

Glenn Livingston, Ph.D. and Liv Gave Up Coffee

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Dr. Glenn: Hey! It's the very good Dr. Glenn Livingston with Never Binge Again and I'm here with our old friend and very kind-hearted woman, Liv, who wants to give up coffee and agreed to let us record it. How are you, Liv?

Liv: Good. Thanks for meeting with me.

Dr. Glenn: Just give us an update in the meantime so that we know what's been going on and how things are going. It's been a couple of years for you, hasn't it?

Liv: Yeah. It's been I think two or three years. Things are really good. I don't binge anymore, which is pretty amazing considering that I binged every three days for many, many years, so I would consider it a success.

Dr. Glenn: Liv, I would consider that a success also and you worked really hard for it. I don't deserve the credit you do.

Liv: Well, thank you. I mean it took a lot of falling. Some people get it immediately, but not me. It was a lot of falling.



Dr. Glenn: For most people, the name of the game is staying in the game until you win the game.

Liv: Yeah, for sure, and you don't believe that until it happens and then you're like, oh, wow, I'm there, so that's going really amazing. My food plan is really good. There's foods I don't eat and that's fine, whatever. The thing that I'm having trouble with right now is coffee, so I definitely need to get rid of it. This is the one I've tried for a year and I think I've even talked to you about it before, but I just have a hard time letting it go. I need to do it for my health like my doctors told me I need to, but I don't want to.

Dr. Glenn: Liv, why? Why do you need to do it for your health?

Liv: I don't sleep well at all, so I'm up at like 2:00 or 3:00 a.m. every morning. She's diagnosed me with not adrenal fatigue, but adrenal exhaustion, which is like one step worse than fatigue. I took a cortisol test and my cortisol is peaking at the wrong times. I also have really bad digestion, which has been totally resolved through the diet. However, the coffee still messes it up, so if I let go of coffee, my digestion would probably be spot on.

Dr. Glenn: What happens if you don't let go of it?

Liv: If I don't let go of coffee, I'll just be living the same thing over and over again. I'll continue this, which makes me depressed and makes me not able to do things because I'm either tired or have a stomachache.

Dr. Glenn: What happens if you don't give it up for 10 years?



Liv: If I don't give it up for 10 years, I could have some more health issues, some more severe health issues.

Dr. Glenn: I know it's uncomfortable to talk about, but it's kind of important. Could you say what those might be?

Liv: I don't know. I think she said that I would probably still continue to have some autoimmune issues, and with autoimmune disease, if you have one, you can get another and another and it just is a progressive situation. Also, the whole leaky gut, I'm not 100 percent sure if it's real or not. I'm not a doctor, but the gut is associated with the autoimmune, and so me consistently destroying my gut with coffee is making my autoimmune diseases worse, so I'll just keep probably having more and worse symptoms.

Dr. Glenn: Could you imagine talking to yourself in 10 years and having to find a way to apologize or justify why you kept drinking coffee?

Liv: It would be such a superficial situation where I'd be like, "I'm really sorry that I kept drinking coffee. I just absolutely loved it. I'm sorry that I destroyed your health for the pleasure of it." I was listening to a Doug Lisle interview and he was saying something like the addiction of binge-eating is very comparable to the addiction of coffee, and I'm butchering this, but it's like the same level of intensity. So binge-eating is really difficult to get through and it's the same level of getting through coffee addiction.

Dr. Glenn: Your pig would really love that, right?

Liv: For sure.



Dr. Glenn: When you would be apologizing to your future self where you'd be apologizing for ruining your health, what specifically would you have taken away from her because of it? She has all these autoimmune diseases and her gut is awful and her digestion is difficult. She's got worse than adrenal exhaustion. What has that taken away from her life?

Liv: Happiness, energy to be with her family, and energy to do things. Right now, I'm kind of depressed. Obviously, it's the weather, which is rainy, but I think it's also just the lack of rest. Yeah, I would be taking away a good life most likely, happiness, vitality, energy, and those things that I don't have.

Dr. Glenn: What have you read or gathered specifically about coffee that's doing this to you? Have you got any information about the chemicals or reaction in the body or anything like that?

Liv: A little bit. I know that caffeine can exhaust the adrenals. I've been on caffeine specifically since I was probably 12. I do know that coffee can have mold and I think its mycotoxins. I could be wrong, just the way that it's processed and that kind of thing. Also, the acid in coffee hurts my stomach and gives me heartburn and indigestion. That's all I know about it really.

Dr. Glenn: It would also acidify the body, right?

Liv: Yeah, for sure.

Dr. Glenn: Acidify the blood and prevent you from healing a lot of ways because of that.



Liv: I'm not sure of the mechanics of it, but it spikes my blood sugar in a way that if I have it, I can drop really quickly in the morning and get really shaky and need food. It defeats the purpose and that can spur a binge. It hasn't, but in the past, it could have because I was so shaky and hungry.

Dr. Glenn: Anything that destabilizes your blood sugar can do that.

Liv: Okay.

Dr. Glenn: What do you have to gain by giving it up?

Liv: Well, I have a lot to gain. I can say that's the number one enemy of my health at the moment in the sense that everything is going really well, but that is the one thing that is taking away from my health, so I have health in gain. I'll gain a nice sleep schedule again. Hopefully, I'll be able to sleep again.

Dr. Glenn: That's no small thing, right?

Liv: Yeah, no, because the absence of sleep really destroys my interpersonal relationships. I don't like to go to parties past 6:00 p.m. because I know I'm going to be exhausted, and nobody wants to party before 6:00 p.m. apparently in Germany. I'm like, "Let's party at noon!" Yeah, so a lot of things from that.

Dr. Glenn: It would destroy your relationships including with your kids and your husband?

Liv: Yeah, for sure because I always want to go to bed early and they want to hang out and watch movies and that kind of thing. It kind of isolates



me in a way because I'm not sleeping well. I want to go to bed early and then I can't sleep in the morning and I get up so early. I do my yoga and that kind of stuff, but then I have all day and it kind of isolates me for the rest of the day from being with people.

Dr. Glenn: This is kind of the antithesis of the feeling that you're seeking in yoga, isn't it?

Liv: For sure, human connection. I have to say a lot of my depression spurs from a lack of connection on my part. People want to connect with me, but it's hard for me because either I'm exhausted or I'm depressed or something is going on in that nature.

Dr. Glenn: Gotcha. Why is your pig saying that you can't, shouldn't, or won't give this up? By the way, Liv, this is the most motivated I've seen you to give up anything. I think you wrote to me seven times to say we have an appointment, right?

Liv: Yeah, I know. I was looking forward to this and I so appreciate you giving this time. The big thing is the detox. I know we've talked about how I can have a schedule of letting it go and I did and then I went right back to it. I'm not ready for that detox. I know it's going to be bad. If I don't have coffee in the morning, I already start getting headaches and that kind of stuff, so the detox, I'm not looking forward to that.

Dr. Glenn: Can you be more specific about this? So the pig says the headaches are going to be intolerable. What else?

Liv: The headaches will be intolerable. I don't have time for a detox because I'm so busy with the kids and teaching and that kind of stuff, so I don't have time to feel so horrible. Feeling horrible is one of my



triggers to want to emotionally eat or binge, so I am almost afraid of feeling horrible.

Dr. Glenn: I'm writing it down and we'll come back to it.

Liv: Okay. It's interesting because I have a lot of willpower and I can push through really hard workouts, things that my husband is like, "How can you do this? This is too much," so that's the detox, and then two is literally my love for coffee. I love the taste. I love the flavor. I love that first sip in the morning. It's like the first sip is like Madonna's song, "And I feel..." You're into it.

Dr. Glenn: Finish the song for me.

Liv: I can't. I'm a horrible singer. I have a shirt that says "Death Before Decaf". I'm glad I didn't get that tattooed on me, but it's been the quote(ph).

Dr. Glenn: And why else? Why else does your pig say you can't do this?

Liv: I think that's it. It's literally those two things that are really intense. They're probably the very big.

Dr. Glenn: So let's tackle them then. In what way is the pig lying about the detox intensity being too strong for you to get through and therefore, you shouldn't give it up, and in what way can we mitigate that? How can we make it easier for you?

Liv: It will be intense, but it will only happen once. It will be horrible, but it would only last two to three days. Now, I could mitigate it by cutting down, but the problem is when I cut down, it makes me use a lot of



willpower, so perhaps I could do green tea or something like that. It tastes like grass to me, but it would be better than the coffee.

Dr. Glenn: And what about if you had a lot of juice or planned a day or two where you don't have to get that much done? What about that?

Liv: I could do that, yeah. I have children, so there's never a day where I can't just feed not on it because they would ask for things and that kind of thing.

Dr. Glenn: You don't have a closet that locks?

Liv: No, and they get more annoying like when I'm sick or something, but my husband is very helpful and I know he'd help me out. He's been through the detox. He quit coffee. It makes me mad and happy for him.

Dr. Glenn: So what do you think? What's the best solution there?

Liv: I think going to green tea and not in excessive amount, but maybe two cups in the morning of green tea, not super intense.

Dr. Glenn: Two cups of green tea for how long?

Liv: Maybe for four days and then go down to one cup, so then by a week and a half, I should be off of it.

Dr. Glenn: Okay, so one cup until the ten-day mark. Two cups until the four-day mark, one cup until the ten-day mark, and then you're done.



Liv: Yeah, so it would only be like a week and a half and I could do that. I'm leaving for Ireland in two weeks, so this would be a great time to do it.

Dr. Glenn: When the pig says you're going to have to binge to make up for that, is that true?

Liv: No, it's not true. What I can do is have a lot of fruits and veggies around. I will never binge on those. They're the good foods and even if I did, it wouldn't do anything for me. If I feel that I need a pick-me-up or something, I can have some juice or some veg or something like that.

Dr. Glenn: Can you just have as much as you want for a couple of days?

Liv: Yeah. I can't fill up on baby carrots. If I did, it wouldn't do anything for me or do anything to me bad.

Dr. Glenn: So when the pig says that the detox is going to be too horrible and you won't have any time to go through it because of the kids and you're going to have to binge, is that true?

Liv: No. It will be horrible and I actually really believe that, but I do have time to do it and I definitely don't have to binge.

Dr. Glenn: You faced other horrible things in your life before, right?

Liv: Yeah, for sure. I have tattoos. I've had children. I have a St. Bernard who slobbers on everything. I've done a lot of hard things.



Dr. Glenn: And so you're perfectly capable of enduring short-term pain to get long-term pleasure?

Liv: Yeah, for sure.

Dr. Glenn: That's part of what it means to be an adult.

Liv: Yeah. I'm definitely not giving myself any credit. It's like I'm playing the victim in this role for some reason.

Dr. Glenn: Your pig is.

Liv: Yeah, it is for sure. I'm letting it, yeah.

Dr. Glenn: When the pig says, "You love it too much. You're going to miss it too much. There's no other pleasure. Life is going to be horrible and depressing. You have to drink coffee."

Liv: Yeah. That's putting a lot on a substance and that's definitely like, oh my God, that's addiction right there. It feels true though.

Dr. Glenn: Liv, I used to drink eight cups a day.

Liv: Oh, okay, you know. Wow. All right. Did you just cut cold turkey?

Dr. Glenn: I did. Actually, I had decaf. On a very, very, very, very rare occasion, I might have a cup of decaf and then I'm sorry that I did because I feel the acidifying nature of it in my body and I just don't like it. My bull's eye(ph) is we're vegan. I have to plan it and then I think, "Why did I do that?" so on a very rare occasion, but I don't miss it.



Liv: The deal too is as I've gotten more of eating healthy, I get more sensitive to things that aren't healthy, so as soon as I eat something that isn't good for me, I feel it immediately.

Dr. Glenn: That's what people don't understand about changing your diet, is that over time, these things that the pig says are the only treats that are going to be viable, they don't even feel like treats anymore and you just don't want them.

Liv: Yeah, 100 percent.

Dr. Glenn: It takes some time though. This takes some time. So where's the lie in the idea that you love it too much and you're going to miss it too much to give it up?

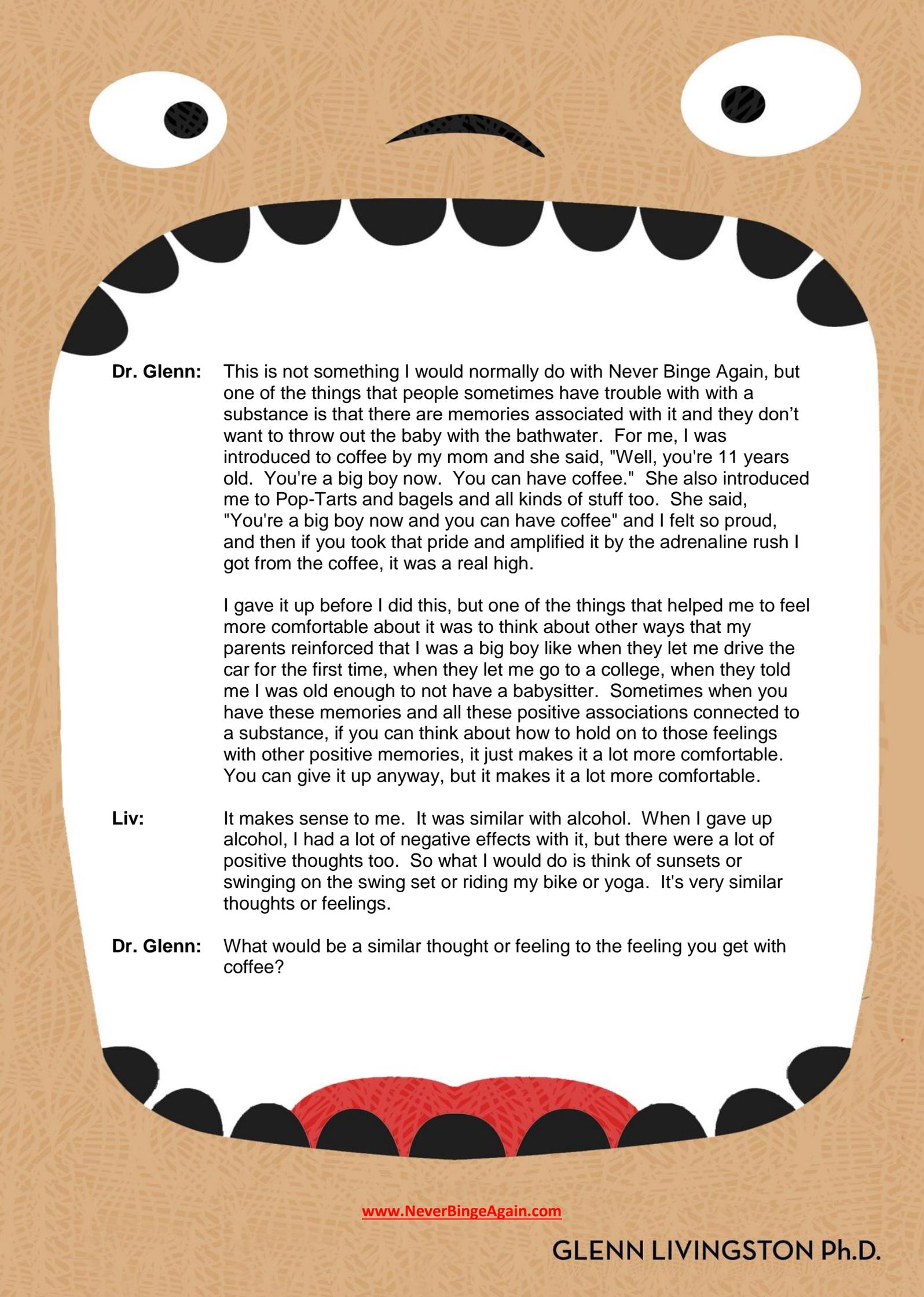
Liv: Well, it doesn't really love me. I love myself a little bit more than coffee, so I should probably just give it up because I'm not raw vegan. I can have dandelion tea, which tastes very similar to coffee and is really good and my doctors recommended that for me.

Dr. Glenn: You know, I forgot about that. That stuff is good. I forgot about that.

Liv: Yeah, and it's really popular in Germany and France, so I have it at home.

Dr. Glenn: It is popular before 6:00 p.m.?

Liv: Yeah. Oh, I don't know, but yeah, it's good. Most of my friends don't even drink coffee, which is really weird. Every time they tell me that, I'm like, "Really? Oh my God."

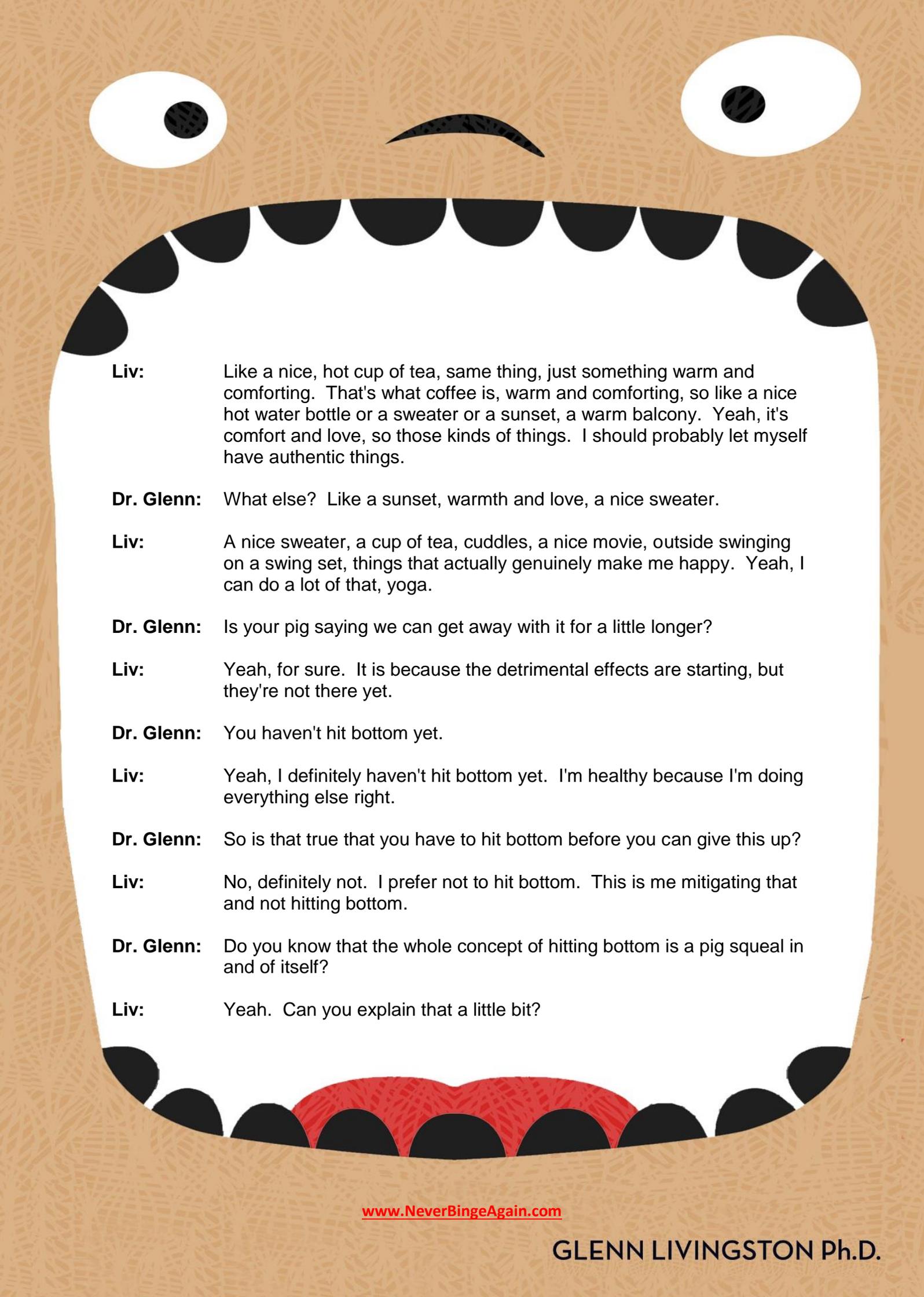


Dr. Glenn: This is not something I would normally do with Never Binge Again, but one of the things that people sometimes have trouble with with a substance is that there are memories associated with it and they don't want to throw out the baby with the bathwater. For me, I was introduced to coffee by my mom and she said, "Well, you're 11 years old. You're a big boy now. You can have coffee." She also introduced me to Pop-Tarts and bagels and all kinds of stuff too. She said, "You're a big boy now and you can have coffee" and I felt so proud, and then if you took that pride and amplified it by the adrenaline rush I got from the coffee, it was a real high.

I gave it up before I did this, but one of the things that helped me to feel more comfortable about it was to think about other ways that my parents reinforced that I was a big boy like when they let me drive the car for the first time, when they let me go to a college, when they told me I was old enough to not have a babysitter. Sometimes when you have these memories and all these positive associations connected to a substance, if you can think about how to hold on to those feelings with other positive memories, it just makes it a lot more comfortable. You can give it up anyway, but it makes it a lot more comfortable.

Liv: It makes sense to me. It was similar with alcohol. When I gave up alcohol, I had a lot of negative effects with it, but there were a lot of positive thoughts too. So what I would do is think of sunsets or swinging on the swing set or riding my bike or yoga. It's very similar thoughts or feelings.

Dr. Glenn: What would be a similar thought or feeling to the feeling you get with coffee?



Liv: Like a nice, hot cup of tea, same thing, just something warm and comforting. That's what coffee is, warm and comforting, so like a nice hot water bottle or a sweater or a sunset, a warm balcony. Yeah, it's comfort and love, so those kinds of things. I should probably let myself have authentic things.

Dr. Glenn: What else? Like a sunset, warmth and love, a nice sweater.

Liv: A nice sweater, a cup of tea, cuddles, a nice movie, outside swinging on a swing set, things that actually genuinely make me happy. Yeah, I can do a lot of that, yoga.

Dr. Glenn: Is your pig saying we can get away with it for a little longer?

Liv: Yeah, for sure. It is because the detrimental effects are starting, but they're not there yet.

Dr. Glenn: You haven't hit bottom yet.

Liv: Yeah, I definitely haven't hit bottom yet. I'm healthy because I'm doing everything else right.

Dr. Glenn: So is that true that you have to hit bottom before you can give this up?

Liv: No, definitely not. I prefer not to hit bottom. This is me mitigating that and not hitting bottom.

Dr. Glenn: Do you know that the whole concept of hitting bottom is a pig squeal in and of itself?

Liv: Yeah. Can you explain that a little bit?



Dr. Glenn: Well, if you go to the 12-step programs and you keep drinking and they say, "Well, maybe you haven't hit your bottom yet," as if the only way to stop drinking is to push it until your body absolutely can't tolerate it anymore, until all your finances are blown up, until your love of your life leaves you, until you have a car accident, until you kill or maim someone. Well, you haven't hit bottom, so I guess you're going to keep drinking.

It says that you have to live by the principle of maximizing short-term pleasure regardless of the consequences, but as we mature, as we grow up, maturation has very much to do with switching principles and recognizing that it's possible to delay gratification, to look at more long-term goals, and abstain from some short-term pleasures for the purpose of longer term goals and who you want to be in the world. You could choose to live by the principle of maximizing your health and your presence in the world versus maximizing your short-term pleasure. Does that make sense?

Liv: Yeah, totally. Yeah, that's really good. Another squeal that just popped into my brain too is I've got everything down. I'm healthy and I'm doing really good. I do want to go more towards raw, but I'm not there yet and that's okay. But if I fix this coffee thing then I won't have to be fixed anymore, and then what do I do?

Dr. Glenn: Oh, that's interesting.

Liv: I'll be bored. I have nothing else to fix and that's not true. Life is always challenging and there's going to be situations where I've got to fix things just like emotionally, mentally, and health-wise.



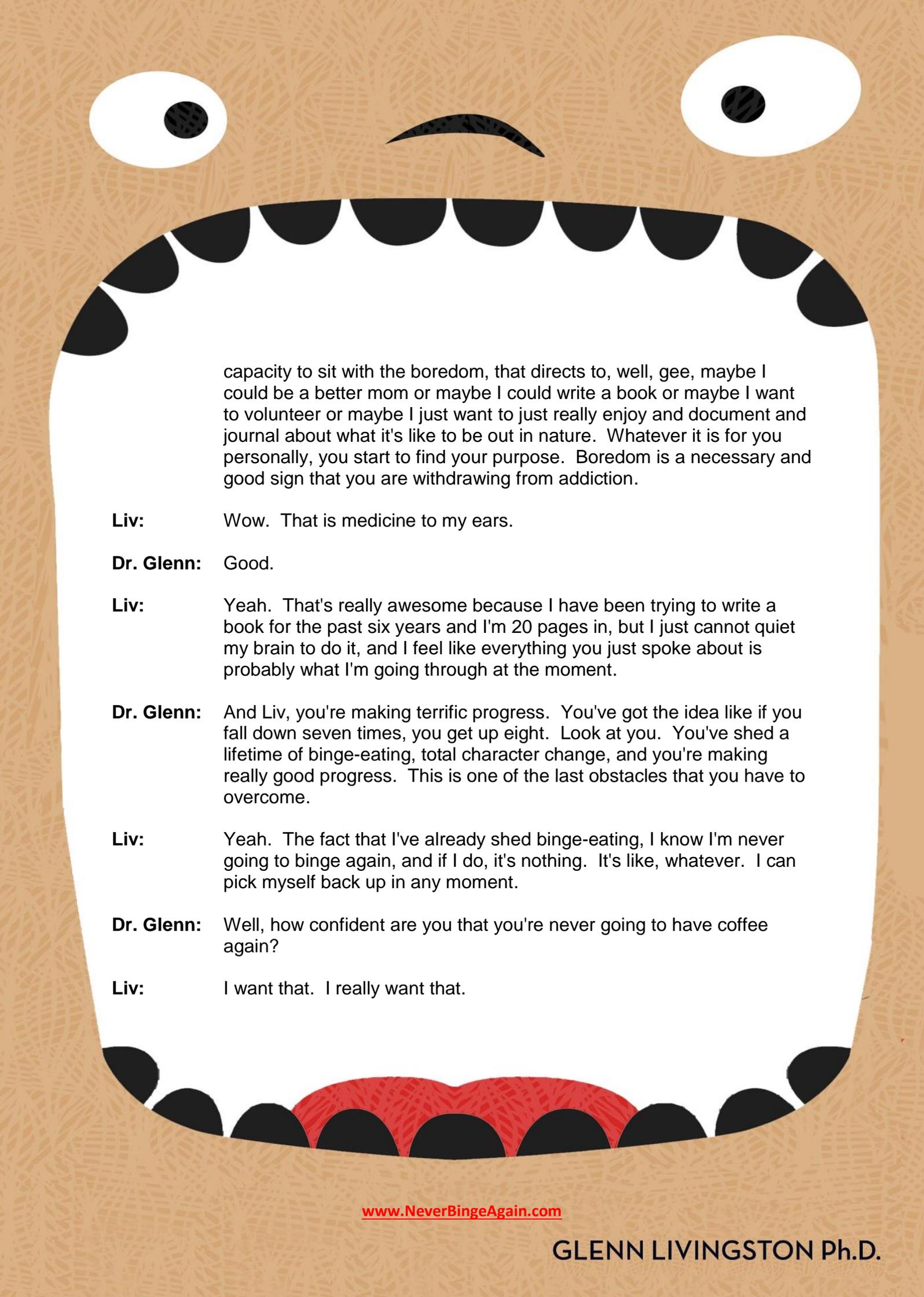
Dr. Glenn: May I share some thoughts with you about that?

Liv: Yes please.

Dr. Glenn: I think boredom is a good sign. I think that a big part of the problem we have in our society today is that we've become addicted to stimulation. Everything around us is an oversized stimulus. Coffee didn't exist in the tropics. We didn't have that concentrated hit to our adrenals and all the associated neurological changes that go along with that. It didn't exist. We lived in a more peaceful and present state. Maybe we had to work a little harder to go and gather food and build a shelter and everything like that, but there was more of a calm contentment. I'm sure of it.

In our society today, everything is oversized, and not just food. You can walk out of one fast food restaurant and see another across the street. If you look at a movie trailer, how many scene changes are there? How many exploding cars and scantily clad women and car chases and all of these bank robberies? It's like we expect to be constantly over-stimulated and of course when you give that up, there is a phase where you feel bored because you don't know what to do with your attention. You're so conditioned and used to overstimulation, it seems unnatural, but here's what happens.

When you can sit with the boredom for long enough -- and the only way out is through. You can't avoid it. When you can sit with the boredom for long enough, your libido starts to shift. Your life energy, your desire to create and connect and accomplish in the world, it starts to redirect itself towards what's important to you. It has to. At first, that'll be towards other warm, comforting things that I can put in my mouth because that's where it started, but over time, if you develop the



capacity to sit with the boredom, that directs to, well, gee, maybe I could be a better mom or maybe I could write a book or maybe I want to volunteer or maybe I just want to just really enjoy and document and journal about what it's like to be out in nature. Whatever it is for you personally, you start to find your purpose. Boredom is a necessary and good sign that you are withdrawing from addiction.

Liv: Wow. That is medicine to my ears.

Dr. Glenn: Good.

Liv: Yeah. That's really awesome because I have been trying to write a book for the past six years and I'm 20 pages in, but I just cannot quiet my brain to do it, and I feel like everything you just spoke about is probably what I'm going through at the moment.

Dr. Glenn: And Liv, you're making terrific progress. You've got the idea like if you fall down seven times, you get up eight. Look at you. You've shed a lifetime of binge-eating, total character change, and you're making really good progress. This is one of the last obstacles that you have to overcome.

Liv: Yeah. The fact that I've already shed binge-eating, I know I'm never going to binge again, and if I do, it's nothing. It's like, whatever. I can pick myself back up in any moment.

Dr. Glenn: Well, how confident are you that you're never going to have coffee again?

Liv: I want that. I really want that.



Dr. Glenn: Liv, how confident are you that you're never going to have coffee again?

Liv: 80 percent and I'm going to give the 20 percent to the pig and just bunker down and do it.

Dr. Glenn: So the pig could try five times and it'll be okay?

Liv: Yeah. The pig will try five times, but I'm just not going to listen to it.

Dr. Glenn: Well, if you're confident in that, how come you're only 80 percent confident you're never going to have coffee again?

Liv: Okay, you're right. Okay. I will say a hundred and we'll go from there.

Dr. Glenn: I don't want you to comply with me. I want you to really feel it. Is the pig saying something in particular?

Liv: No, no, no. It's just everything that we talked about -- and I absolutely understand why I want to do it and I'm excited to do it. The pig is just really loud about, "It tastes good. You can't let go of this. This is your thing" but I know what to do. So if I say 100 percent, I don't 100 percent believe it, but I know that I can do it. Does that make sense?

Dr. Glenn: That's the leap of faith. That's our memories of all of the pleasurable associations and all the grooves that are in our brain and we know we can't eliminate those memories. There's always someone to lay our anxiety and we want to assign that to the pig and claim 100 percent confidence anyway. All doubt and insecurity goes to the pig. Is it the taste? Is that what the pig is saying, it tastes too good?



Liv: Yes. It's not even the taste. It's like when you have the sip in the morning, it's like euphoria. Do you know what I mean? You know what I mean because you've been through it. It's euphoria and then it's just the detox, the fear of going through it, but I know those are pig squeals.

Dr. Glenn: The pig says you can't give up the euphoria?

Liv: Yeah. I don't have anything else that gives me euphoria apart from exercise and yoga. That's the last thing and it'll be gone, but I think that over time, a banana will give me that and dates will give me that and all these other kinds of things will give me that. It's just I'm going to have to readjust my levels of euphoria.

Dr. Glenn: How confident are you that you're never going to have coffee again?

Liv: Ninety-nine.

Dr. Glenn: Ninety-nine percent?

Liv: Yes.

Dr. Glenn: And where's the one percent coming from?

Liv: The pig that doesn't want to let it go. It's grasping like, "No!" but that's okay, right?

Dr. Glenn: It's okay with me.

Liv: Well, I'm the most difficult person you've ever met.

Dr. Glenn: No, absolutely not, no. You're one of the easiest.



Liv: Okay. I would like to say 100 percent, and you know what? Maybe I just should because then I will do it and I don't need to have any doubt because doubt creates instability and that would make me not do it.

Dr. Glenn: Liv, your life will get better. You'll get to the point where you don't want it and you don't miss the feeling and you wonder why you ever did it. Good things will accrue in your life to replace the momentary euphoria.

Liv: I 100 percent believe that because that has happened with alcohol. There was a point in my life where I thought, oh my God, I'll never be able to not drink, and now I really don't care about it at all.

Dr. Glenn: This is the essence of what it means to have your survival drive stolen or hijacked. There's a part of us that really believes that -- this is like oxygen. This is the nutrient that we need. This is the substance that we need to live and we're going to die without it. On a very primitive level, that's what it feels. There's nothing wrong with you for having those feelings, but how confident are you that you're never going to have coffee again?

Liv: One hundred percent because I know that I do not want my survival drive hijacked. I would like some freedom because I'm freaking tired of being not free.

Dr. Glenn: Liv, are you 100 percent confident that you're never going to have coffee again?

Liv: Yes.

Dr. Glenn: Your pig is not just saying that to get me off the phone?



Liv: No, no, no because it's very superficial to just be like, "Oh, I just like the taste." I don't want to be in a prison like that. That's ridiculous. There's so much more to life.

Dr. Glenn: Liv?

Liv: Yes?

Dr. Glenn: How confident are you that you're never going to have coffee again?

Liv: Oh my God, 100 percent.

Dr. Glenn: How confident are you that you're never going to have coffee again?

Liv: 100 percent?

Dr. Glenn: Your pig has other ideas.

Liv: It does, but that's okay.

Dr. Glenn: It's okay?

Liv: Yeah, exactly. It's okay, but it doesn't mean I have to listen to it. That's the thing. It's okay.

Dr. Glenn: Right. We pull ourselves apart from the pig. We know the pig is still there, but we pull ourselves apart.

Liv: Exactly, and I bet if we have a conversation in two weeks and I have done this --



Dr. Glenn: Will you have done it or not?

Liv: Yes, I'm going to do it. I'll teach yoga tomorrow, so I'm going to have green tea and I might have a little headache, but that's totally fine, and I'm going to do it. Then two weeks when we talk -- if we talk. I'm not saying we're going to talk, but if we did, I would be so much more confident.

Dr. Glenn: Would you like to record a follow-up in two weeks?

Liv: Sure. I just implanted that.

Dr. Glenn: Live, how confident are you that you're never going to have coffee again?

Liv: I'm never going to have coffee again, and in two weeks, I will let you know.

Dr. Glenn: Are you sure?

Liv: Yeah.

Dr. Glenn: Positive?

Liv: I'm so positive.

Dr. Glenn: Okay.

Liv: Oh my God, you're like my child. "Mommy? Mommy? Mommy?" I'm just joking. No, I totally appreciate it. I really do.



Dr. Glenn: Live, you did terrific. I look forward to talking to you in a couple of weeks then, okay?

Liv: All right. Thank you, Glenn. Have a really good day.

Dr. Glenn: Bye-bye.

Liv: Bye!

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