



Glenn Livingston, Ph.D.

Lola's Pig Has Zero Power

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: Hey, this is the very good Dr. Glenn Livingston with NEVER BINGE AGAIN here with a kind hearted woman named Lola who is very appreciative to NEVER BINGE AGAIN for changing her life in many ways. She would like to share her story, her trials and tribulations and successes and observations with you. And may be a little coaching along the journey. Lola, how are you?

Lola: I am wonderful. Thank you for having me.

Dr. Glenn: Just tell me a little bit about your story before NEVER BINGE AGAIN. Let me know what happened since you found it, and tell me how I can help.

www.NeverBingeAgain.com

GLENN LIVINGSTON Ph.D.



Lola: I -- like so many of the members of the group of NBA readers -- have struggled with obesity and over eating for my entire adult life. I was a very, very active child when I was growing up. I actually was a collegiate level swimmer. I was very fit. I don't think I ever really understood my relationship with food. I enjoyed it. It was love. It made me happy. It comforted me when I was sad. But I never really saw the results of it because I was in the water 3 to 4 hours a day.

And then I stopped my sophomore year in college. Anxiety, depression and self - identity kind of hit hard. I stopped swimming and food became that void. So not only was I a huge fan of all things delicious before, it just became my comfort and that void to fill: when I was identified as an athlete and an active person, to replace that. I left college 100 pounds heavier and I'm now 37 years old. At my heaviest I weighed over 300 pounds up to 320.

Dr. Glenn: What do you weigh now?

Lola: I'm currently at 257.

Dr. Glenn: Okay, so you're down a bunch.

Lola: Yes. So I am the classic tried everything, all the programs that are out there. Paid for memberships, tried different eating plans and would have success and then immediately put it back on. The stress of life, saying no, and then I found NBA. Just prior to the pandemic I had successfully lost 60 pounds after being officially diagnosed with diabetes. It was the best I felt in my life probably.

Dr. Glenn: That was with NEVER BINGE AGAIN or without?

Lola: Without.

Dr. Glenn: The diabetes scared you straight.



Lola: I've had a very challenging medical history. Once I hit my 30s everything started going downhill and I had to have several surgeries. I have conditions that I am desperately trying to reverse and manage and that's the most success I had seen. Then the pandemic hit and like everybody else, life got really stressful and really hard. I wasn't able to get out and be as active. I didn't get to go to my dance classes that were amazing and I gained all 60 back by December.

Dr. Glenn: Then you're back up around 320.

Lola: I was at 310 at the end of the year.

Dr. Glenn: And that was at the start of 2020.

Lola: Yes. How I describe it is I came undone. How in the world after all this time should I allow myself to get back here. I had totally given up hope. I was just like, "This is the cards I've been dealt and this is where I'll be." I remember crying to my husband saying, "I don't want to be me anymore, it's too hard."

Christmas came and I got your book and it's changed my life. I read it in January and have not binged since. I am 53 pounds down again and I have never had a more healthier or more confident relationship with food in my entire life. In my entire life.

Dr. Glenn: That's wonderful. That makes me really happy. What were the food rules you adopted and how did they make you more confident?

Lola: My son is about to turn nine and he came into my life in 2012. I became a sneaky eater. It was a lot of when he went to bed. I was totally a Pigula -- I just started reading that book, as well. He will go to bed and it would just be a greenlight to go for it. So my first rule was not eating past 8 PM. If I was to guess I probably



consumed an entire day's worth of calories just after 8 PM till I went to bed. On a regular basis. So that was my first one.

It's freedom. I feel like you've given us such a gift to think of this and think of the self-sabotaging mindset or insecurity that we all struggle with. To be able to say, "I don't have to accept this as who I am. This is not who I am to my core. I deserve better." So setting that first rule was really liberating.

I also have stopped drinking alcohol. That would really just escalate my poor choices with food. So that has felt really cleansing and freeing as well.

Dr. Glenn: Nothing after 8 o'clock and no alcohol.

Lola: Yes. And I only have two more as of right now. But I always start the day with 40 ounces of water. I treated myself to a brand new fancy water bottle and I drink one of those before I start my day. I'm not allowed to eat in my car by myself.

Dr. Glenn: So no car eating alone. So you begin and end the day well. You have 40 ounces of water to start. You don't eat after 8 o'clock. You gave up alcohol so that you are not impairing your judgment with food. And then you don't eat in the car alone. That's all you really needed and the wait is coming off.

Lola: Yes.

Dr. Glenn: Have you encountered any difficult pig squeals that you had to refute? Was it smooth sailing from the time you started? What's it been like?

Lola: I'm still so new, so it was like a switch for me. It was my aha moment. It was very emotional. Since starting this I have not had pig squeals that can't just be dismissed for what they are. I feel really confident in my ability to hear my squeals.



Dr. Glenn: You have an exceptionally clear food plan. You have exceptionally clear rules. So any thoughts that suggest you should break them is obviously a squeal. So you have a very confident ability to hear them. That's the point of having zero ambiguity in your rules. That's terrific

Lola: Dr. Livingston, thank you.

Dr. Glenn: You're welcome, just being honest. You're welcome.

Lola: The loudest pig squeal that's still in the back of my mind from time to time, that is reoccurring is just "when will the other shoe drop." I think that's just trauma from making an effort and then sliding back so many times. But I fight back.

Dr. Glenn: Your pig says it's eventually going to drop like it always has before.

Lola: Yes.

Dr. Glenn: And the rest of that is, "Therefore, you should just give up and binge now." That's what the pig is really trying to do.

Lola: Yes.

Dr. Glenn: So how do you refute that?

Lola: I always tell myself that the only power that those squeals and self-sabotaging distortions have is the noise that they make. My power to control and to take action is all in my control. I am empowered and capable to say no. Because the alternative is going to be more beneficial to me in the long run. To get to the goal that I so desperately want to reach.

Dr. Glenn: Your pig can't take control of your hands and your arms and your legs



and your mouth and your tongue. Your pig can't drive. So it can't get in the car and go drive and get something. You would have to do that for the pig. It's not like a shoe is going to drop out of the sky. The pig would have to convince you to go get that shoe and take you to the supermarket.

Lola: Yes or the drive-through.

Dr. Glenn: Or the drive-through or the liquor store or the bakery or the pizza parlor, yes. The pig would have to convince you to go do that.

Lola: Right. The other quote along the same lines from NBA that stays with me is that the only time you have to not binge is right now. It's not thinking of the daunting journey that is the end game, the finish line. Coming from a competitive upbringing I want to get to the end zone: how many yards do I have? It's just like all I need to do is trust and believe in myself enough right now.

Dr. Glenn: There you go. The only time you can control is now so if you use the present moment to be healthy you'll never binge again. You don't have to worry about it.

Lola: Yes.

Dr. Glenn: Are there any other squeals that bother you?

Lola: They all bother me. I don't play nice with my squeals. I throw it back into the cage. This whole way of thinking and the psychological piece of understanding what drives it has helped me to acknowledge just how powerless it truly is when you peel the layers.

Dr. Glenn: Can you give me another example of something your pig has said that you've been able to throw it back in the cage?



Lola: Oh yes. With my 8 o'clock cut off. So I'm also trying to make a big weight loss. so I've been sticking to kind of watching what I eat. I had allowed myself to have something that was a little bit high in calories and it's like, "Okay, well you have this amount of time until 8 o'clock. Game on. You had that burger bun with your burger patty so you might as well have the ice cream and the fries and the milkshake and maybe a pizza after." I mean it went so fast. And I just felt so mad. You're not allowed to do that anymore. We talked about this!

Dr. Glenn: And did that work?

Lola: Yes. I have never believed in myself as much as I do now.

Dr. Glenn: That's fantastic, Lola. That's fantastic

Lola: Thank you.

Dr. Glenn: You're talking about the subtle area of NEVER BINGE AGAIN because technically you don't have a rule that prevents you from eating as much as you want before 8 o'clock, right?

Lola: Right.

Dr. Glenn: And so you're really talking about trying to eat intuitively during that time and getting angry that your pig wants you to not do that.

Lola: Yes.

Dr. Glenn: And it sounds like you're able to manage it by just getting angry that one time and now you don't have to worry about it. Some people find that if they have rules that they can follow, but still they're not eating as healthy as they would like to



eat, sometimes it means you need another rule for volume or calorie control or something like that. It sounds like you figured out you don't really need that.

Lola: I think that's the big difference for me at this moment. I'm trying to allow myself to just explore and just do this whole process. I'm also just working on the workbook to kind of just dig into my plan. I think that eventually I will need that. I just think that I have been given so much confidence and power back that it hasn't shown up in that form yet.

Dr. Glenn: You're losing weight at a decent clip. You're feeling really confident. You feel like you're the master of your own fat, you're not your pig's b***h and if it ain't broke don't fix it. Because every now and then you eat a little too much, okay. If you're eating so much that you're stopping the weight loss or really having a health problem or you're just feeling so uncomfortable so much of the time, then add another rule. The idea is to maximize your freedom while also maximizing your safety from the binges.

Lola: Yes.

Dr. Glenn: You're doing terrific.

Lola: Thank you.

Dr. Glenn: Is there any way I can help you? We have a few more minutes.

Lola: I don't know. I could just talk about your book and just ask you a million questions about your journey.

Dr. Glenn: Ask me whatever you like.

Lola: I know you must know because I truly believe that this is a very lonely and



isolating struggle to have. And hearing your story and you being so transparent, I can only imagine the amazing amount of people that it's helped. How did you do this for yourself when you were just figuring it out yourself to begin with?

Dr. Glenn: Painfully and slowly. I wish I had it all laid out. Jack Trimpey really organized a lot of the basics of this philosophy in a program called Rational Recovery for Alcoholics. I don't even think he knows me but I thank him in the book. But I've always told people if your struggling with alcohol don't use NBA, just go to his website and work on that.

So he worked out a lot of it and he has a lot of recordings. He has one main book, two now, those are really helpful to me and helped me make the leap. There were a lot of things that didn't work in his philosophy that I had to change. It took me about eight years to really recover and work it out in a journal over time.

When I was getting divorced I wanted something really meaningful and I remember I heard a lecture from a professor once about a book called THE SUFFERINGS OF YOUNG WERTHER. It's about the famous writer Goethe. Apparently he was love sick. He was rejected by the woman he thought was the love of his life and he was suicidal. He wanted to kill himself.

Just before he was going to do that he decided he would write a book about it and publish it instead. This guy just opened up his soul on paper and it got a lot of attention and acclaim. We didn't have an Internet back then, but it spread around Eastern Europe and got the attention of the emperor. He became this famous guy that was helping all these people because he suffered enough to write it down. He chose to write it down and share it. And so that's what I did.

I said this has got to be the most painful time of my life. I'm sick of chasing money and I'm sick of trying to run this organization that my ex-wife and I didn't agree on how to run it. You know what, I just going to do something totally for me. Whether it



works or not, whether I go broke I don't care. I would do this if I didn't make money for it. I have to pay the bills and the banker doesn't say, "Just be nice and helpful to binge eaters and you don't have to pay the mortgage." I have to charge for it. But this is something I would do without getting paid for it. I just poured my heart and soul into it and I guess everybody resonated with it. It was the right path.

Lola: I just have to say I truly believe it. I genuinely felt that through all of your writings. The resources that you provide to people who follow the NBA method are just abundant and they're so wonderful. I think a lot of people who struggle with obesity or just this type of thing can sometimes feel unheard or just cast off and you really shine that through your pages and your writing. Thank you.

Dr. Glenn: Thank you. I've been trying to bleed on paper. That's been my whole secret. Just bleed on paper. Plus I'm kind of smart and have a lot of experience and thinking about this one topic for 30 years. So I think I might be the person who's thought the hardest and longest about it for their lifetime and felt kind of an obligation to share it. Thank you for all of your kind words, that's really sweet. So anything else you want to ask or show me?

Lola: I think that's it for me. I'm just so grateful. I'm just excited to be a part of the community and keep cheering everyone on.

Dr. Glenn: You're definitely helping people by sharing your story. People really like when there's a very specific squeal and a very specific refutation. Is there anything else you'd like to share in those regards or did I tap you out by putting you on the spot?

Lola: Worst squeal ever is just that I don't deserve to be happy. I'm too far gone. And that has been one, but it is quiet and calm right now.

Dr. Glenn: How do you refute that?



Lola: I say I am awesome, I deserve to live a long happy healthy life, don't count me out yet and let's do this.

Dr. Glenn: I love it. There's a couple of other things that I would use to refute that. First of all, not bingeing isn't going to guarantee happiness. It's going to guarantee being present. If I'm not bingeing I'm being present and I can accept my life on life's terms. That's the best I think anybody can do. That's your best shot at happiness because then you can use your faculties to solve problems and pursue goals and accomplish your dreams and things like that. But sometimes life is miserable no matter what you do. I would rather be present for that.

Lola: Yes! Oh my gosh, yes.

Dr. Glenn: That's the other way I refute. Is there anything else that I forgot to ask you or something you want to tell people who are hesitant to be getting involved or anything like that?

Lola: Quickly: blood pressure, diabetes, gallbladder removal.... I've had many really awful health challenges that arise from not taking care of myself: my body and soul. And I'm happy to say I'm off medication as of right now.

Dr. Glenn: Fantastic. I'm so happy. I'm definitely in your corner. Let me know what happens in the future.

Lola: You got it. Thanks so much.

Dr. Glenn: Thanks, Lola.



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

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

© Psy Tech Inc.

All Rights Reserved

www.NeverBingeAgain.com

www.NeverBingeAgain.com

GLENN LIVINGSTON Ph.D.