

No More Flour or Meat for Tuesday

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Dr. Glenn: Hey, this is the very good Dr. Glenn Livingston with Never Binge Again and I am here with a very kind woman named Tuesday, who agreed to let me record her session so you can benefit from her observations and wisdom and experience and trials and tribulations and stumbles and insights and all of the above. So Tuesday, how are you today?

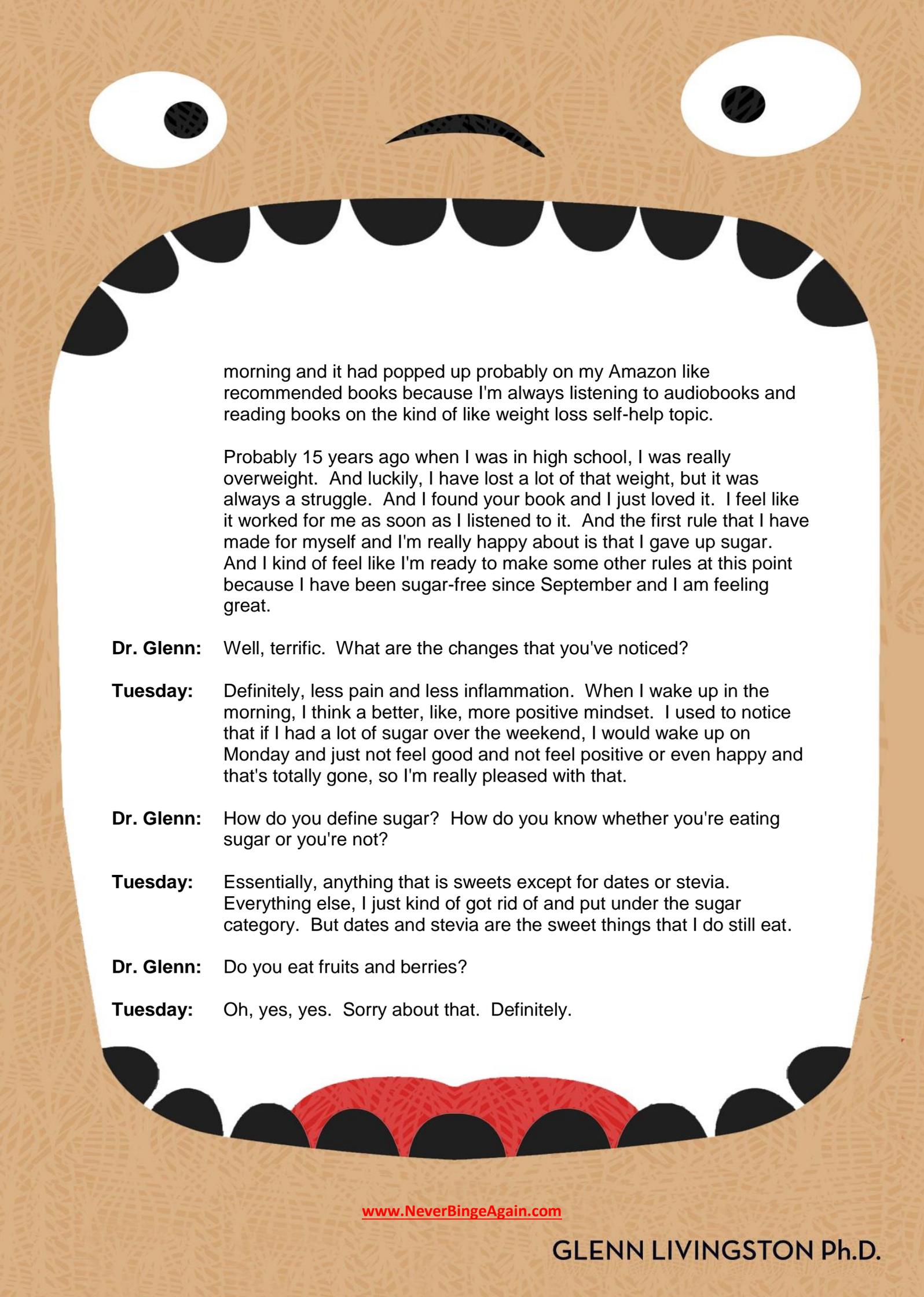
Tuesday: I'm great. How are you?

Dr. Glenn: I'm great. I'm great. I was really looking forward to this.

Tuesday: Definitely.

Dr. Glenn: Touch me up a little bit. Tell me about your experience with Never Binge Again. What brought you to it, what it's done for you, where are you might still be struggling. Help me understand.

Tuesday: Okay. At some point this summer, actually, I discovered your audiobook. I drive a lot for work, so I listened to it on my commute one



morning and it had popped up probably on my Amazon like recommended books because I'm always listening to audiobooks and reading books on the kind of like weight loss self-help topic.

Probably 15 years ago when I was in high school, I was really overweight. And luckily, I have lost a lot of that weight, but it was always a struggle. And I found your book and I just loved it. I feel like it worked for me as soon as I listened to it. And the first rule that I have made for myself and I'm really happy about is that I gave up sugar. And I kind of feel like I'm ready to make some other rules at this point because I have been sugar-free since September and I am feeling great.

Dr. Glenn: Well, terrific. What are the changes that you've noticed?

Tuesday: Definitely, less pain and less inflammation. When I wake up in the morning, I think a better, like, more positive mindset. I used to notice that if I had a lot of sugar over the weekend, I would wake up on Monday and just not feel good and not feel positive or even happy and that's totally gone, so I'm really pleased with that.

Dr. Glenn: How do you define sugar? How do you know whether you're eating sugar or you're not?

Tuesday: Essentially, anything that is sweets except for dates or stevia. Everything else, I just kind of got rid of and put under the sugar category. But dates and stevia are the sweet things that I do still eat.

Dr. Glenn: Do you eat fruits and berries?

Tuesday: Oh, yes, yes. Sorry about that. Definitely.



Dr. Glenn: And what about fruit juices?

Tuesday: No.

Dr. Glenn: Okay. So whole fruit, berries, dates, stevia. What about dried fruit?

Tuesday: Dried fruit, yes.

Dr. Glenn: Anything sweet besides whole fruit, berries, dried fruit, dates, and stevia.

Tuesday: Not that I am aware of.

Dr. Glenn: Okay. I know that you're doing really fantastically with this. I'm just trying to shore up a tiny little hole that I saw your pig might try to take advantage of later.

Tuesday: Okay. Thank you.

Dr. Glenn: And defining it inclusively, anything sweet except X, Y, Z is a really good idea.

Tuesday: Okay.

Dr. Glenn: So anything sweet besides whole fruit, berries, dates, stevia, and dried fruit. What about artificial sweeteners?

Tuesday: It's not something that I normally would reach for or have a problem with. I didn't really make a rule about those like Splenda and little



things like that. I don't really like the flavor and the aftertaste of those, so I don't know if I need to really create a rule.

Dr. Glenn: If it ain't broke, don't fix it like my grandfather used to say.

Tuesday: All right.

Dr. Glenn: You said a lot of other really strange things, but that was a good one. So you feel like you're ready to add something else?

Tuesday: Yeah. The sugar rule was a big rule for me. I feel like for many years, I was like in denial that that was a problem in my life and so I wanted to just make that my main focus for a while. And I'm feeling like I'm at the point where I don't even think about wanting it. It doesn't bother me. It doesn't save me. Other people eat things around me and it doesn't make me want any, so I feel like I am ready to take the next step, make another rule or two and live with those for a while.

Dr. Glenn: What's the next step?

Tuesday: I have been thinking about this all day so far. There are two things that I knew that I wanted to create rules around and I don't know if you would recommend going with one or the other or both. So I think that I want to say, as a rule for myself, I no longer want to eat meat. I feel like I want to make a rule around processed carbohydrates because I've gotten most of them out of my diet through getting rid of sugar, but if I am trying to just generally eat healthier, I feel like those are two things that need to be defined in rules for me.

Dr. Glenn: So let's talk about meat first. And I understand you might still have some ambivalence about it, so we'll explore all sides.



Tuesday: Okay.

Dr. Glenn: When you're talking about not eating meat, are you talking about all flesh foods? Are you talking about red meat? Are you talking about fish? What do you mean by not having meat?

Tuesday: I would say all flesh foods except for occasionally seafood. I think I could be fine with that for a while, but I tend to lean towards just not really liking meat. But through the years struggling with weight issues, of course, sometimes I would try like, "Oh, people say it's healthy to eat chicken breast and nothing else." And so I would sort of like force myself to eat meat thinking that it was healthy. I don't think it is healthy for me really, and so that's where I want to kind of draw that line I guess.

Dr. Glenn: Okay. So you never want to have flesh again with the exception of seafood occasionally. Tell me what occasionally means. What does occasionally mean?

Tuesday: I think that if I were out to dinner and there was seafood on the menu that sounded good and I felt like I would enjoy that, I would be fine with that. Seafood is not something that I ever binge on, but I do like it, so I don't know how to really set that rule.

Dr. Glenn: What if you said I'll never eat flesh again except for seafood at a restaurant?

Tuesday: Yeah. If I wanted to cook it at home, I wouldn't draw the line, although I really never do. It just doesn't happen.



Dr. Glenn: So what about, I'll never eat flesh again with the exception of seafood, or except for seafood, I'll never eat flesh again?

Tuesday: I'd feel good about that. I feel comfortable with that.

Dr. Glenn: And this include dairy or eggs or anything like that or it's really just the flesh foods?

Tuesday: I think for now, just actual meat and maybe later on down the road, I would then include berry and eggs and all of that. But I think that just kind of like with the sugar rule, I want to feel comfortable about not eating meat and then add to that, if that makes sense.

Dr. Glenn: That's really smart. Because you know you're on psychology, you know that this works for you, that's really, really smart.

Tuesday: Thanks.

Dr. Glenn: And what are two rules at a time at the most?

Tuesday: I do better when I'm not overwhelmed with like too many at once.

Dr. Glenn: And when you're talking about processed carbohydrates, what carbohydrates can you eat?

Tuesday: I was kind of playing with the idea of not eating processed carbs unless it's a day that I have worked out or will definitely be working out.

Dr. Glenn: Okay. And define processed carbs for me.



Tuesday: Like if say, I wanted to have like a tortilla with my dinner or even like some whole grain, crackers, things like that, I don't really go crazy on things like bread and muffins, things like that.

Dr. Glenn: Are you talking about flour?

Tuesday: Correct. Yes.

Dr. Glenn: Would it be more accurate to say I'll only ever eat flour again on a day I've worked out?

Tuesday: Yeah, I think so.

Dr. Glenn: And define working out. Could you walk around the block and decide that you can have pasta or does it have to be longer than that?

Tuesday: So I would say if I'm going to really define that, either a session at the gym or at least a two-mile walk.

Dr. Glenn: What's a session at the gym?

Tuesday: Like 45 minutes of weight training, things like that.

Dr. Glenn: So I'll only ever eat flour again on a day I've worked out for at least 45 minutes at the gym or gone for a two-mile walk?

Tuesday: Yes, I like the sound of that.

Dr. Glenn: So let's just read your three rules and see how they sit with you altogether, okay?



Tuesday: Okay.

Dr. Glenn: I'll never eat anything sweet again besides for dates, stevia, dried fruit, whole fruits, and berries. I'll never eat flesh again except seafood.

Tuesday: I like that.

Dr. Glenn: And I'll never eat flour again except for days that I have worked out for at least 45 minutes at the gym or gone on a two-mile walk?

Tuesday: Yeah. I definitely think that if I adhere to those rules, I will, in my definition, be healthy and feel good and feel good about doing those things.

Dr. Glenn: Okay, great. If you take a breath, it's all good?

Tuesday: Yeah, for sure. Definitely.

Dr. Glenn: Where are you going to replace the flour and meat calories from?

Tuesday: I will eat things like raw sunflower seeds, nuts, fruit. Of course, like any veggies that I want, but I think that there's a ton of things to replace that with; things like tempeh, other veggies, mushrooms. Lots of stuff, yeah.

Dr. Glenn: You're not going to go hungry. You're not going to try to lose weight more than one or two pounds a week, right?

Tuesday: Correct. Correct. I will say, like there was a time in my life that I would have totally not known like what to eat if I wasn't going to go to a drive-thru and it would have seemed really scary. But again, I have studied



this for a long time and I feel like I'm at the point where not eating meat and flour and sugar, I now know there are so many other good options.

Dr. Glenn: Good. Terrific. I agree with you.

Tuesday: Thanks.

Dr. Glenn: Let's say you could do this for a whole year. Let's say these were the perfect rules for you and you did it for a whole year, tell me what's different after the year is out?

Tuesday: So I think that after a year, watching my weight wouldn't even be an issue. It would finally be something that's not an issue or a subject in my life that I'm just always working on. I think that I would just automatically be at the right weight and I think that I would have energy for everything that I need to accomplish at work and then all the other things that I want to do after work, at home. I just think that I will look and feel really good without all of the flour and meat and sugar, and I will feel like I'm just doing something better for myself and for the world in a small way by not eating meat.

Dr. Glenn: I'm just writing these down.

Tuesday: Okay.

Dr. Glenn: So I'm going to go into some detail with these and your pig is going to get upset with me 'cause it doesn't like you to see the positive future that's waiting for you and it's going to start squealing. I just want to warn you, but that's perfectly acceptable and expected.

Tuesday: Okay.



Dr. Glenn: So if weight wasn't an issue and you'd just be at the right weight automatically, what would that do for you in your life? Why is that important?

Tuesday: The first thing that comes to mind is just feeling comfortable. Thinking back through the years of having issues with eating too much or even just things that caused inflammation made me feel like bloated and my clothes tight, I just can think back on times of just not feeling like physically comfortable and I would feel great to just feel comfortable in my own body and clothes.

Dr. Glenn: So your clothes would fit and you wouldn't feel bloated and you'd be comfortable in your own body?

Tuesday: Yeah, I wouldn't feel self-conscious.

Dr. Glenn: And you'd be a little freer and lighter, it sounds like.

Tuesday: Yeah. Yeah.

Dr. Glenn: You said you'd have a lot of energy to accomplish everything at work and then also after work at home, tell me about those things.

Tuesday: At work, I am usually in a different town every day and there are a number of places that I have to visit, people I need to talk with, meetings, and I want to be able to do all of that and then still go home and jog around the block with my dog or go to the gym and work on other little projects that I'm doing and just not feel like just my day at work took all of my energy and effort. There's so much more that I want to do every day.



Dr. Glenn: What else you want to do at home? You want to go to the gym. What else you want to do?

Tuesday: Yeah. Just stay up on all of the chores that make you feel like you're not getting behind; laundry, cooking, keeping in touch with people. Even having time to go have some fun, gosh, just all of the little like projects around the house that I've been putting off for months, little painting projects, things like that. I just want to feel like I'm on top of things.

Dr. Glenn: Which people would you keep up with?

Tuesday: Friends, family. I live in a new city as of couple of years now and I've met some cool people and I would love to keep in touch with them and grow those relationships.

Dr. Glenn: Could you give one of them a name? Sometimes it's nice to make it specific so the picture gets anchored.

Tuesday: Yeah, yeah. Jeff. That's my fiancé.

Dr. Glenn: Oh. Okay, that's a good person.

Tuesday: That's a good one, right? And then like we have some really cool neighbors and I just feel like I like wave to them on my way to work and on my way home and that's it. And I would love to have them come over and hang out or invite them to join me to walk the dogs around the block, things like that, instead of just feeling drained.

Dr. Glenn: Got it. Participate in life again.



Tuesday: Yeah. Yes.

Dr. Glenn: You said you'd look and feel really good, could you be more specific about that? What would look different?

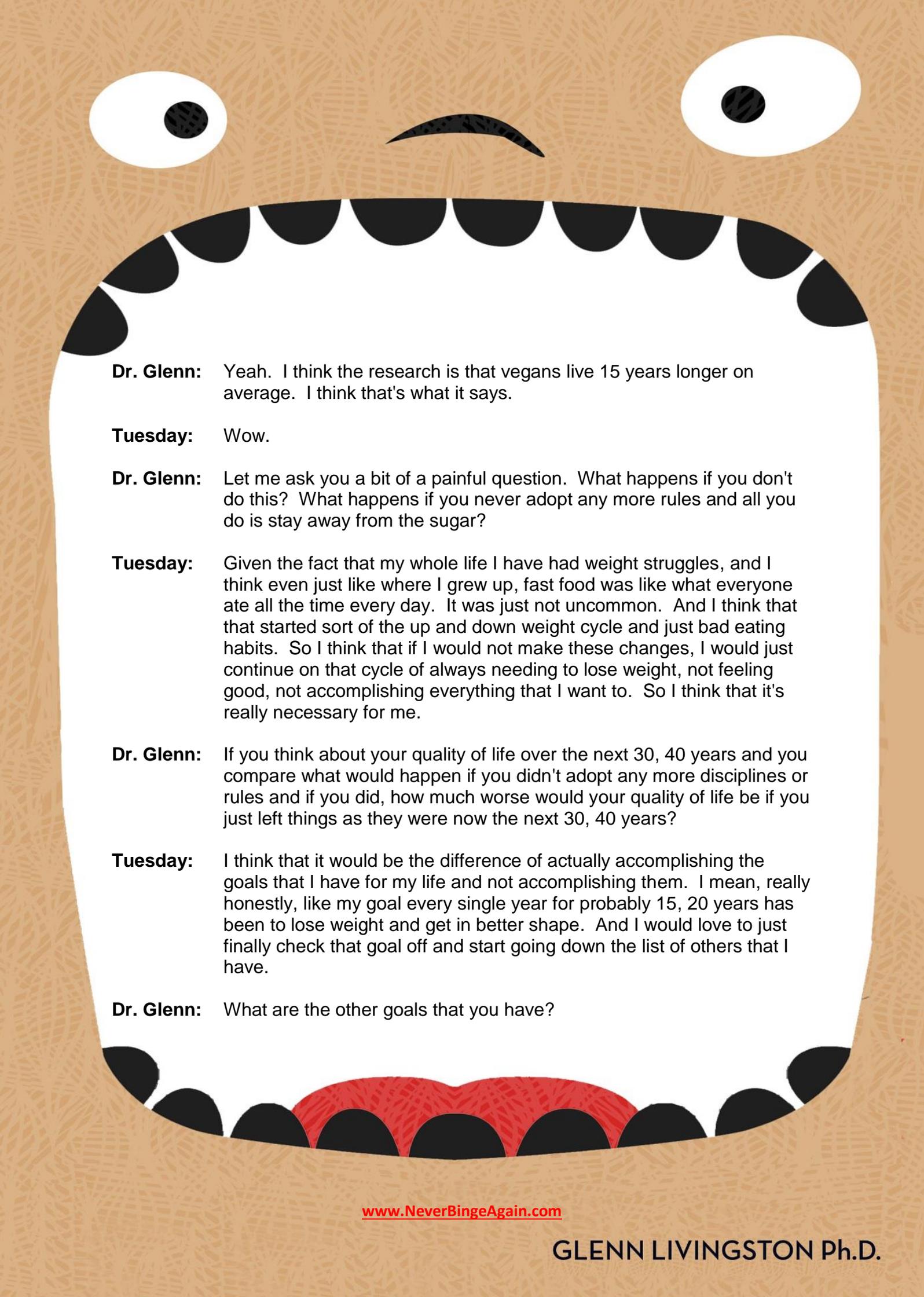
Tuesday: I think that, of course, clothes would fit better. I would maybe, you know, some of the muscle that I'm trying to work on at the gym would show a little bit more. And I just think that when you're putting good, healthy things into your body, your skin and hair and nails even look better.

Dr. Glenn: Great. You said that you'll be doing something better for yourself on the world by not eating meat?

Tuesday: Yeah.

Dr. Glenn: Say a little more about that. What does that mean to you? Why is it better for the world? Why do you want to do that?

Tuesday: I definitely think that just the way that animals are treated in farms and factories and all of that is really tragic. I tried to ignore it for a long time. I actually grew up in kind of a farming community, and so if you didn't eat meat, you're like a weirdo. And I just didn't even investigate what was really going on with that, but I have and I don't even like it enough to want to eat it anymore. But I didn't feel ready to say that and announce that until now. And I actually have an aunt that's been vegetarian for many years and she is in her 70s and you would think that she was 20 years younger. And so that's pretty huge. Yeah, it's really cool.



Dr. Glenn: Yeah. I think the research is that vegans live 15 years longer on average. I think that's what it says.

Tuesday: Wow.

Dr. Glenn: Let me ask you a bit of a painful question. What happens if you don't do this? What happens if you never adopt any more rules and all you do is stay away from the sugar?

Tuesday: Given the fact that my whole life I have had weight struggles, and I think even just like where I grew up, fast food was like what everyone ate all the time every day. It was just not uncommon. And I think that that started sort of the up and down weight cycle and just bad eating habits. So I think that if I would not make these changes, I would just continue on that cycle of always needing to lose weight, not feeling good, not accomplishing everything that I want to. So I think that it's really necessary for me.

Dr. Glenn: If you think about your quality of life over the next 30, 40 years and you compare what would happen if you didn't adopt any more disciplines or rules and if you did, how much worse would your quality of life be if you just left things as they were now the next 30, 40 years?

Tuesday: I think that it would be the difference of actually accomplishing the goals that I have for my life and not accomplishing them. I mean, really honestly, like my goal every single year for probably 15, 20 years has been to lose weight and get in better shape. And I would love to just finally check that goal off and start going down the list of others that I have.

Dr. Glenn: What are the other goals that you have?



Tuesday: I have a lot of them.

Dr. Glenn: What's the most important one?

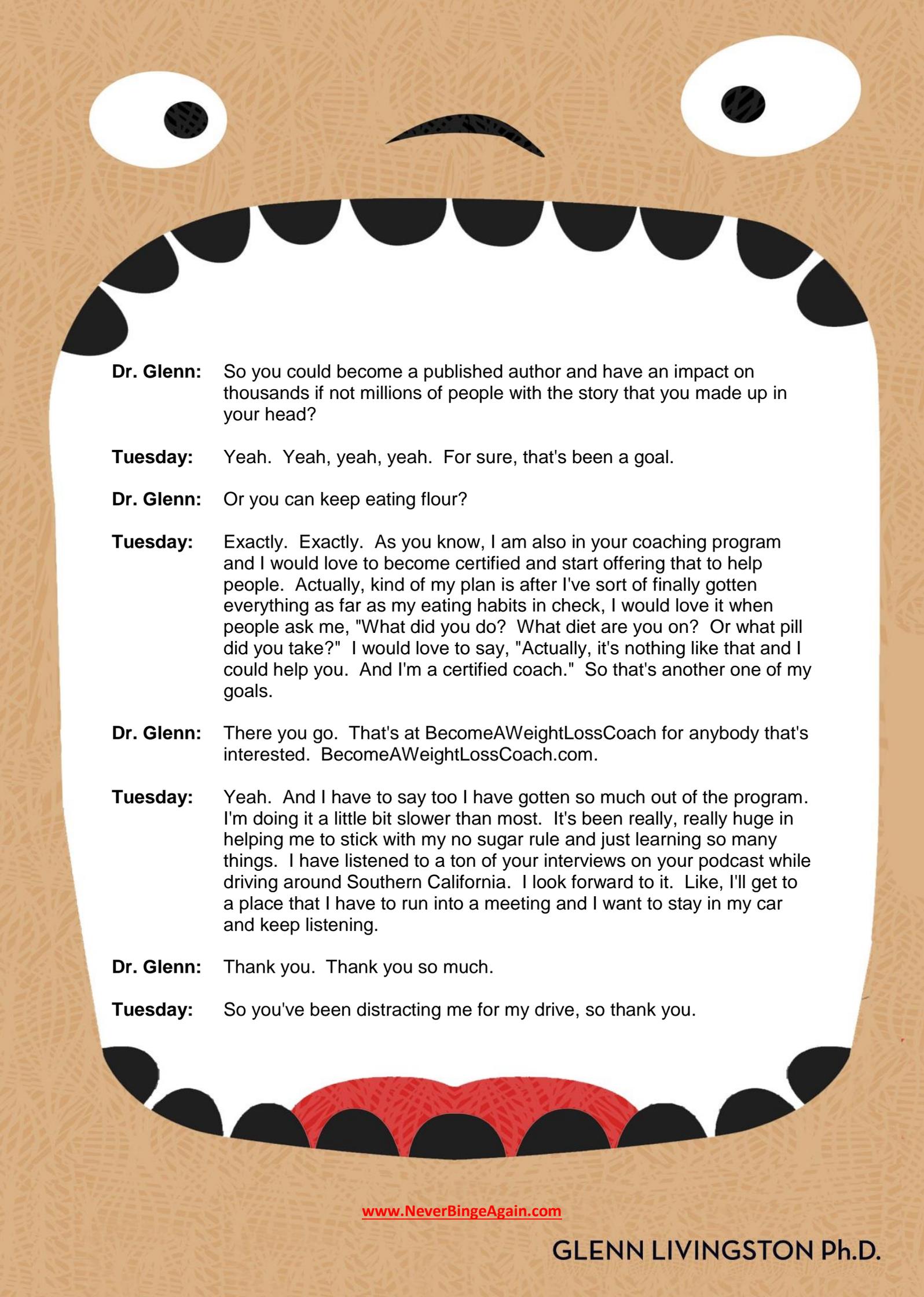
Tuesday: Most important, I have a lot of projects that I'm working on and I guess one that would be really important is like getting those all organized. Having fun is a goal for me too. Succeeding in my job, being a good friend, a good family member.

Tuesday: Tuesday, when you're 90 years old and on your deathbed, what would you most regret not having accomplished if you didn't adopt these new rules and you just let things go where they are?

Tuesday: Gosh, I think that I would regret a lot. I just think that I would still be working on the whole getting healthy thing and falling off the wagon and then trying to work on it again. I've been writing a book for a couple of years, but I want to finally finish and see what might come of it, get it out there.

Dr. Glenn: What's your book about?

Tuesday: It's a fiction book. I guess like a coming of age kind of book. I'm sure that my friends and family who have heard me talk about it are kind of like, "Yeah, yeah, you're going to be working on that same book forever." And I would love to finally try to do something with it. Again, I take pride in feeling like I'm succeeding in my job. Of course, having fun, traveling.



Dr. Glenn: So you could become a published author and have an impact on thousands if not millions of people with the story that you made up in your head?

Tuesday: Yeah. Yeah, yeah, yeah. For sure, that's been a goal.

Dr. Glenn: Or you can keep eating flour?

Tuesday: Exactly. Exactly. As you know, I am also in your coaching program and I would love to become certified and start offering that to help people. Actually, kind of my plan is after I've sort of finally gotten everything as far as my eating habits in check, I would love it when people ask me, "What did you do? What diet are you on? Or what pill did you take?" I would love to say, "Actually, it's nothing like that and I could help you. And I'm a certified coach." So that's another one of my goals.

Dr. Glenn: There you go. That's at BecomeAWeightLossCoach for anybody that's interested. BecomeAWeightLossCoach.com.

Tuesday: Yeah. And I have to say too I have gotten so much out of the program. I'm doing it a little bit slower than most. It's been really, really huge in helping me to stick with my no sugar rule and just learning so many things. I have listened to a ton of your interviews on your podcast while driving around Southern California. I look forward to it. Like, I'll get to a place that I have to run into a meeting and I want to stay in my car and keep listening.

Dr. Glenn: Thank you. Thank you so much.

Tuesday: So you've been distracting me for my drive, so thank you.



Dr. Glenn: Now, you're going to be one of those podcasts that distracts people.

Tuesday: I know. I love that.

Dr. Glenn: I love it too. Why don't we give your pig a chance?

Tuesday: Okay.

Dr. Glenn: Why don't you tell me all the reasons that your pig says that you can't, shouldn't or won't do this?

Tuesday: Oh, because in some ways on the surface, it might seem easier not to just because carbs and meats and things like that, sugar, is everywhere, every corner and of course, at every holiday and every gathering. So that's one. I guess it would say that I can't because I haven't yet. And shouldn't, I guess it would say because I would be living such a different lifestyle than most people that I know. And why I won't do it, I guess it would say -- I don't know. I'm just like, "Oh, you don't want to be the weird one at the work meeting that won't eat the cupcakes, or -- I don't know. Those are the things that come to mind.

Dr. Glenn: There's no other reason that your pig says that you can't, shouldn't or won't do this?

Tuesday: Can't, shouldn't or won't? I don't know. I guess something that's coming to mind is like you'll get peer pressured by other people and you'll cave in, but I don't know, maybe I'll peer pressure them back to not eat it.

Dr. Glenn: There you go. Who says you can't do that, right?



Tuesday: Yeah.

Dr. Glenn: So Tuesday, help me find the lies.

Tuesday: Okay.

Dr. Glenn: So the pig says that it's easier not to do this than to do it so you might as well keep binging. You might as well keep eating flour and meat.

Tuesday: Yeah. I think that that's a total lie because it's not easier, but it's totally easy to have snacks in my car that are healthy and cheaper. It's cheaper to have an apple and some seeds and nuts in my car than to go through a drive-thru and then I don't have to like take that time out of my day to go through a drive-thru and spend the money and then feel sluggish afterwards and accomplish less. So it's really not easier. It's easier to pack a bag and take it with me and just have good, healthy food with me and I think it ends up being cheaper than spending money every day. And even if I have to go out to lunch with someone for work or whatever, especially where I live, you can always find something healthy at a restaurant easily.

Dr. Glenn: Not binging is easier than binging.

Tuesday: It is. It is. And I won't wake up feeling gross. I feel like at this point, let's just say five years ago, I would have thought like going out to dinner would be like ordering steak and eating a bunch of bread and then having a dessert. And now, when I think of doing that, I think of waking up the next day just feeling really bad physically and mentally and internally.



Dr. Glenn: When the pig says that you can't possibly do this because you haven't done it before, where is the lie in that?

Tuesday: People are doing things every day that they hadn't done before, right?

Dr. Glenn: Yeah.

Tuesday: So I can do it.

Dr. Glenn: Could you imagine if we told toddlers that they can't possibly get potty-trained because they've been going in a diaper for all these years?

Tuesday: Right, right. Exactly. If no one could ever do anything that they hadn't done before, we wouldn't be coming up with new technology and so many things.

Dr. Glenn: We wouldn't have buildings, we wouldn't have laws, and we would be living in the jungle.

Tuesday: Yeah, we wouldn't have cars or anything. So people do things every single day that they hadn't done before, that's what propels us forward.

Dr. Glenn: When the pig says that it's such a different lifestyle. It's going to be just too weird and you're going to get a lot of peer pressure?

Tuesday: There would have been a time that I would have totally agreed with that, but I think that things are changing and I think that I am more aware and more educated. And, hey, I mean, I haven't eaten sugar for quite a few months and it hasn't really been that big of a deal, so I feel like if I can do that, I can easily do these other rules.



Dr. Glenn: When the pig says that it's going to be too weird at work that you don't eat cupcakes?

Tuesday: Well, I think that people really don't actually pay that much attention to what other people are eating. And if they do, then that's weird. They're weird. If they're really worried about what I'm eating, then they're the weird ones, not me.

Dr. Glenn: Tuesday, if you're okay with it, they'll be okay with it.

Tuesday: Yeah, exactly.

Dr. Glenn: And so when the pig says that peer pressure is going to make you cave?

Tuesday: No, I don't think so. I think that I will just maybe give some of it back or I'll just remember that if you're going to go your own way and do what you want in life, you're not going to get there following a bunch of other people, you're going to blaze your own trail.

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

Tuesday: I feel pretty confident, but the rules that I'm setting today and along with my sugar rule, those are big things. They're, again, things that five years ago, I would have never thought possible, so I'm going to say I'm 90 percent confident.

Dr. Glenn: Where is the squeal that's holding on to that other 10 percent? The pig is saying this is just too big?



Tuesday: I mean, I guess, yeah, these are big things. These are big things that are common food for most people. You're going to see all this stuff everywhere you go, but again, I keep thinking back to my success with quitting sugar and I still walk past the candy aisle in the store and just because it's there doesn't mean I have to eat it.

Dr. Glenn: So when the pig says these are just two big things, it's too big a change, you're going to see this everywhere so you're going to have to binge on it, where is the lie?

Tuesday: Just because it's there doesn't mean it has to go in my mouth. There are things everywhere that eventually, I'd think that I'll barely even pay attention to these things.

Dr. Glenn: And you're not on a seafood diet where you see food and eat it.

Tuesday: Yeah, exactly. Yeah. I see people smoke cigarettes all the time, but I've never like I'm doing it off of someone. I kind of feel like eventually, it'll be like that for me.

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

Tuesday: I'm going to say 99 percent.

Dr. Glenn: And that one percent is from?

Tuesday: The one thing that just popped into my head is like, never say never, but I'm going to go forward as if I never ever will, as if meat and sugar is like cigarettes. It's just gross to me.

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



Dr. Glenn: I'm going to say 99.9 percent.

Dr. Glenn: Well, that means the pig just has to try a thousand times and it's going to get out, right?

Tuesday: No, no. I don't want it to get out.

Dr. Glenn: What do you hear? What's the remaining squeal?

Tuesday: I feel like I'm hearing, "But what if you do? What if you take a bite of something?" I'm not going to plan to do that. If it happened, I would just get back on track, I guess.

Dr. Glenn: Are you talking about by accident, if you accidentally took a bite of something?

Tuesday: Yeah. Yeah, I guess so. Like if I had some soup and I didn't realize there was like bacon or chicken in it or something, but I don't think that that would make me like ravenously start eating all the meat that I could find.

Dr. Glenn: Tuesday, I like to think of every rule in Never Binge Again as being prefaced by the words "consciously and purposely." So when you say you'll never have meat except for seafood, again, what you're really saying is I'll never consciously and purposely have meat except for seafood again.

Tuesday: Right. Right, right.



Dr. Glenn: And if there's some bacon in the soup because you didn't ask the waiter or you just didn't know, the moment you'd find out you say, "Okay. Well, that wasn't on purpose. If I took the next bite, it would be on purpose."

Tuesday: Okay. I like that.

Dr. Glenn: So how confident are you that you're never going to binge again between now and the day that you die?

Tuesday: I feel 100 percent confident now.

Dr. Glenn: Do you?

Tuesday: I do, yeah. I feel excited about it too, actually.

Dr. Glenn: Are you ever going to have meat or flour again except for the conditions we defined?

Tuesday: No.

Dr. Glenn: Never?

Tuesday: Nope.

Dr. Glenn: Never ever, ever?

Tuesday: Not consciously and purposely.

Dr. Glenn: Even if your pig has other ideas?



Tuesday: Yeah, because my pig has pretty much never helped me accomplish anything good, so yes.

Dr. Glenn: So you're never ever, ever, ever, ever, ever going to have meat or flour again except for these very specific conditions?

Tuesday: Yes.

Dr. Glenn: Until the day you die?

Tuesday: Yes.

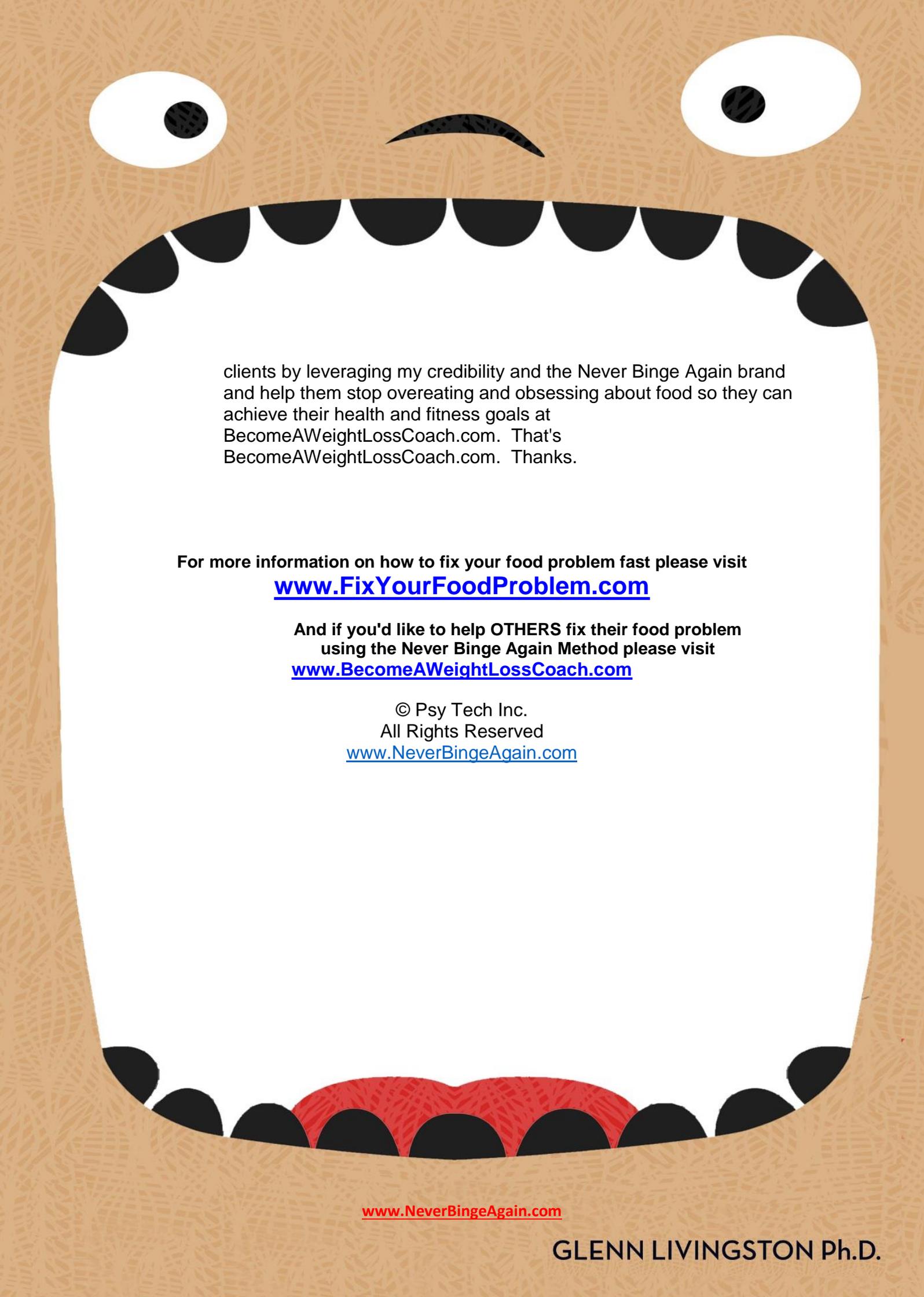
Dr. Glenn: Okay. Do you have any questions or concerns?

Tuesday: No. I feel good that I finally defined these two rules because I have been just kind of throwing them around in my brain and thinking, yeah, these will be the next two at some point and I feel like I accomplished something today, some pretty big thing.

Dr. Glenn: You've changed your life. You can trust that excitement. You can trust that and then lean into it.

Tuesday: Awesome.

Dr. Glenn: Thanks for your time and attention. If you need personal coaching to fix your food problem fast, please visit FixYourFoodProblem.com. FixYourFoodProblem.com. If you'd like to become a certified professional Never Binge Again independent coach and turn your passion for Never Binge Again into a lucrative, rewarding and fun career, please visit BecomeAWeightLossCoach.com. That's BecomeAWeightLossCoach.com where you can attract high-paying



clients by leveraging my credibility and the Never Binge Again brand and help them stop overeating and obsessing about food so they can achieve their health and fitness goals at BecomeAWeightLossCoach.com. That's BecomeAWeightLossCoach.com. Thanks.

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