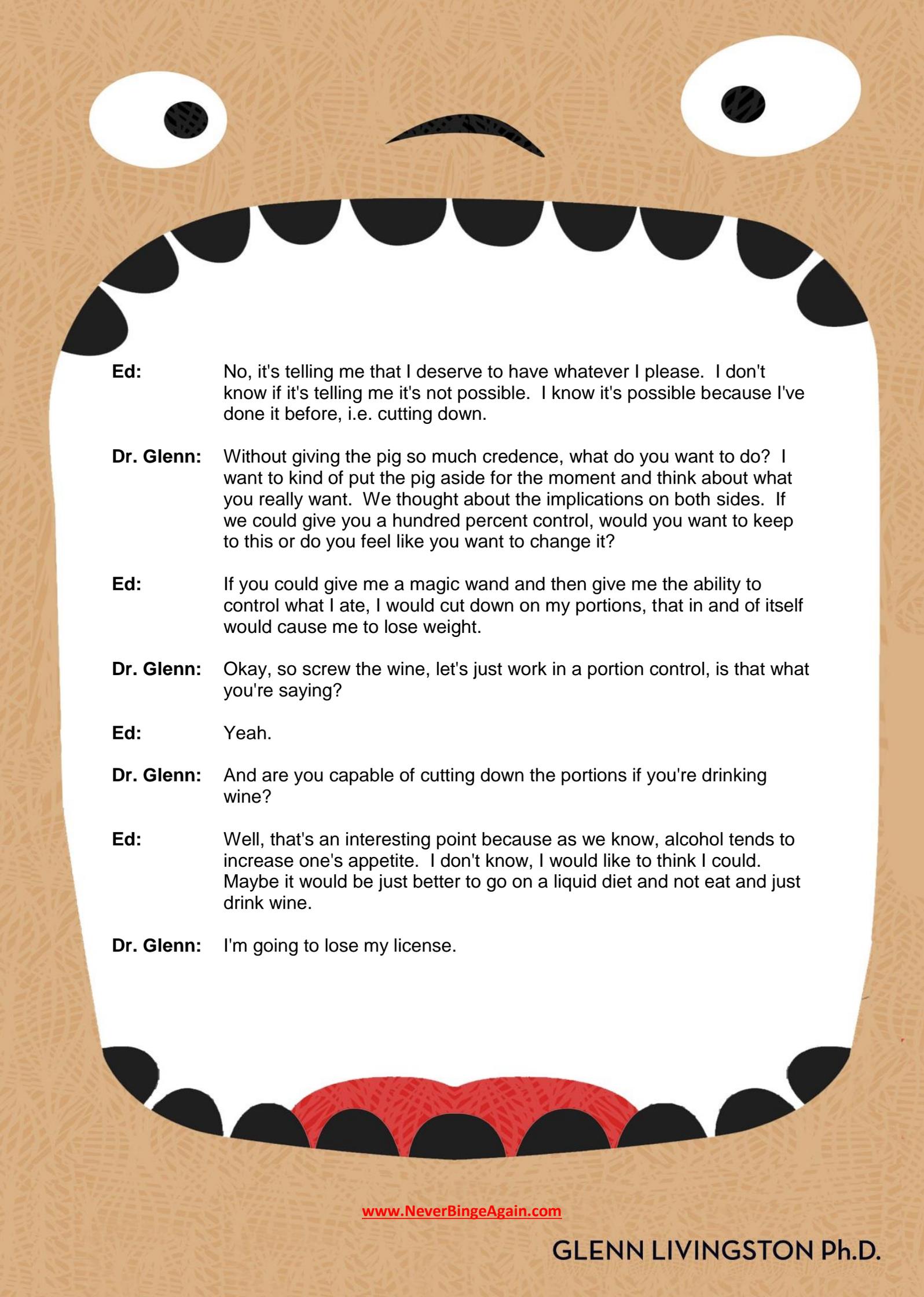
Dr. Glenn: Got it. You'd start to feel some physical aches and pains.

Ed: Obviously if I was 50 pounds lighter which was what I was hoping for with Weight Watchers, I'm going to feel so much better. I'm not going to feel bad, I would just feel better.

Dr. Glenn: Talking this all through, are you inclined to adopt these rules, to modify them, to forget about them, tell me what your feelings are about them.

Ed: Well, I'll tell you that every morning, we get up and I have these tremendously noble thoughts about how I am going to approach my food intake and almost virtually everyday. We get up and we say, "Okay look, we're not going to have any seconds. We're not going to do this, we're not going to do that, we're not going to do the other thing." And then we get to around dinnertime and the pig makes his appearance. It just all goes out the window.

Dr. Glenn: So your pig is telling you that this is not possible to do because you haven't done it before because it beats you every time.



Ed: No, it's telling me that I deserve to have whatever I please. I don't know if it's telling me it's not possible. I know it's possible because I've done it before, i.e. cutting down.

Dr. Glenn: Without giving the pig so much credence, what do you want to do? I want to kind of put the pig aside for the moment and think about what you really want. We thought about the implications on both sides. If we could give you a hundred percent control, would you want to keep to this or do you feel like you want to change it?

Ed: If you could give me a magic wand and then give me the ability to control what I ate, I would cut down on my portions, that in and of itself would cause me to lose weight.

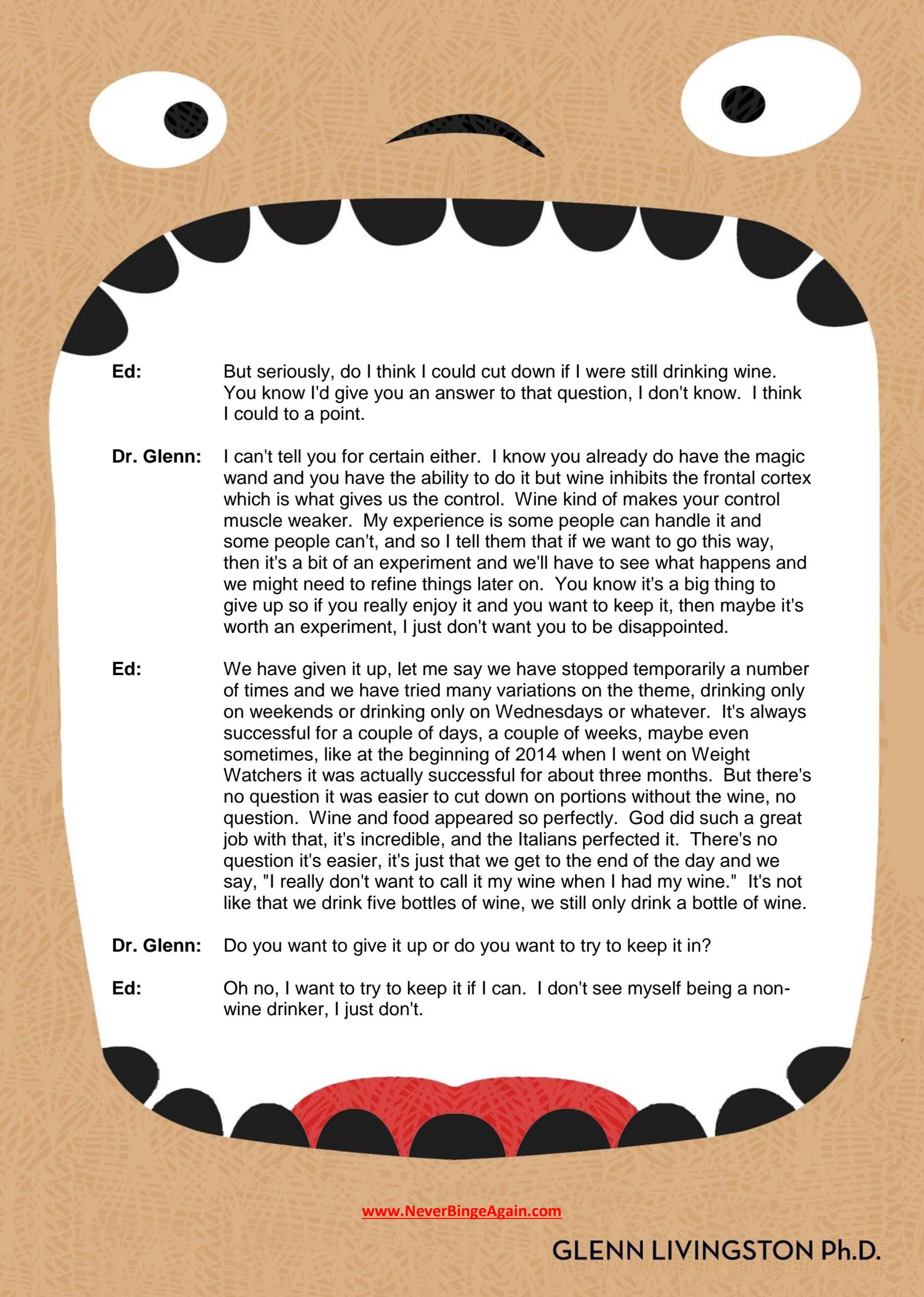
Dr. Glenn: Okay, so screw the wine, let's just work in a portion control, is that what you're saying?

Ed: Yeah.

Dr. Glenn: And are you capable of cutting down the portions if you're drinking wine?

Ed: Well, that's an interesting point because as we know, alcohol tends to increase one's appetite. I don't know, I would like to think I could. Maybe it would be just better to go on a liquid diet and not eat and just drink wine.

Dr. Glenn: I'm going to lose my license.



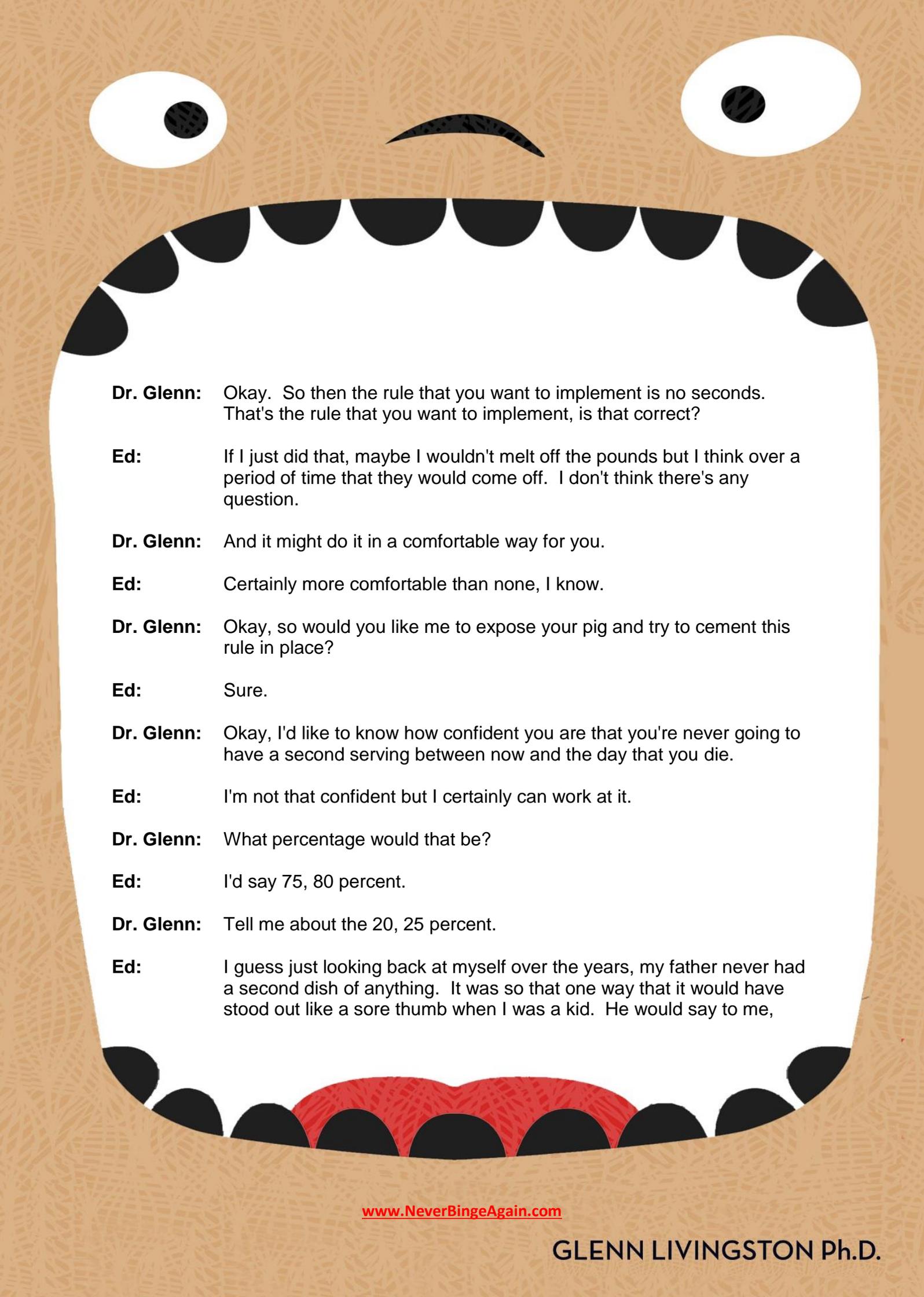
Ed: But seriously, do I think I could cut down if I were still drinking wine. You know I'd give you an answer to that question, I don't know. I think I could to a point.

Dr. Glenn: I can't tell you for certain either. I know you already do have the magic wand and you have the ability to do it but wine inhibits the frontal cortex which is what gives us the control. Wine kind of makes your control muscle weaker. My experience is some people can handle it and some people can't, and so I tell them that if we want to go this way, then it's a bit of an experiment and we'll have to see what happens and we might need to refine things later on. You know it's a big thing to give up so if you really enjoy it and you want to keep it, then maybe it's worth an experiment, I just don't want you to be disappointed.

Ed: We have given it up, let me say we have stopped temporarily a number of times and we have tried many variations on the theme, drinking only on weekends or drinking only on Wednesdays or whatever. It's always successful for a couple of days, a couple of weeks, maybe even sometimes, like at the beginning of 2014 when I went on Weight Watchers it was actually successful for about three months. But there's no question it was easier to cut down on portions without the wine, no question. Wine and food appeared so perfectly. God did such a great job with that, it's incredible, and the Italians perfected it. There's no question it's easier, it's just that we get to the end of the day and we say, "I really don't want to call it my wine when I had my wine." It's not like that we drink five bottles of wine, we still only drink a bottle of wine.

Dr. Glenn: Do you want to give it up or do you want to try to keep it in?

Ed: Oh no, I want to try to keep it if I can. I don't see myself being a non-wine drinker, I just don't.



Dr. Glenn: Okay. So then the rule that you want to implement is no seconds. That's the rule that you want to implement, is that correct?

Ed: If I just did that, maybe I wouldn't melt off the pounds but I think over a period of time that they would come off. I don't think there's any question.

Dr. Glenn: And it might do it in a comfortable way for you.

Ed: Certainly more comfortable than none, I know.

Dr. Glenn: Okay, so would you like me to expose your pig and try to cement this rule in place?

Ed: Sure.

Dr. Glenn: Okay, I'd like to know how confident you are that you're never going to have a second serving between now and the day that you die.

Ed: I'm not that confident but I certainly can work at it.

Dr. Glenn: What percentage would that be?

Ed: I'd say 75, 80 percent.

Dr. Glenn: Tell me about the 20, 25 percent.

Ed: I guess just looking back at myself over the years, my father never had a second dish of anything. It was so that one way that it would have stood out like a sore thumb when I was a kid. He would say to me,



"You see, I don't have seconds." My father when he passed away, God rest his soul, was basically the same weight that he was when he was 20 years old, never went up, never went down, never went up, never went down. It was always basically the same weight. And I always remembered that because he never had seconds. And my mother cooked pretty well, so can I do that? Well I mean definitely I can do it, whether or not I'm successful at it is another story, but I can do it.

Dr. Glenn: Yeah, so I'm trying to separate you from your pig right now and you know you can do it, your dad did it but your pig says that you can't. I want to know why you can't. Why does the pig say you can't do it?

Ed: Because I cook too well. Because the food really is tasty. That's the only reason. There really isn't any good reason not to be able to do it. There's no really adequate reason to say it can't be done. It's mind over matter, if you don't mind it doesn't matter.

Dr. Glenn: How did your dad do it?

Ed: I guess the best answer to that question is how did he not do it. He never did it so it never appeared to be an effort on his part. As in the side, my mother used to make soup on a Saturday night, homemade soup. And on a Saturday night he would always have a second bowl of soup, of the broth and he would never fail to point out to me, "Don't forget this is the only thing that I've had a second on, is your mother's soup." We had spaghetti and we had macaroni and we had pasta and he never had a second and he loved it, it wasn't that he didn't like it. So how did he do it is more like I don't know, he just did it, it was part of him.



Dr. Glenn: Yeah. That's how he did that. He made a decision that he was the kind of person who didn't have seconds. That's how he did it. It didn't matter how delicious the food was, didn't matter how tempted he was, it didn't matter how good your mother cooked. He would enjoy every last morsel of the first meal.

Ed: I'm sure that many times he would have liked to have a second dish but he just never did.

Dr. Glenn: Wasn't that kind of person.

Ed: Right. And that's the kind of person I have to become if I'm going to get this weight thing under control.

Dr. Glenn: Well, you've got it in your genes.

Ed: Yes I do.

Dr. Glenn: Well, so how confident are you now that you're never going to have a second portion between now and the day that you die?

Ed: Perhaps more confident than I was 10 minutes ago.

Dr. Glenn: How confident is that?

Ed: 85, 90 percent. I know that right now right off the bat, I just am not going to do second helpings. I just hope that the wine doesn't boost the pig's ability to convince me that I should.

Dr. Glenn: Are you going to let it do that or not?



Ed: I'm going to fight like the devil not to let it do that.

Dr. Glenn: Let me tell you about how the pig works. If the pig senses even one iota of weakness, it's going to bust right through it.

Ed: Oh yeah. Then they're done.

Dr. Glenn: And so if you want to do this, even though you and I know this is a hard mountain to climb, just think of this evening while you're drinking alcohol, but that's what you want to do. That's what we said we want to do here. So if we're going to do this, that we have to develop a hundred percent certainty and let the pig know that it's going to be in its cage no matter what.

Ed: Yes.

Dr. Glenn: Yeah. Under what circumstances could the pig get you to have a second portion?

Ed: There really aren't any circumstances that would be considered adequate to go for the second helping.

Dr. Glenn: If you drank two bottles of wine, would you go for a second portion of food?

Ed: Probably wouldn't be able to lift the fork.

Dr. Glenn: All right. That's true.

Ed: I don't think so. I mean this is interesting, we go out to dinner, and we don't go out to dinner a lot because we love to cook and we prefer to



eat our own food. I just don't like restaurant food, and furthermore I feel that if I'm going to go to a restaurant you better cook better than I do. Oh there's no point am I going to a restaurant, so we don't really have any restaurants. We do it more as a social thing. People invite us to be with them and they want to go out to dinner, we go. We don't very often, in fact we rarely if ever, initiate a restaurant night out. We are more likely to have people over the house for dinner.

Well, one of the problems is, for the pig and me is that when I eat in my own home, there are ample amounts of food and I don't always stop when I should. Sometimes I'll say to my wife will be measuring out food for the evening's dinner and I say, "Well look, that's all we need to make." She says, "Let's make some extra and so we'll have leftovers." I said, "I really rather not do that because if we only make this much, then I can't eat anymore because it's not there." Now, when we go out to a restaurant, I never have a second helping, a second steak or a second dish of pasta or a second whatever I have, you don't do that in a restaurant, you'd look like an idiot. I mean I suppose you could but I don't do that.

So I don't usually have the seconds problem when I'm out to dinner. But if I go to somebody's house or I'm in my own house, like tonight, we made a one pound bag of beans that we're going to have with our escarole. Now, that's enough beans for two and three dinners. There's those beans around the stove and you could smell them after you finish your dish of beans. I don't know if you've ever Italian cannellini.

Dr. Glenn: Oh it's delicious. That's absolutely delicious.



Ed: I could smell them now for Christ's sake. They're on the stove cooking and it's kind of like I walk through the kitchen like, oh my God, I can't wait for tonight. A nice bottle of wine and some Tuscan beans and a little bit of olive oil drizzled over. It's going to be delicious,

Dr. Glenn: But are you going to have more than one portion?

Ed: No, I'm not. I might put the pan in front of me so -- no, I'm just kidding. No, I'm not going to have more than one portion. It's just going to be one portion, from now on, no more than one portion.

Dr. Glenn: You can enjoy every bite that way, right?

Ed: Yeah, I got to slow down, slow down eating. I would help enjoying what I'm doing, it would also give my brain time to catch up with the spoon and tell me that I've eaten enough because I'm sure you're aware, you're an educated guy in nutrition, that the brain takes time, usually 10 to 15 minutes to tell the body that it's satiated.

Dr. Glenn: Yes, before your blood sugar rises, yup.

Ed: And I don't give it that time. If I gave it the time -- I've always watched people who eat slowly and they're all skinny.

Dr. Glenn: Ed, is it possible you might enjoy this more? I know your pig thinks that's crazy but is it possible that if you do slow down and have one good portion, one healthy portion, that you might actually enjoy it more?

Ed: Well I don't think there's any question that if I slow down, that I would enjoy it more. It would certainly take me longer to eat. It would be



more likely that at the end of that one portion I would probably be more satiated than I would be if I shoveled it into my mouth like the pig would like me to do. I don't think there's any question to that. Just like I said, every person I've ever met that ate slowly was always on the thin side. I've tried picking the fork up, putting the food in my mouth, putting the fork down and waiting until I was completely done chewing what I was eating to pick the fork up again. That works great, except somehow the pig wipes that out of my brain and I don't put the fork down.

Dr. Glenn: Yeah, it seems like that's unconscious but you're going to be more conscious of that now, you're going to notice some changes now. Tell me about the pig telling you that you deserve it. What does that mean, you deserve it, you deserve that second portion?

Ed: Not so much the second portion as the one. The pig will say to me -- my wife and I eat dinner around 7:30, 8 o'clock every night. We eat on European time and always have. So we start cooking 6:30, 7 o'clock and it's, "Hon, do you want a little bit of wine?" "Yeah, I think we deserve a wine." And that's the common consensus here is that yes, we deserve the wine. We deserve it because we've worked hard all day and why would we not reward ourselves with a nice glass of fine wine.

Dr. Glenn: Okay. Well for the moment you said you want to leave that alone, so we're going to leave that alone. Are you ever going to have a second helping again between now and the day that you die?

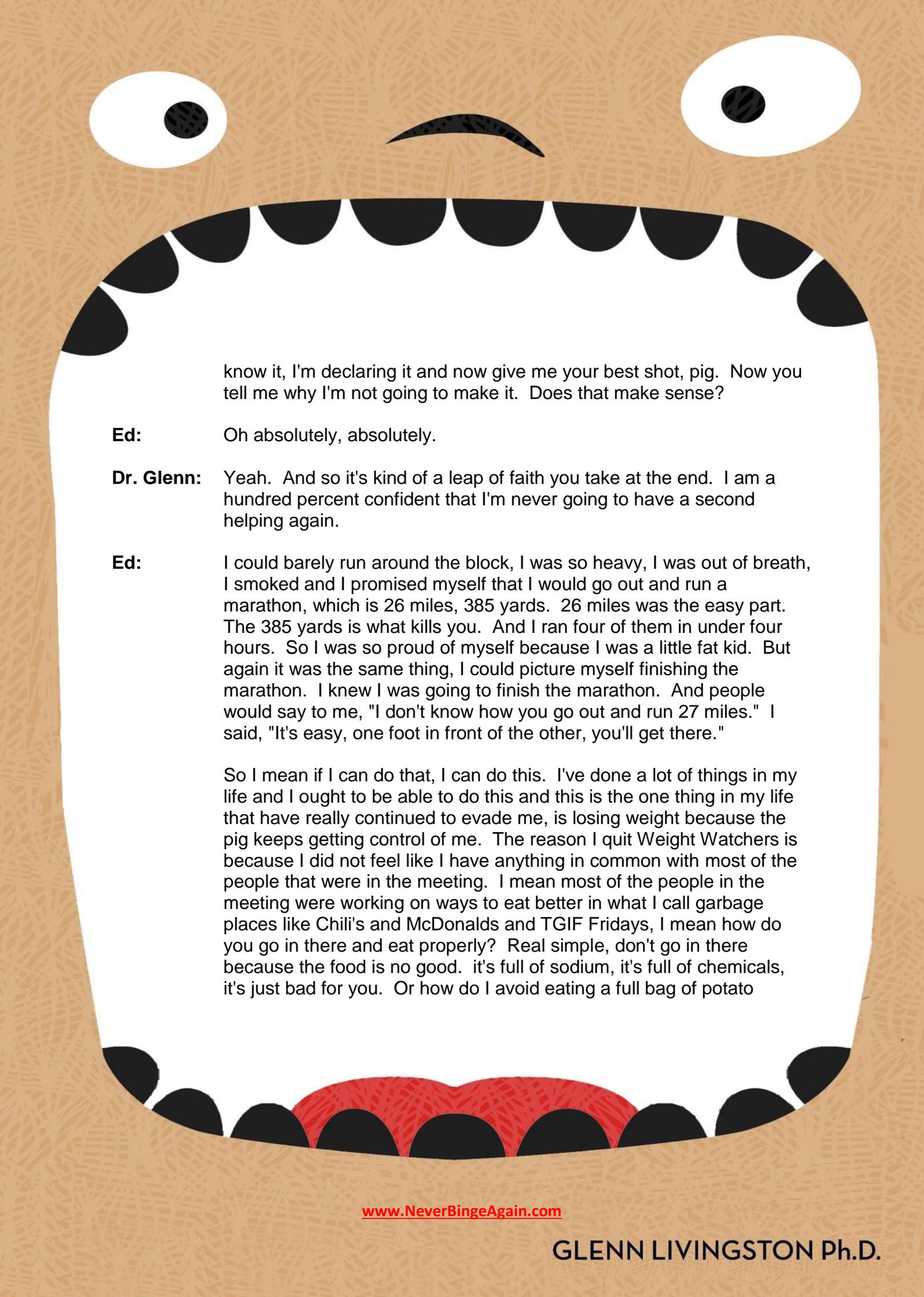
Ed: I'm going to try not to. I'd like to say no I'm not and I really like to say no, I'm not. I don't know why I'm not saying that. Maybe I don't want to be untruthful and I probably have some doubts but no, I'm not going to have any more second helpings, just not.



Dr. Glenn: Yeah. If you're waiting until you feel it a hundred percent, it's never going to happen because we can't get rid of the pig. The pig lives inside of us, it's connected to our lizard brain. We have to live on top of it. Our brain is on top of it and our brain is superior to the lizard brain. And so we're always going to feel this kind of lurking presence of the pig that says, "Don't say a hundred percent. You can't say a hundred percent because I'm still here and I still want that stuff." But if you make a conscious decision to separate from the pig, and that means that you're a hundred percent confident and the pig wants to do its best to stop you, then you will have put into motion an apparatus which will get progressively stronger. You'll keep noticing how the pig tries to convince you of this and you remember, no, I'm a hundred percent confident that I'll never have seconds again.

Like I said in the book, if you visualize yourself on top of the mountain if you're climbing a mountain, you don't say the whole time, "Well maybe I'll make it and maybe I won't," or, "Gee I'm not really sure if I can climb the whole thing, it is awfully big." If you want to see the top then you visualize yourself on top and you purge all of the doubt and uncertainty from your head and you ignore those voices as you keep climbing one step after the next. If you happen not to make it, then you're really kind to yourself and you dust yourself off and figure out what you did wrong and figure out what else do you need to bring or that you have to feel yourself better the next time and you do the whole thing over again.

What you don't do is say, "God, this is a big mountain. It's going to be impossible. No one could really climb this. I'm too weak. I'm too bad at history." That's not the mindset of how you win the game. The mindset of how you win the game is the pig is inferior, I'm superior. I



know it, I'm declaring it and now give me your best shot, pig. Now you tell me why I'm not going to make it. Does that make sense?

Ed: Oh absolutely, absolutely.

Dr. Glenn: Yeah. And so it's kind of a leap of faith you take at the end. I am a hundred percent confident that I'm never going to have a second helping again.

Ed: I could barely run around the block, I was so heavy, I was out of breath, I smoked and I promised myself that I would go out and run a marathon, which is 26 miles, 385 yards. 26 miles was the easy part. The 385 yards is what kills you. And I ran four of them in under four hours. So I was so proud of myself because I was a little fat kid. But again it was the same thing, I could picture myself finishing the marathon. I knew I was going to finish the marathon. And people would say to me, "I don't know how you go out and run 27 miles." I said, "It's easy, one foot in front of the other, you'll get there."

So I mean if I can do that, I can do this. I've done a lot of things in my life and I ought to be able to do this and this is the one thing in my life that have really continued to evade me, is losing weight because the pig keeps getting control of me. The reason I quit Weight Watchers is because I did not feel like I have anything in common with most of the people that were in the meeting. I mean most of the people in the meeting were working on ways to eat better in what I call garbage places like Chili's and McDonalds and TGIF Fridays, I mean how do you go in there and eat properly? Real simple, don't go in there because the food is no good. it's full of sodium, it's full of chemicals, it's just bad for you. Or how do I avoid eating a full bag of potato



chips? I don't have that problem. I got my own problems but I don't have that problem. I have an Italian pig.

Dr. Glenn: You too have an Italian pig.

Ed: I have an Italian pig, he likes pasta, he likes wine, he likes Tuscan beans. He's not big on potato chips and he doesn't have a chocolate fetish, I mean none of that stuff. We don't eat processed foods, we just don't. The only thing we ever ate out of the can was we would buy San Marzano tomatoes when we were in the Northeast and we would make pasta sauce. And we don't even do that down here anymore because I don't like buying anything in the can because of the carcinogenic stuff, the elements that are in the inside of the can wall.

So down here, the garden vegetables and flour, beyond imagination is so fresh and it's so fresh year-round. I mean we buy Roma tomatoes down here in the middle of the winter that people in Rhode Island would give their kid's inheritance for in January. They're so tasty. So we brought over a hundred mason jars with us when we moved down here and we don't put up tomatoes anymore because you don't need to. The tomatoes are just fantastic year-round. I mean that's just the tip of the iceberg. I mean all of the fruit, the vegetables, so there's no need of buying anything like that so we don't. So I ended up dropping out of Weight Watchers because again, I didn't have a lot in common with the people in the class.

I mean I had a lot in the sense that they were heavy and I was heavy, but I didn't have a lot in common and as far as the reason went, most of the people there were fighting these potato chip binges. One woman used to drink like 12 cans of Coke a day and they were trying



to get her off that. Now I mean those are all habits very similar to my habit of going for seconds, it's just a different habit.

Dr. Glenn: Ed, is there anything else you could tell me about your dad that might help you to emulate him here?

Ed: Aside from being a wonderful guy, he never went for seconds. I mean he was a very calm person, ate slowly. My mother and I were the ones that ate fast and apparently I took after my mom. My father would never cease to rate us at the dinner table saying, "You eat just like your mother, slow down."

Dr. Glenn: I see.

Ed: He was just a very calm guy, but that being said, he was so kind he gave himself an ulcer as he kept everything in. When I ran my business, the common knowledge was I would never get an ulcer because all I did was give them.

Dr. Glenn: I see.

Ed: I'm more of a type A personality than my dad was.

Dr. Glenn: Do you think that if you identified with him in just this one small way that that would give you an ulcer?

Ed: Oh no, absolutely not, no. No, no, I mean he was a type of guy that if he sat with you, you said something he didn't like, I mean he probably wouldn't say something to you. Conversely I'm the type of guy of the same circumstances, I would probably likely get up and choke you.



Dr. Glenn: That's funny. Were you otherwise fond of him? Are you fond of your dad?

Ed: Oh yeah, very much, yeah.

Dr. Glenn: Okay. Ed, are you ever going to have a second portion again between now and the day that you die?

Ed: No.

Dr. Glenn: And how confident are you?

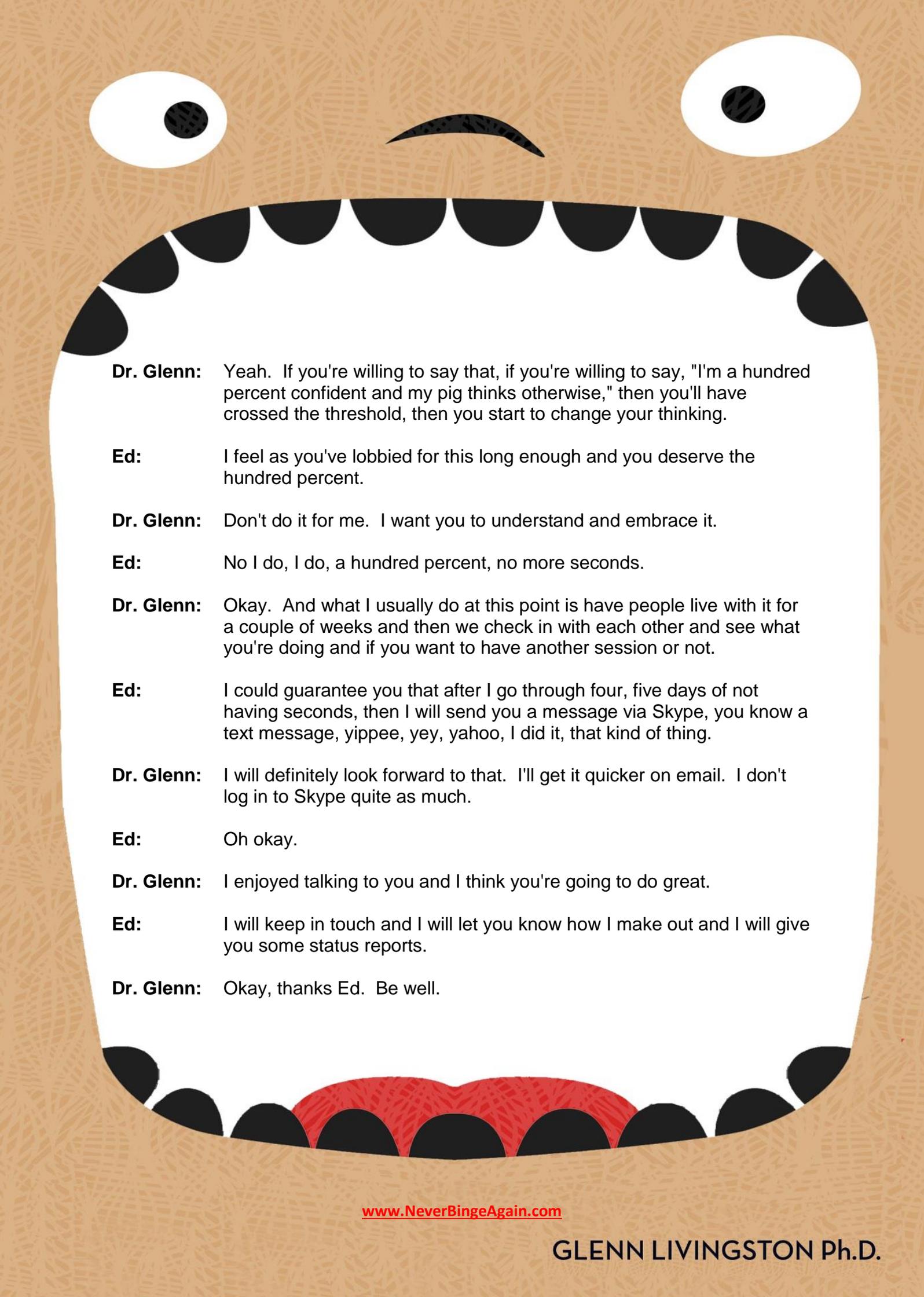
Ed: 99 percent.

Dr. Glenn: Where is the one percent coming from?

Ed: Past experience I guess. I guess I'm just a little bit of a politician, I'm trying to leave myself a little wiggle room there so that if I said a hundred percent and then I failed at it, then I would be really ticked off at myself.

Dr. Glenn: See, but that's the pig also. If you say a hundred percent and you fail at it, then the pig is going to jump up and say, "See, I told you so you're so weak, you might as well just give up, be a fat, dumb and happy person and it's okay, you deserve it and there's a good life just to have whatever you want to eat."

Ed: A hundred percent Glenn, 100 percent.



Dr. Glenn: Yeah. If you're willing to say that, if you're willing to say, "I'm a hundred percent confident and my pig thinks otherwise," then you'll have crossed the threshold, then you start to change your thinking.

Ed: I feel as you've lobbied for this long enough and you deserve the hundred percent.

Dr. Glenn: Don't do it for me. I want you to understand and embrace it.

Ed: No I do, I do, a hundred percent, no more seconds.

Dr. Glenn: Okay. And what I usually do at this point is have people live with it for a couple of weeks and then we check in with each other and see what you're doing and if you want to have another session or not.

Ed: I could guarantee you that after I go through four, five days of not having seconds, then I will send you a message via Skype, you know a text message, yippee, yey, yahoo, I did it, that kind of thing.

Dr. Glenn: I will definitely look forward to that. I'll get it quicker on email. I don't log in to Skype quite as much.

Ed: Oh okay.

Dr. Glenn: I enjoyed talking to you and I think you're going to do great.

Ed: I will keep in touch and I will let you know how I make out and I will give you some status reports.

Dr. Glenn: Okay, thanks Ed. Be well.



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