



**Glenn Livingston, Ph.D.
and Jeffrey Gardner
100 Pounds Lost**

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Jeffrey: I have for most of my life binge-eating, but probably in the past 10 years, it's gotten worse and I think it's due to the fact that I started about 10 years ago on a book called Body for Life by Bill Phillips that talked about how to eat. In that, he gives a free day, so I would take my free day and the free day would be a binge day. I would go to bed that night feeling absolutely horrible then I'd be very strict the next day. The problem was that when I got burnt out on doing it then suddenly I had trained myself that every day was a binge day and I consequently

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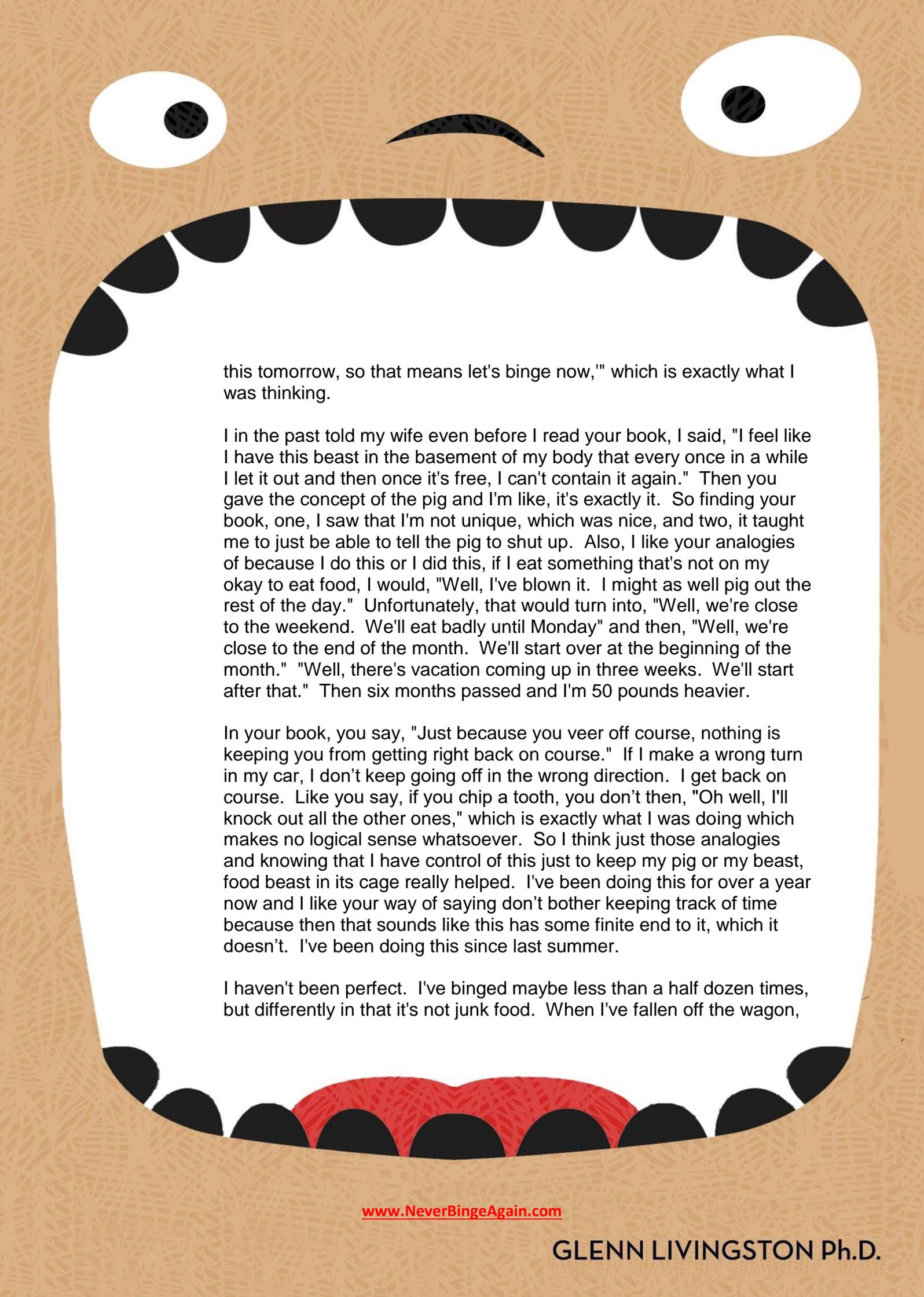
GLENN LIVINGSTON Ph.D.



would gain back weight very quickly. I gained 25 pounds in a month one time and I had done this over and over again. I'd lose a ton of weight one day or something and my mind just snaps, "I'm tired of doing this" and I would quit exercising and just start bingeing and then some would come back.

I talked to my doctor about it and he wanted me to go see a therapist, an eating disorder therapist, so I went to them. One, it was going to cost a small fortune, about \$120 a session and they wanted me to come at least once a week. She wanted to tell me that, "You know, I think you're bulimic." I said, "I don't vomit. I don't think I'm bulimic." She said, "Well, you exercise." I said, "But I only exercise when I'm eating healthy because of two reasons. One, I know how much food I take in when I'm not being healthy. I could never out-exercise what I'm eating. Number two, I feel so lousy that I can't exercise, so I only exercise when I'm eating well and I only exercise half an hour every morning six days a week. I don't think that that's really excessive." She said, "You don't have to vomit, but any kind of compensatory behavior is considered bulimia." I'm like, "I don't think I'm bulimic. I think I'm a binge-eater. I'm not exercising excessively." So she said, "Well, I don't know. I'll talk to my supervisor." Until three weeks ago, I was in a drug rehab. I'm not going to spend \$100 every week then have her say, "Well, I'm not sure, maybe."

Then I went to look for something that I could just do on my own, so researched self-help books. I went on Amazon and that's where I found you. I bought the book, the paper copy of the book. I've read it and it was like you were reading my mind because as I'm reading it, things that I was thinking, the next line would say exactly what I was thinking such as -- I think in your book somewhere, you say something to the effect of, "So your pig is probably telling you now, 'Okay. I'll start



this tomorrow, so that means let's binge now," which is exactly what I was thinking.

I in the past told my wife even before I read your book, I said, "I feel like I have this beast in the basement of my body that every once in a while I let it out and then once it's free, I can't contain it again." Then you gave the concept of the pig and I'm like, it's exactly it. So finding your book, one, I saw that I'm not unique, which was nice, and two, it taught me to just be able to tell the pig to shut up. Also, I like your analogies of because I do this or I did this, if I eat something that's not on my okay to eat food, I would, "Well, I've blown it. I might as well pig out the rest of the day." Unfortunately, that would turn into, "Well, we're close to the weekend. We'll eat badly until Monday" and then, "Well, we're close to the end of the month. We'll start over at the beginning of the month." "Well, there's vacation coming up in three weeks. We'll start after that." Then six months passed and I'm 50 pounds heavier.

In your book, you say, "Just because you veer off course, nothing is keeping you from getting right back on course." If I make a wrong turn in my car, I don't keep going off in the wrong direction. I get back on course. Like you say, if you chip a tooth, you don't then, "Oh well, I'll knock out all the other ones," which is exactly what I was doing which makes no logical sense whatsoever. So I think just those analogies and knowing that I have control of this just to keep my pig or my beast, food beast in its cage really helped. I've been doing this for over a year now and I like your way of saying don't bother keeping track of time because then that sounds like this has some finite end to it, which it doesn't. I've been doing this since last summer.

I haven't been perfect. I've binged maybe less than a half dozen times, but differently in that it's not junk food. When I've fallen off the wagon,



I've binged on healthy foods. I'm still not eating cookies and cake. I'm a big sugar fan, but I haven't binged on that. Instead, I'll binge on -- I'll eat a whole bag of almonds and then I'll go to -- I like Dave's Killer Organic Bread. It's good feed bread. It's whole wheat bread. I'll have that and then I'll have healthy peanut butter, which means not Jif, but just ground peanuts, nothing else. Unfortunately, I'll have eight slices of that, so I'll feel like garbage afterwards, but --

Dr. Glenn: It's not quite as destructive for you.

Jeffrey: Well, maybe that's the pig rationalizing it, but right, yeah, so I don't feel quite as bad. Good foods that I binge on when I eat them in proper quantities are okay for me. I try to eliminate those from the house just so that I can't do that again.

Dr. Glenn: What you're doing is collecting evidence of success and it is progress to have five cupcakes instead of 15. No one's going to say you should have five cupcakes, but as compared to 15 cupcakes, that's better. When you're in a hole, stop digging. That's the best thing to do.

Jeffrey: Right. I said I'll have eight pieces of toast with peanut butter on them. I know after my first piece that I should stop and yeah, stop digging, but I don't. I don't know. There's something in my brain that wants that uncomfortable feeling in my stomach. It's like I'm not satisfied until I have that. Then of course after I have that, I'm like, "Ugh, I feel horrible" both mentally and physically.

Dr. Glenn: What that has to do with this is probably periods of lower calories and lower nutrition at other times when you're being good, so your body is looking to compensate and hoard the calories and nutrition, and that's really what the binge response is about. It's like the lizard brain taking



over and saying there's not enough food in the world. There are these periods of starvation, so we have to really hoard it, and then industry is also happy to provide all the foods and create all the calories. Okay, so you're binging a lot less and a little less destructive.

Jeffrey: Significantly less, yes.

Dr. Glenn: What other results have you experienced?

Jeffrey: I'm about between 6' and 6'1" and in my heaviest, I was about 274 pounds. Now, I fluctuate between 175 and 180 and I've been this way for months. I'm very happy with my weight. I'm happy with how I look. I feel better about myself. I have a problem. If I lose too much weight, I have people saying, "Are you okay? You don't look healthy. You look bony." I have some people telling me that now, but --

Dr. Glenn: You have to assess that mathematically. In our culture, we're such a fat society that we've really adapted to body weights and body images that aren't necessarily healthy for us, so we have to assess mathematically where you are in terms of what the doctor recommended weights would be and that kind of thing.

Jeffrey: Right. I just ignore it. I lift weights too four days a week and I've got pretty good tone and I know what I look like without my shirt on. I'm not skeletal. Even some people at work say my face looks bony or whatever. I know I'm not, so I just ignore them because the other alternative would be to put on -- because I'm trying to build muscle, so it'd be to put on fat, and how is that healthier? I know I'm not underweight.

Dr. Glenn: And you're still eating, right? You're still eating --



Jeffrey: Yeah. I eat six meals a day every two to three hours, yeah.

Dr. Glenn: You're fine then. You've lost about 100 pounds. That's pretty significant. Did you just read the book and lose this weight or did you participate in the program?

Jeffrey: I participated in the online intensive back in June of 2017. I bought the package where I could have three months of calling in. I never did that in that you said, "Before you call in, tell me what you're going to do ahead of time and what questions you have." Honestly, you've made it so clear-cut to me. I knew what I needed to do. I just needed to do it and keep the pig's mouth shut, so I didn't really have any questions. So I thought, well, okay, I'm not going to call in and request a phone call yet. I'll do it as the three months go along. I was doing fine and didn't really think, "Oh, I'm having a problem with this. I need to talk," so my three months came and went and I never really used it.

Dr. Glenn: Well, and you're happy with the results.

Jeffrey: Oh, absolutely, yeah.

Dr. Glenn: See, there's a difference between the coaching we promote and the kind of coaching most people do. We have our models set up to avoid creating dependencies. The central problem in food addiction is dependency. It's the belief that you're incapable of managing things on your own.

Now, for a lot of people, coaching is extremely helpful to solidify the right food plan. Most people have a hard time coming up with a right food plan for themselves. They can't decide if they should manage



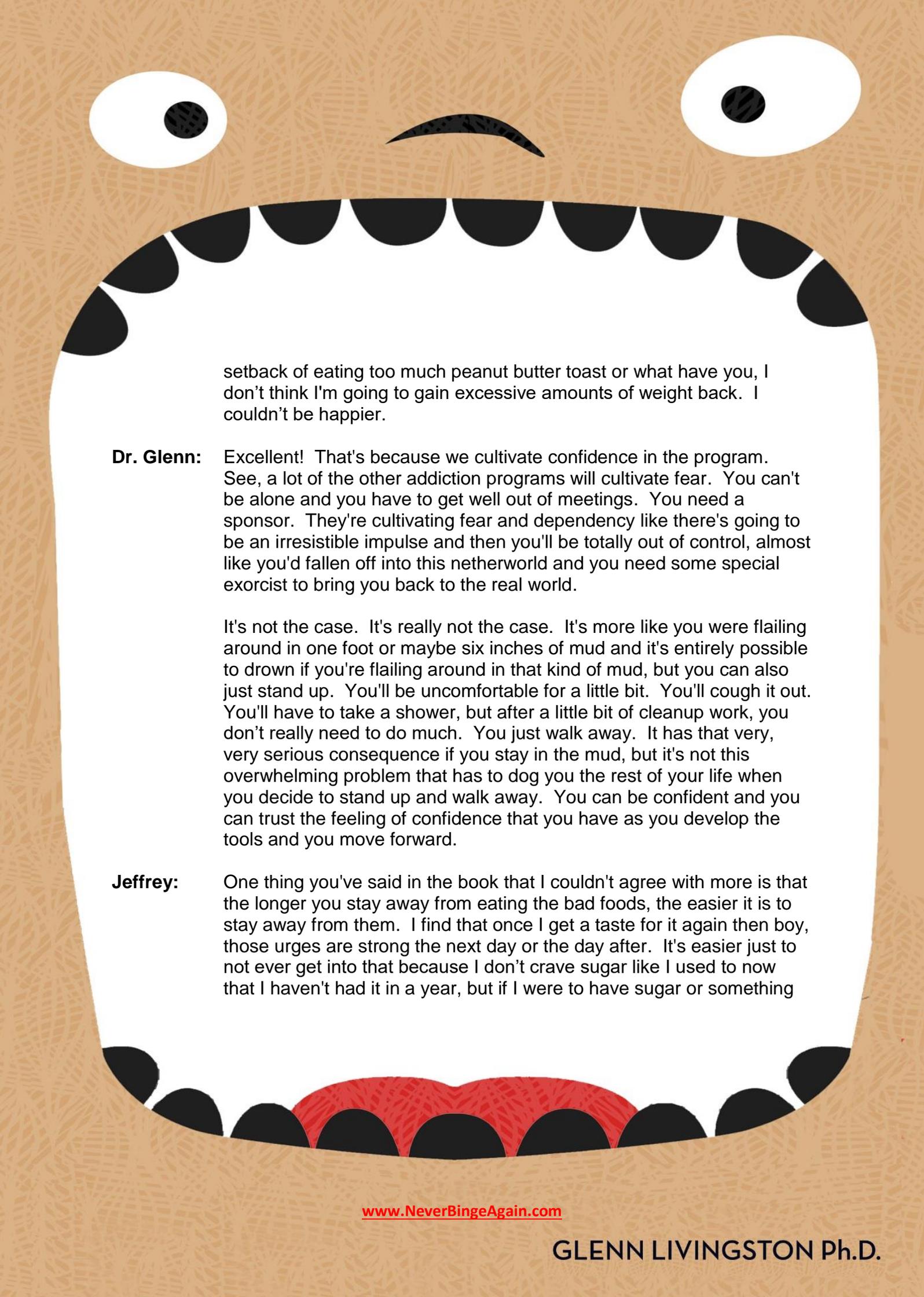
something conditionally or put it on their never list. A lot of times, they don't realize that they're not eating enough or that the plan is not nutritionally sufficient and they have to go through a couple of iterations to get there, and the coaching speeds all that up. And then there are a bunch of sticking points in terms of the way the people write their rules. People are frightened of the words "never" and "always" and they don't really understand why they're procrastinating. There are a whole bunch of reasons that the coaching model works, but we don't look to make it an ongoing thing.

We have these four sessions in a group upfront and the purpose of those four sessions is to really answer all of the common sticking points that people get into when they try to implement the book on their own. There are people who just implement the book on their own and they never need us and that's totally fine with me. I'm really happy about that. The majority of people that come to the group sessions, we answer their questions and they're okay. The individual coaching, even though that's what people buy the program for and they're perfectly welcome to use it, when they come down to it and they realize they're doing okay, a lot of people just don't need it and that's okay because you're trying to foster a sense of independence, so it's terrific.

Jeffrey:

I signed up for the coaching or the four-session seminar and I'm glad I did. It just reiterated and reinforced a lot of the things in the book and I'm real glad that I did do that, so it's helped a lot.

Really honestly, before your book and before that because history has shown that I would be really good in strict eating and exercising then fall off the wagon and gain it all back, but I don't feel like that's going to happen anymore. I really don't. I feel like I now have the tools to know how to control this. While I may have a mild, temporary, one-day

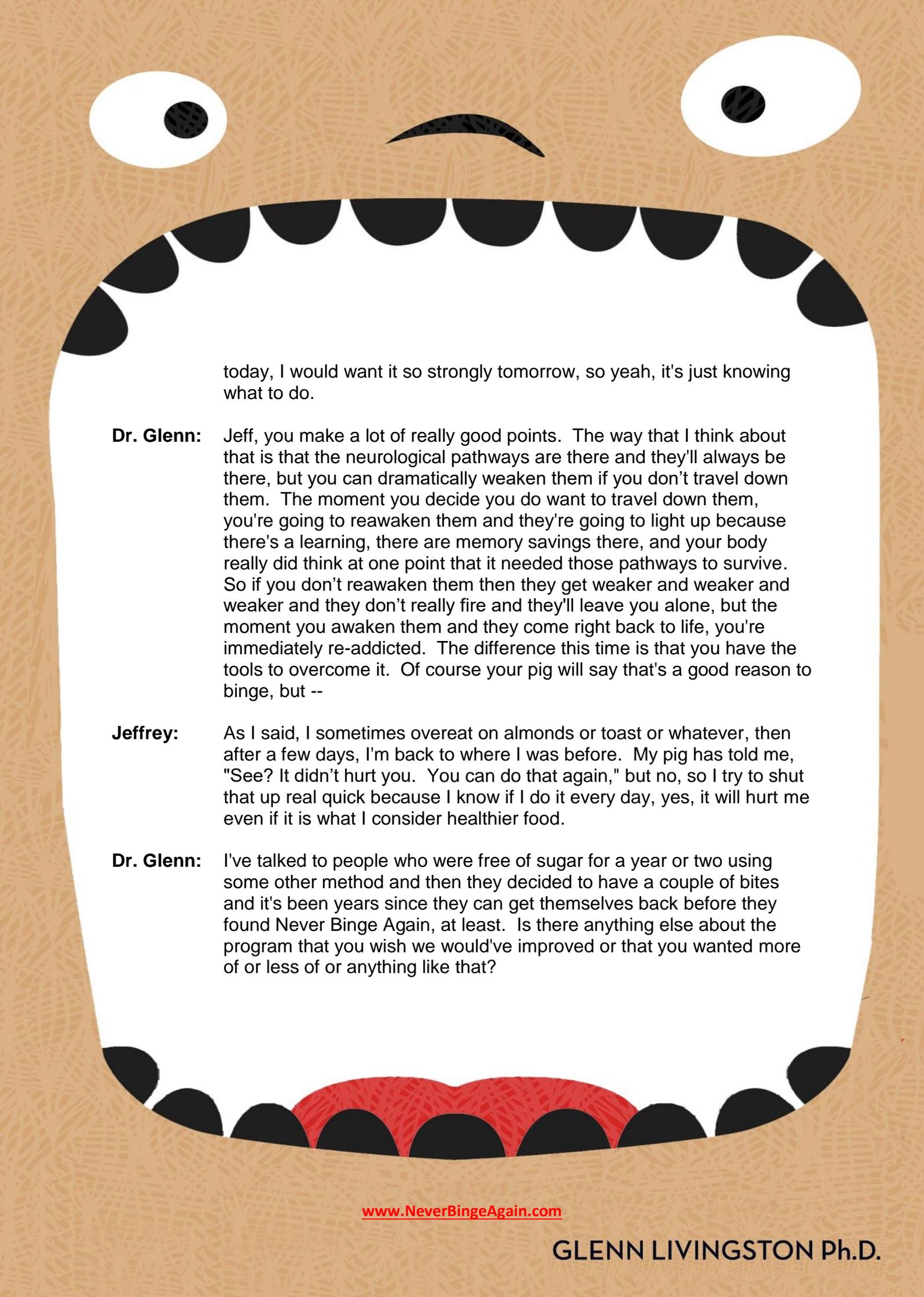


setback of eating too much peanut butter toast or what have you, I don't think I'm going to gain excessive amounts of weight back. I couldn't be happier.

Dr. Glenn: Excellent! That's because we cultivate confidence in the program. See, a lot of the other addiction programs will cultivate fear. You can't be alone and you have to get well out of meetings. You need a sponsor. They're cultivating fear and dependency like there's going to be an irresistible impulse and then you'll be totally out of control, almost like you'd fallen off into this netherworld and you need some special exorcist to bring you back to the real world.

It's not the case. It's really not the case. It's more like you were flailing around in one foot or maybe six inches of mud and it's entirely possible to drown if you're flailing around in that kind of mud, but you can also just stand up. You'll be uncomfortable for a little bit. You'll cough it out. You'll have to take a shower, but after a little bit of cleanup work, you don't really need to do much. You just walk away. It has that very, very serious consequence if you stay in the mud, but it's not this overwhelming problem that has to dog you the rest of your life when you decide to stand up and walk away. You can be confident and you can trust the feeling of confidence that you have as you develop the tools and you move forward.

Jeffrey: One thing you've said in the book that I couldn't agree with more is that the longer you stay away from eating the bad foods, the easier it is to stay away from them. I find that once I get a taste for it again then boy, those urges are strong the next day or the day after. It's easier just to not ever get into that because I don't crave sugar like I used to now that I haven't had it in a year, but if I were to have sugar or something

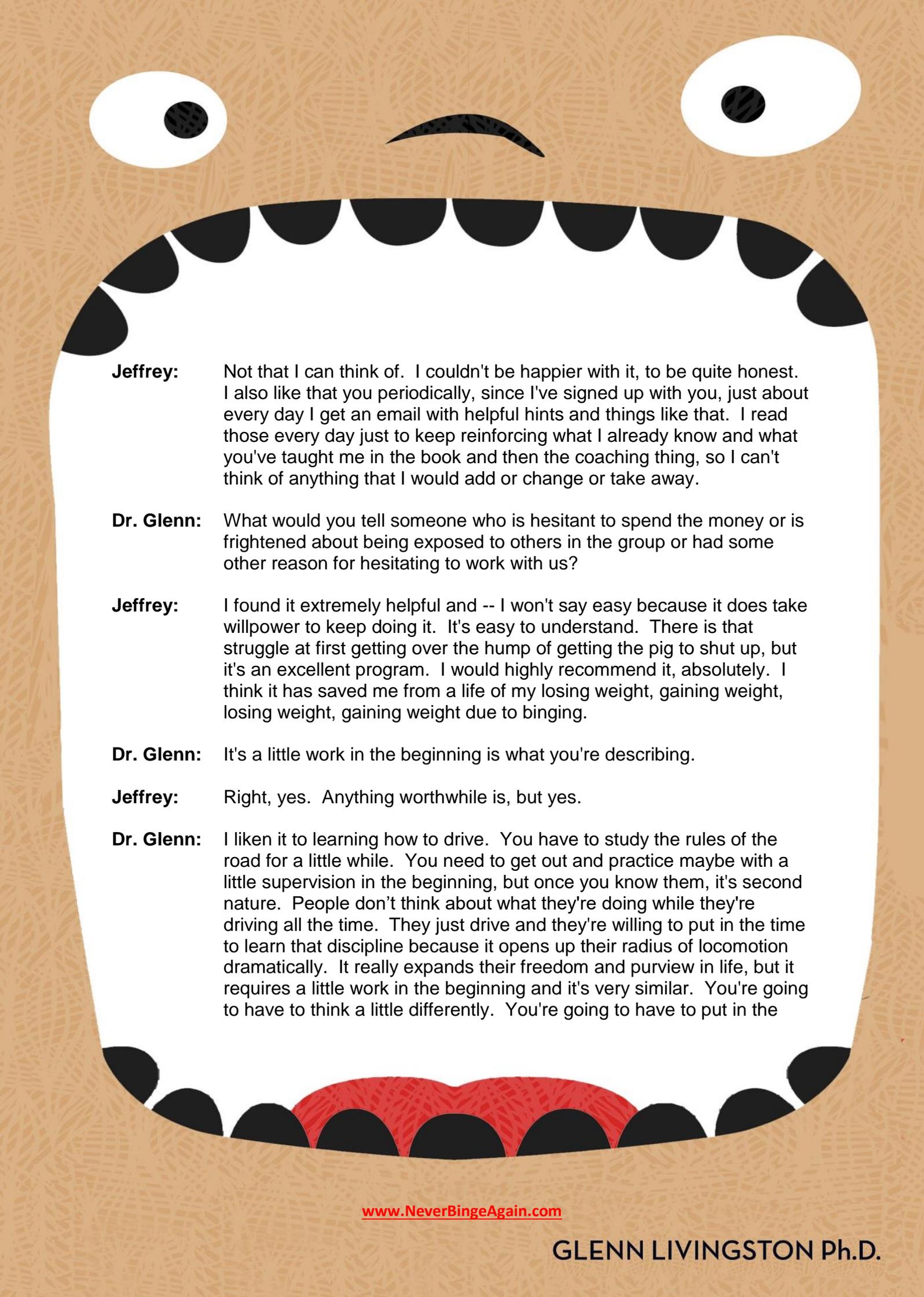


today, I would want it so strongly tomorrow, so yeah, it's just knowing what to do.

Dr. Glenn: Jeff, you make a lot of really good points. The way that I think about that is that the neurological pathways are there and they'll always be there, but you can dramatically weaken them if you don't travel down them. The moment you decide you do want to travel down them, you're going to reawaken them and they're going to light up because there's a learning, there are memory savings there, and your body really did think at one point that it needed those pathways to survive. So if you don't reawaken them then they get weaker and weaker and weaker and they don't really fire and they'll leave you alone, but the moment you awaken them and they come right back to life, you're immediately re-addicted. The difference this time is that you have the tools to overcome it. Of course your pig will say that's a good reason to binge, but --

Jeffrey: As I said, I sometimes overeat on almonds or toast or whatever, then after a few days, I'm back to where I was before. My pig has told me, "See? It didn't hurt you. You can do that again," but no, so I try to shut that up real quick because I know if I do it every day, yes, it will hurt me even if it is what I consider healthier food.

Dr. Glenn: I've talked to people who were free of sugar for a year or two using some other method and then they decided to have a couple of bites and it's been years since they can get themselves back before they found Never Binge Again, at least. Is there anything else about the program that you wish we would've improved or that you wanted more of or less of or anything like that?



Jeffrey: Not that I can think of. I couldn't be happier with it, to be quite honest. I also like that you periodically, since I've signed up with you, just about every day I get an email with helpful hints and things like that. I read those every day just to keep reinforcing what I already know and what you've taught me in the book and then the coaching thing, so I can't think of anything that I would add or change or take away.

Dr. Glenn: What would you tell someone who is hesitant to spend the money or is frightened about being exposed to others in the group or had some other reason for hesitating to work with us?

Jeffrey: I found it extremely helpful and -- I won't say easy because it does take willpower to keep doing it. It's easy to understand. There is that struggle at first getting over the hump of getting the pig to shut up, but it's an excellent program. I would highly recommend it, absolutely. I think it has saved me from a life of my losing weight, gaining weight, losing weight, gaining weight due to binging.

Dr. Glenn: It's a little work in the beginning is what you're describing.

Jeffrey: Right, yes. Anything worthwhile is, but yes.

Dr. Glenn: I liken it to learning how to drive. You have to study the rules of the road for a little while. You need to get out and practice maybe with a little supervision in the beginning, but once you know them, it's second nature. People don't think about what they're doing while they're driving all the time. They just drive and they're willing to put in the time to learn that discipline because it opens up their radius of locomotion dramatically. It really expands their freedom and purview in life, but it requires a little work in the beginning and it's very similar. You're going to have to think a little differently. You're going to have to put in the



work to catch the squeals and organize your food plan and just a little work in the beginning, a couple of months, and the payoff is a lifetime of freedom, at least it has been for me. That's why we do what we do.

Jeffrey: I'm planning on it being that way for me too, yes.

Dr. Glenn: Jeffrey, is there anything that I should've asked you that I didn't ask you?

Jeffrey: Not that I can think of, no, but I just want to thank you. You really have saved me from myself or from the pig, so I couldn't be happier with this. No, just thank you.

Dr. Glenn: You're very welcome. Thank you so much for your time.

Jeffrey: I appreciate yours. Thank you.

Dr. Glenn: Okay.

Jeffrey: Bye.

Dr. Glenn: Bye-bye. For everybody else's purpose, I want you to know that the "beast" is a trademark of Rational Recovery. That's not ours, so please don't use that. Thanks.



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