

Glenn Livingston, Ph.D. And Adrienne “Never Binge Again Changed Adrienne's Life”

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Dr. Glenn: Hey, this is the very good Dr. Glenn Livingston with Never Binge Again and I'm here with a kindhearted woman named Adrienne, who's feeling like a million bucks today, right?

Adrienne: That's right.

Dr. Glenn: I asked Adrienne to come on because she was willing to share her session so she could talk about her trials and tribulations and successes and milestones and help you all benefit from her experience and her strength and her wisdom, as well as the mistakes that she's made along the way. Adrienne, tell me your story, dear. How did this all start?

Adrienne: I haven't had a weight problem for as long as I can remember but I have had a food obsession for as long as I can remember. Back to being a young kid, I have memories of throwing up chocolate pie at my grandma's house on Christmas as an eight-year-old child because I

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just couldn't get enough. I have a lot of memories like that but I always really active and so was my family. So my weight always stayed in check. I was never super happy with it. I remember being hyper-focused on that too as a child. I always wanted to be thinner but it was never negatively affecting my health or preventing me from participating in athletics or anything like that.

So things kind of stayed that way until I got to college and I discovered alcohol and the cafeteria and I discovered how chocolate can be to be in taking your classes, in figuring out your career and applying to grad school and then I got into grad school and that's when things just got out of control. I would just eat and eat and eat and eat as a way to deal with stress. I remember Googling "BMI calculator" and just thinking, oh, let's see, and I was obese. I had never thought of myself that way and then it was kind of like, okay, so now we do have a problem. I don't want to be struggling with medical issues. I don't want to be not being able to wear the clothes that I want to wear. I don't want this to hold me back from my life.

Then I discovered calorie counting which is a fantastic tool. I'm still on Calorie Counter now but it was one of those things where you figure out, oh, I can mathematically optimize this and I can take complete control of this weight loss. I lost a ton of weight very quickly. I actually had to have my gallbladder out at the age of 23 and my surgeon told me it was because of the rapid weight loss.

Dr. Glenn: Really?

Adrienne: Yeah. And so I dropped about 50 pounds which put me back into the normal BMI range and that's when the bingeing started. Then for the next maybe four, five years, I just yo-yoed back and forth about 25



pounds up, 25 pounds down over and over and over like Ping-Pong. I'm sure this isn't a new story to anybody really. But I started hanging out in a lot of different online communities about eating disorders just trying to make sense of things and find a solution. I found Captain Hansen and that was the first time that the concept of separating from your lower brain, that was the first time I heard that, and I had some success with that.

It really resonated with me but I didn't feel like I had the tools to fight back. I kind of just felt like, okay, so here is this voice telling me to binge, now what? I know it's not me. I know I don't want to act on it but now what? Do I just sit here or how does that work? Are you familiar with Reddit?

Dr. Glenn: Yeah.

Adrienne: That's actually where I found you. So there's a binge eating group there and somebody said, hey, here's a free book, it's worth a read. I downloaded it, I read the whole thing and that's kind of when everything changed. It super clicked for me. I felt like, okay, this is it, I found it, and I had some success but it wasn't until I joined the intensive in July that I feel like I've almost had two lives. I've had my life before I started the intensive and then I have my life now and I know that I'm really dramatic but it's really how I feel. I feel for the first time like I'm 100 percent in control of how I want the future to go.

Dr. Glenn: How did that happen? What was it about the intensive coaching program?

Adrienne: It's really a lot of things. The first thing is the structure of it. I'm somebody who thrives when I have a schedule and a plan. I've always

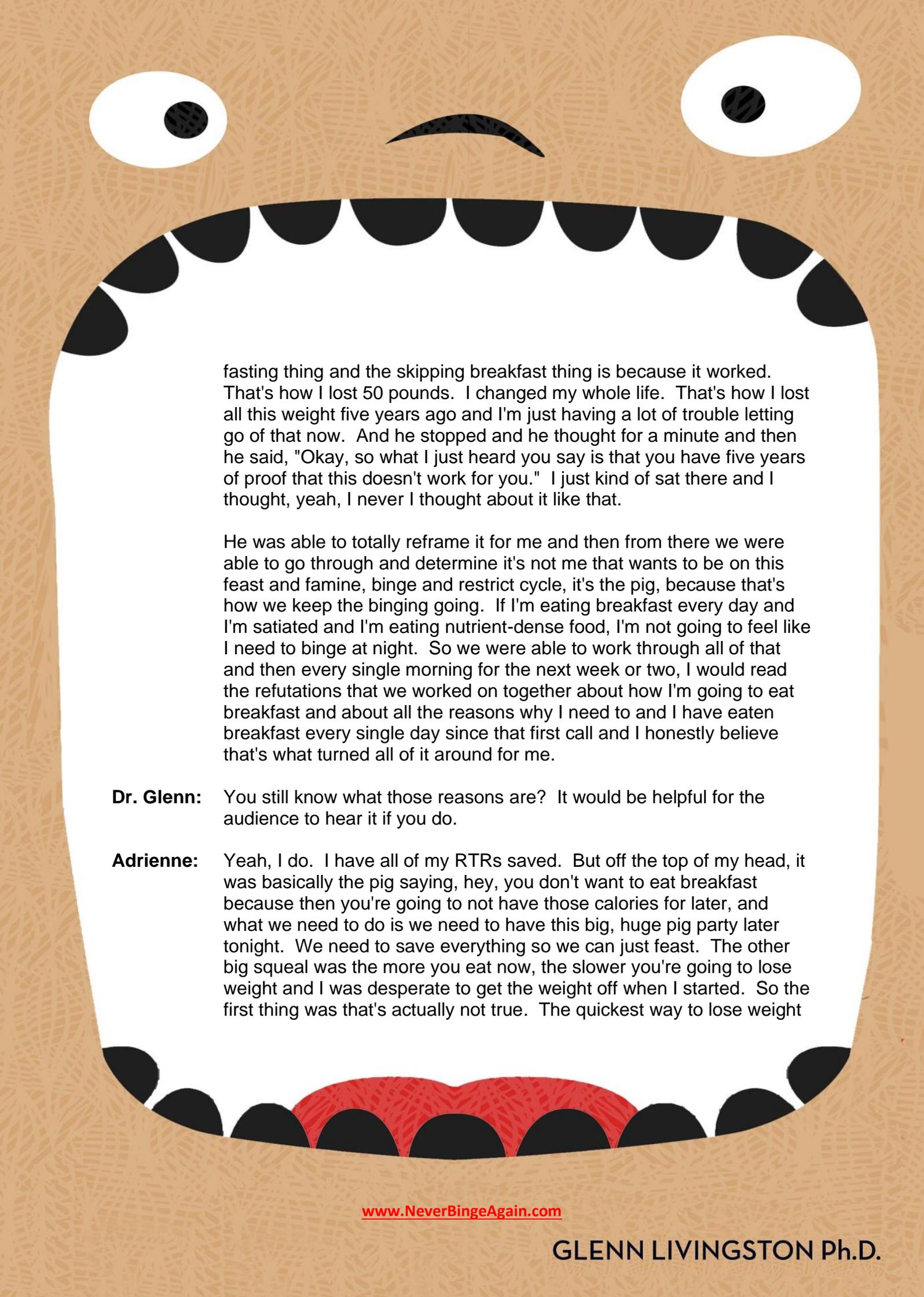


loved being a student and so starting the intensive, I almost kind of felt like, okay, I have my homework for the week. I have my task. It gave me something to do, gave me something to focus on and that was a little different from just doing the workbook on my own because there was nobody checking in on me, there was no accountability other than for myself. And having the lectures, having all the other people was really helpful. But the main thing for me was learning to do the RTRs and getting to the real time refutations and getting specific help from coaches with the big issues because there's so much nuance, so much of it. So to be able to come on with my problem and then have somebody coach me through it and coach me through the RTR, which has been valuable.

Dr. Glenn: Could you be a little more specific? Would you mind sharing a real time refutation and why it was helpful to you?

Adrienne: Yeah, I actually have one that I will never forget. I was somebody who would try to hoard all of my calories for nighttime. Again, I don't think that's anything that you haven't heard before. I would pretty much try to go as long as I could without eating and then that would naturally set me up for a binge. So when I started the program, I knew that I needed to eat in the morning. I knew that I needed to become somebody who ate breakfast and I was actually horrified. Actually it was the very first coaching call that was available to us in my intensive and I was the very first person to talk and I raised my hand I told Yoav, hey, I'm freaking out, I know I need to eat breakfast and it feels like the scariest thing in the world for me.

The cool thing was he got me to articulate why or he got the pig to articulate why. Then he kind of blew my mind. So I told him the reason I'm having trouble letting go of this fasting thing, this intermittent



fasting thing and the skipping breakfast thing is because it worked. That's how I lost 50 pounds. I changed my whole life. That's how I lost all this weight five years ago and I'm just having a lot of trouble letting go of that now. And he stopped and he thought for a minute and then he said, "Okay, so what I just heard you say is that you have five years of proof that this doesn't work for you." I just kind of sat there and I thought, yeah, I never I thought about it like that.

He was able to totally reframe it for me and then from there we were able to go through and determine it's not me that wants to be on this feast and famine, binge and restrict cycle, it's the pig, because that's how we keep the bingeing going. If I'm eating breakfast every day and I'm satiated and I'm eating nutrient-dense food, I'm not going to feel like I need to binge at night. So we were able to work through all of that and then every single morning for the next week or two, I would read the refutations that we worked on together about how I'm going to eat breakfast and about all the reasons why I need to and I have eaten breakfast every single day since that first call and I honestly believe that's what turned all of it around for me.

Dr. Glenn: You still know what those reasons are? It would be helpful for the audience to hear it if you do.

Adrienne: Yeah, I do. I have all of my RTRs saved. But off the top of my head, it was basically the pig saying, hey, you don't want to eat breakfast because then you're going to not have those calories for later, and what we need to do is we need to have this big, huge pig party later tonight. We need to save everything so we can just feast. The other big squeal was the more you eat now, the slower you're going to lose weight and I was desperate to get the weight off when I started. So the first thing was that's actually not true. The quickest way to lose weight



is slowly, which I've heard you say a lot, and that really is something that I put into the RTR and something that I think about all the time.

Trying to start this all up is actually just going to prolong the situation and it's going to make the weight come off slower and keep me bingeing. The pig is saying that we need to save calories for later is a complete lie because I don't need to have a big feast every single night. And why would I want to spend my whole day just imagining this glorious feast I could have later while I'm starving and miserable when I can just spread it out all day and then I don't have the highs and lows of starving and feasting and starving and feasting and I can feel balanced all day. I have the energy to give to my relationships, to enjoy my life, to exercise, to think clearly and make good decisions.

So Yoav helped me see that by starving myself like that and trying to save all the food for later, really I was just guaranteeing that I was going to be hungry and miserable all day. I was keeping myself in that survival mode where all of a sudden when I give myself permission to eat, I just couldn't stop. But also, that the only way to really end the feast and famine cycle is to get myself on a normal meal schedule. And that, for me, is starting the day out with a nice, healthy breakfast and keeping it going through the day.

Dr. Glenn: I love it. You're someone who's done the work so it's very nice to have someone who's so articulate about the changes that they've made in their mind. The primary refutation that sets you on this path was the idea that you thought you had five years of experience saying that it worked because you've lost all the weight with it, but the truth was that you also gained the weight with it. And so when you have said you've got five years of experience that proves that this doesn't work.



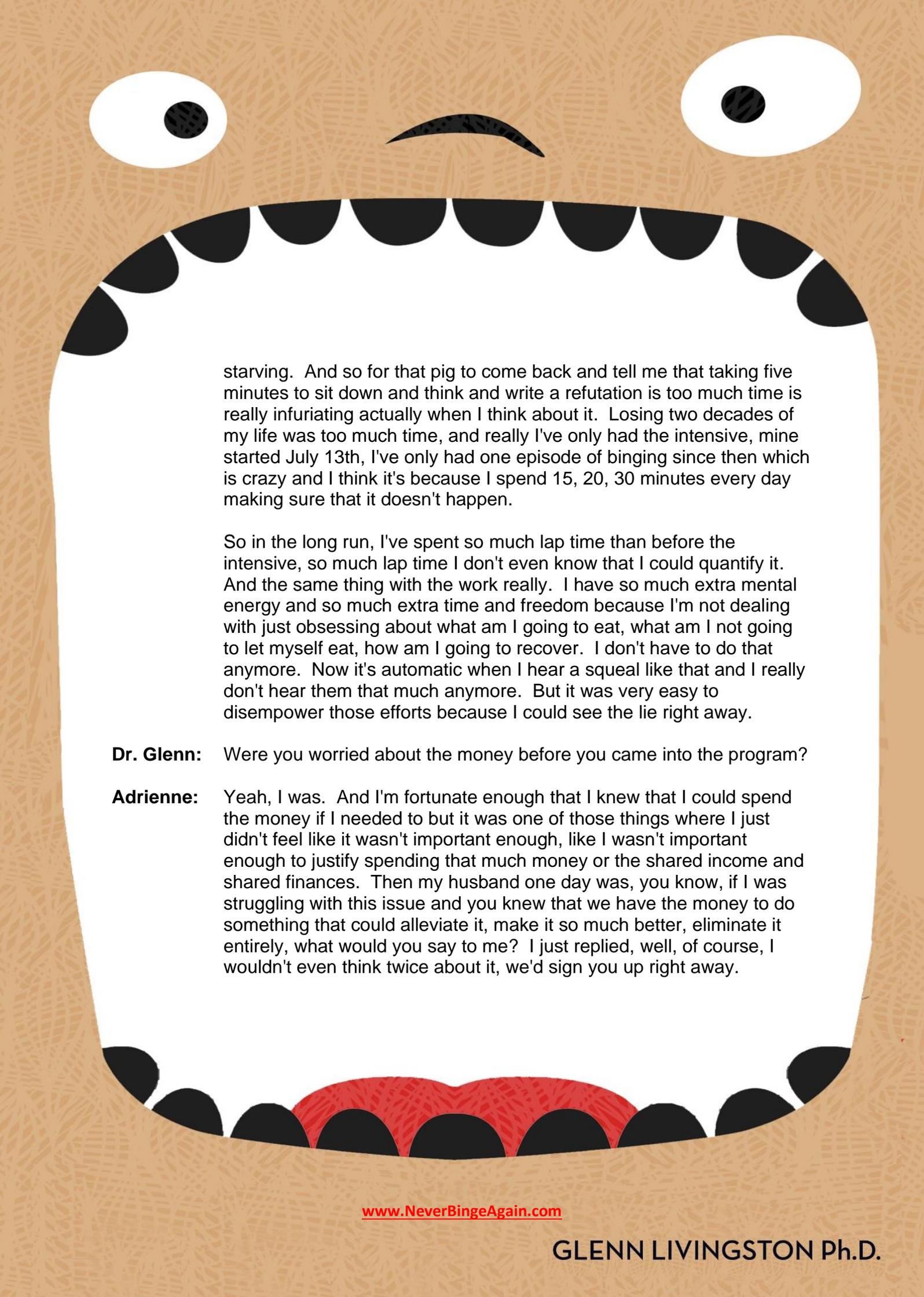
Adrienne: It worked to lose the weight originally but then I spend five years gaining and losing because I could do it for a couple of weeks, maybe a month then it would all just come right back because that wasn't sustainable. I was trying to use willpower and I was trying to fight against my physiology. So that's what really helped me. You can't white knuckle it forever. That's not going to work. He's right.

Dr. Glenn: So the process of refutations and the tool of refutation was extremely helpful for you to transform and then having Yoav as a coach in the live support group was what really pointed out to you that you were thinking of this in the opposite way that you needed to.

Adrienne: Yeah. And the other thing that was super helpful for me was my daily email accountability. My coach is Kathryn. She's just fantastic. She's such a calm presence and she's been a rock for me this whole time. But the act of having to reflect every night and then send something in was also super helpful because it kept everything at the forefront of my mind. Every single day I was doing the assignments. I was emailing. I was writing RTRs. I still write a real time refutation at least one every single day, because I just feel like keeping all of that fresh in my mind all the time is key to helping me to stay separate from my pig.

Dr. Glenn: Does your pig ever say it wasn't worth the time or it was too much work?

Adrienne: Constantly. That's one of my biggest mantras I would say now, is feelings aren't facts and I know I stole that from you. But every single time I would start to feel like that, I would have to remind myself feelings aren't facts and I would write a refutation because I would think about -- let's go with the time squeal, the too much time that it's taking. I lost two decades of my life, I think, to food obsession and bingeing and



starving. And so for that pig to come back and tell me that taking five minutes to sit down and think and write a refutation is too much time is really infuriating actually when I think about it. Losing two decades of my life was too much time, and really I've only had the intensive, mine started July 13th, I've only had one episode of bingeing since then which is crazy and I think it's because I spend 15, 20, 30 minutes every day making sure that it doesn't happen.

So in the long run, I've spent so much lap time than before the intensive, so much lap time I don't even know that I could quantify it. And the same thing with the work really. I have so much extra mental energy and so much extra time and freedom because I'm not dealing with just obsessing about what am I going to eat, what am I not going to let myself eat, how am I going to recover. I don't have to do that anymore. Now it's automatic when I hear a squeal like that and I really don't hear them that much anymore. But it was very easy to disempower those efforts because I could see the lie right away.

Dr. Glenn: Were you worried about the money before you came into the program?

Adrienne: Yeah, I was. And I'm fortunate enough that I knew that I could spend the money if I needed to but it was one of those things where I just didn't feel like it wasn't important enough, like I wasn't important enough to justify spending that much money or the shared income and shared finances. Then my husband one day was, you know, if I was struggling with this issue and you knew that we have the money to do something that could alleviate it, make it so much better, eliminate it entirely, what would you say to me? I just replied, well, of course, I wouldn't even think twice about it, we'd sign you up right away.



He was like, okay, well then we're going to sign you up right away. It's true. I mean, if you think about anybody that you care about, your spouse, your child, your best friend, if you knew there was something like this out there that could dramatically improve the quality of their life, I don't really think you would think twice about it. I think it's just that when it comes to spending money on ourselves, sometimes we think we're not worthy or that we're not a big enough deal. But this was easily the best money I've ever spent in my life.

Dr. Glenn: It's a beautiful story. Do you feel like you've saved the money that you spent on binge food or just by now that you recovered from the binges? Has it been a good investment or you're not sure?

Adrienne: Oh my gosh, yes. I'm positive it has been. And so for me, my binge cycle, like one or two or three or even four binges a week separated by days of normal eating, for me it was like I will be great for two weeks, three weeks, a month, two months ridiculously and unattainably perfect. I would be like that, and then all of a sudden I would crack and then I would binge for three weeks or from three weeks to three months. I could spend up to three months trying to get takeout every single day and digest whatever. Insert your binge food here. It was incredibly damaging to my finances.

Dr. Glenn: \$1,000 a month?

Adrienne: Probably. It sounds horrible to say it and I think part of me or maybe my pig doesn't want to think about it because that just sounds so awful to say that I spent that much money.

Dr. Glenn: I spent more.



Adrienne: Yeah, and I'm sure there were months where it was more because when I would get into that mindset, I wasn't even caring about the money at all, which I guess is another argument for, well then why did I have so much trouble spending the money to do something that could really help me because I didn't have any trouble at all ordering a pizza? Why now that I'm trying to better myself all of a sudden do I care about the money, because I really didn't care when I'm using it to get high with food? I think that money that I spent on the intensive, I mean, within one month I think that it paid for itself and now we're at four months and this is going to be rest of my life now. I'm positive of that. So I've certainly already made the money back. That's just the money. That's not the time, that's not the happiness, that's not the quality of life.

Dr. Glenn: What else does this done for the quality of your life? How has it affected your relationship with your husband or the kids or your work or anything like that?

Adrienne: All three of those things, I would love to address. So first I lost about 20 pounds since I started and I'm now two pounds away from my goal weight, so that's super, super exciting because it actually just feels attainable to me now and sustainable. I can get there and I can stay there because I love my food plan and I love the food that I eat. I'm a long-distance runner so now it's so much easier to stick to the running schedules and the training schedules when I'm not having this wildcard, waking up in the morning after a binge and trying to figure out, okay, how am I going to get this run in. I'm an avid hiker so I was able to hike my first 14er a couple of weeks ago and that would not have been possible with the lifestyle that I had before the intensive.



So that has all been great. My sleep is better, my skin is better, I'm feeding myself better. That's all kind of one department. As far as my relationships go, I just find myself so much more able to be present and mindful and be an active listener. When you're in the throes of a food issue, you can't really be present most of the time. I was stuck in my own head for years and I would listen but I wasn't really fully there because I was often thinking about what did I eat earlier, what am I going to eat later, can I make it through the day without a binge, all those sort of thoughts. And I just felt like I wasn't really able to be best version of myself for the people who needed me and I don't really feel like that's true anymore at all.

My relationship with my husband is so much better. I'm able to just focus on what we're doing for fun. When we want to have a fun day on a weekend, it doesn't have to be about food anymore. It doesn't have to be about what takeout are we going to get, what are we going to drink. That was always my thing. And now the thing can just be enjoying quality time together and having conversations about the things that interest us. We bought some Lego last week and we did that. I feel like I've gotten a lot of that quality back now.

Dr. Glenn: You guys have kids?

Adrienne: No.

Dr. Glenn: You don't have kids. What about the clothes that you wear? Do you feel more comfortable going to your closet and picking out clothes?

Adrienne: So much more comfortable. That has been fantastic for me because as somebody who did become really overweight in my 20s, that's kind of when everyone around me was, oh, now I have the money to dress



how I want and now I can have this freedom and go out and get dressed up for a dinner or a party or whatever and I never got that because the 20s is when I put all my weight on and I just turned 30 this past year and now all of a sudden I'm like, oh my gosh, I have my dream body, this is amazing. I can wear whatever I want now. That has been so fun and I've had a couple of pairs of pants. I've been this thin before one time and I have all those clothes left over so I didn't want to get rid of them because I knew deep down I was going to figure it out. I just didn't know when and it's actually just been over the past four weeks or so that I've slowly been fitting back into each thing.

I've been emailing my coach every week when asked what's about going well, part of the template that we use to email is what's going well in the past week and I'll tell her, "Kathryn, this week I fit back into these pants that I haven't been able to wear since whenever," and she'd email me back, "That's so exciting." That has been so, so fun, just a total blast. I don't have to worry about any of that anymore and I'm moving to a new apartment with a pool soon and all of a sudden I'm, oh my gosh, I have to go get a bathing suit. I've never wanted to do that before because bathing suit shopping was just like, well, that sounds like my own personal hell on earth.

Dr. Glenn: That's great, Adrienne. Was there ever any point along the way where your pig said that other people could do this and you can't?

Adrienne: Yeah. I remember specifically actually emailing my coach about it because this pesky pig will just find the stupidest thing to squeal about and I actually got that squeal even though objectively I think I was having a higher than average success rate compared to the people that I was listening to on calls, you know, just like people struggling and working through their issues and I just remember thinking, wow, I feel



like I'm doing really well. I feel like I'm not encountering a lot of those same problems. And you know, my pig still found a way to just kind of do like a you versus everybody else situation because my food plan doesn't have any off-limits food. I have a calorie deficit that I shoot for everyday and that's pretty much it with some small adjustments.

My pig was saying, well, you know, this is really stupid because everybody else, they have food that they're cutting out or they're limiting carbs or they're not eating flour and sugar or they're not doing X, Y, and Z and you don't have any food off-limits, so your plan is never going to work. Everybody else figured this out and you haven't. I remember getting so -- I don't even know if frustrated is a strong enough word because at that point, I was already a month in. I haven't binged in a month which was crazy. I have lost weight. I have been just so happy and I just remember thinking, what kind of stupid squeal is this?

There's zero evidence that my plan is not working but the pig was still trying to say that everybody else could do it and I couldn't, even though I was doing it and I actually had to email my coach and say, hey look, I know this sounds insane but can you please tell me that it's fine that I don't have food cut out of my diet, that if my food plan is working for me, that it's okay. She said of course it's okay. It's your plan and you're happy with it then it's perfect.

Dr. Glenn: It's better than okay.

Adrienne: Yeah. It's just crazy what our self-destructive parts of us can try to do to rip us down even when objectively I had every measure of success. I had proof, empirical proof that I was succeeding beyond my wildest



idea of how I could succeed and it still was trying to tell me, no, you can't do it but everyone else can.

Dr. Glenn: Adrienne, what else should I have asked you that I didn't ask you?

Adrienne: One thing that I heard somebody say, it was just another member of my intensive that just really shifted things for me, this was actually only a couple of weeks ago that I heard this and they said -- and I'm sure you've said it too, either you are caged or your pig is caged. Hearing that binary for me was huge because I think a lot of us have this hope deep down that one day there won't need to be a cage anymore and we'll just figure it out and we'll be able to maybe intuitively or there could be a freedom out there or something like that for me and I think for a lot of us just because of the world we live in. That really is not the reality of the situation. And it's true, it's either me or it's the pig.

So when I hear those squeals saying, hey, you deserve to be able to just eat whatever you want, oh come one, it's Saturday, you're doing great, just order whatever you feel like. No, because the second that pig comes out of the cage, I go in and now I'm the one who's obsessed with food. I'm the one that's in the cage because for me food has this power over me or used to have this power over me, it really did put me in a cage. I really was a prisoner. I had to keep that pig in the cage because otherwise it's me.

Dr. Glenn: There's freedom in discipline.

Adrienne: Yeah. And that was another thing. I actually talked with you on a coaching call maybe three weeks ago and I was really, really struggling with the idea that I could never, ever, ever have a day where I could just eat what I want without any sort of structure or rule or guideline.



That, to me, I just could not let that go. How am I going to live the rest of my life without being able to wake up on Christmas and just eat whatever? You basically said that a lot of people feel like their rules are like a warm cozy blanket and make them safe and they love their rules and their freedom is in the rules and you walked me through a refutation because I was saying that I want to be able to have a day where I can eat whatever I want because then that's how I can have fun and that's how I can relax and have true freedom.

We worked through it and it turns out that actually the opposite true. I've never ever, ever had a day that went well when I didn't have any rules. So it turned out that 100 percent of the time that I tried to just like, oh, I'll just eat a reasonable amount but I'm not going to have any rules, I'm going to eat whatever I want. 100 percent of those days had been horrible and it turns out the only way to be free and the only way to enjoy myself was to follow my rules. So it was actually the complete opposite of the squeal that ended up being true.

It was just one of those things where I wrote the refutation and then I kind of tried to do the power statement or the mantra at the end kind of to fill everything down, what did I learn from this and my rule gives me the freedom that I seek with food and I refute that to myself all the time. You want freedom? Then you follow your rules. You don't have to worry. You've already figured everything out. You do have freedom.

Dr. Glenn: Sometimes my pig says we should get to have a day where we can eat whatever we want and not have to follow any rules and I think, well that's like saying I should have a day where I could just pee in my pants all day, I don't have to go to the bathroom.

Adrienne: Right?



Dr. Glenn: That would be a miserable day.

Adrienne: Exactly. And it's funny that we're having this conversation today because I have a conditional in my rules where I'm allowed to have one meal every two weeks. I don't have to worry about the calories. I log it beforehand but I can choose whatever I want with this meal and there are some guidelines around that. But it's tonight. That's my meal tonight. I'm doing it for the first time. It's for my dinner. The pig has been so active today because it knows, here's the thing coming up and so I wake up and I write my refutation. It keeps trying to pretend that there's this alternate reality where I could break my rules and just have this awesome day that's going to be way better than if I followed my rules.

But I keep thinking back to that coaching call where we worked through it and I'm just almost laughing, like that's so ridiculous. You fool me once, fine, shame on you. Fool me twice though, I'm not going to fall for it again. I know that breaking my rules today, that is a 100 percent one-way ticket to having a horrible day and I'm just not going to do it.

Dr. Glenn: That's terrific. Adrienne, what else?

Adrienne: Feelings aren't facts. I know we talked about that one earlier but that has been so huge to me to be able to give things a little bit of time so that I can evaluate based on data whether it's working or not and that's big for me. I have a very analytical mind. I would like to see the data. I would like to see the numbers. So when I started eating breakfast, of course, my pig started freaking out and I remember telling myself give it three weeks. You keep doing what you know you're supposed to be doing. Give it three weeks and look at the numbers. From then on, I



was losing weight. My binges would stop all of that and then anytime I heard that squeal, I could tell myself feelings aren't facts and I could go to the data and I could just refute it right then and there just like popping a balloon.

Well, the numbers tell a different story, pig. You're wanting me to skip breakfast, you're wanting me to restrict, but I have proof that what I'm doing is working great. Same thing with feelings aren't facts. I never really feel like doing refutations. I would rather just keep doing what I'm doing but I don't have to feel like it to do it. I do it because I know that I will gain so much by doing it in the long run. The feelings aren't facts have been a huge thing for me to have on repeat in my brain.

Dr. Glenn: I didn't make that up. I had a patient who gave me that saying about 30 years ago.

Adrienne: I'm so happy they did because it's been so helpful for me.

Dr. Glenn: I still remember her, this really nice depressed lady. She would get into depression, she would think that everything was awful and she'd say feelings aren't facts and that would snap her out of it. I picked it up back then. I didn't use it for Never Binge Again right away but it helped me with my own depression back then and then I realized that it was applicable to Never Binge Again probably as I was writing the book.

Adrienne: I've had the experience too now where, kind of the reverse of what you're saying when first it wasn't applied to Never Binge Again and how it is, where I was only applying it to Never Binge Again but I'm somebody who suffers from anxiety and that has just helped me so much too. I tell myself feelings aren't facts whenever I start feeling like I'm not doing a good enough job at work or I'm not doing a good



enough job with my exercise this week or my average calorie deficit isn't quite what I wanted it to be even if I didn't break a rule and I have to sit down and tell myself feelings aren't facts. Look at the numbers. Look at the original goal you set for yourself. Are you really falling short? No, you're not. You're doing great.

Dr. Glenn: That's great.

Adrienne: That's been so helpful.

Dr. Glenn: Adrienne, we have another couple of minutes. Are there any questions you wanted to ask me or anything else you want to tell people who might be hesitant about embracing this?

Adrienne: Could I ask you a question about maintaining instead of losing?

Dr. Glenn: Yeah.

Adrienne: I guess it's not a specific question. I'm two pounds away from switching, from losing weight to maintaining. I'm not nervous about it. My pig is very excited that we're about to have this transition, and I was just wondering if you had any thoughts on that?

Dr. Glenn: I do. You want to make it more like turning on a rheostat and flipping a light switch. Let's say you've been losing a pound a week. I wouldn't mind if you switch that to a half a pound a week for the next pound and then to a quarter pound a week for the last pound.

Adrienne: Okay.



Dr. Glenn: It's less of an event. The pig gets excited with anything that resembles a switch from feast to famine. You want to make it as unnoticeable as possible.

Adrienne: All right. That sounds like a really good solid idea. And then kind of what I was thinking, I heard you saying that you don't really want people to crash into their goal weight. You don't want it to be a big event and that makes a ton of sense to me. I never would have been receptive to losing weight more slowly on purpose as I'm so close to my goal. I never would have been receptive to that before but I can see now that that's probably the smartest way to go about it.

Dr. Glenn: Maybe there are some non-food rewards you can associate with losing those quarter pounds. The pig is going to want to focus on the food rewards of getting to your goal weight, but you want to focus more on non-food rewards. I just interviewed a woman who bought herself a whole bunch of dresses that were slightly too small for her and wrote the numbers on the boxes, I can wear this when I'm 195, I can wear this when I'm 185, rather than the pig focusing on, oh my god, we can eat this when we're 185. It was more like, no, we can wear this when we're 185 and it shifted her libido, the pursuit of pleasure from food to clothes in a very constructive and controlled way. It doesn't have to be clothing. It could be an activity. It could be some kind of trip you want to take but shift the pleasure seeking away from food and towards some other valuable things in your life.

Adrienne: All right. I love that. I'll do that. I'll put some thought into it.

Dr. Glenn: Thank you so much, dear. It's lovely to have you.

Adrienne: Thank you.



Dr. Glenn: I look forward to seeing you in the Q and As.

Adrienne: All right. I just want to tell you that you've changed my life and I could not be more thankful for that. You gave me my life back, so thank you.

Dr. Glenn: Adrienne, you're such a sweetheart and I want you to know you've changed mine, too. I want you to know that, too.

Adrienne: Thank you.

Dr. Glenn: Okay, dear. Just keep going.

Adrienne: Have a good one. Okay, I will.

Dr. Glenn: Hugs. I'll talk to you soon.

Adrienne: You, too. Okay, bye.

Dr. Glenn: 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 NeverBingeAgainWorkbook.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



NeverBingeAgainWorkbook.com. NeverBingeAgainWorkbook.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

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